



A COACH LEWIS PLAYBOOK

The 6 Mental Frameworks I Use With Serious & Elite Athletes

Six tools. Drilled, named, ready to run today.

No fluff. No filler. Pure mental performance.

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PRE-GAME ORDER

Pre-game when you feel scattered or rushed.

EACH TOOL IS A ONE-PAGE POSTER

Print any framework and post it where you need it — dugout, locker room, gym bag.

01

The 3-Breath Reset

IN-GAME RESET

WHEN TO USE

When pressure spikes mid-game or your mind starts spiraling.

HOW TO RUN IT

- 1 Long exhale** (6+ seconds). Drop physical tension from shoulders, jaw, and hands.
- 2 Box breath** (4 in, 4 hold, 4 out, 4 hold). Anchor your nervous system to a steady rhythm.
- 3 Power inhale** + whisper your cue word (“go work,” “my time,” “reset”). Launch back into the moment.

TIMING

30 seconds · No equipment · Anywhere

PRINT · POST · RUN IT WHEN THE MOMENT CALLS

Pin to a dugout fence, locker, or gym bag.

SCAN FOR AI COACH



02

The ABC Confidence Stack

PRE-PERFORMANCE

WHEN TO USE

Pre-performance — to walk in feeling ready, not nervous.

HOW TO RUN IT

- 1 A — Anchor:** A physical action you OWN (chest tap, wrist squeeze, foot stomp). Same one every time.
- 2 B — Belief:** A 5-word identity statement. “I belong on this floor.” Pick one, marry it.
- 3 C — Cue:** A sharp verbal trigger (“go work,” “my time”). Says: training is over, now we play.

TIMING

90 seconds · *Run it 5 min before tip / kickoff / serve*

PRINT · POST · RUN IT WHEN THE MOMENT CALLS

Pin to a dugout fence, locker, or gym bag.

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03

Green-Yellow-Red Awareness

ZONE CHECK

WHEN TO USE

In-game zone check — to know which protocol to run.

HOW TO RUN IT

- 1 GREEN — Locked in.** Body loose, breath natural, mind on the next play. Do nothing — protect it.
- 2 YELLOW — Thinking too much.** Replaying mistakes, over-analyzing. Run The 3-Breath Reset.
- 3 RED — Body tight, breath shallow, narrow vision.** Sub out if possible. Run the ABC Stack on the bench.

TIMING

Self-scan every 2–3 minutes · Becomes automatic in a week

PRINT · POST · RUN IT WHEN THE MOMENT CALLS

Pin to a dugout fence, locker, or gym bag.

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04

The Camera Drill

VISUALIZATION

WHEN TO USE

Visualization — building reps before they happen.

HOW TO RUN IT

- 1 Close your eyes. “Film” the moment from inside your own eyes — first-person, not from the stands.
- 2 **See** the rim, the line, the jersey of the defender. Specific.
- 3 **Hear** the squeak of sneakers, your breath, the crowd at low volume.
- 4 **Feel** the ball in your hands, your feet on the floor, the cool air.
- 5 Run it 3 times. Always with a successful outcome. Always sensory-rich.

TIMING

3–5 minutes · Night before or 30 min pre-game

PRINT · POST · RUN IT WHEN THE MOMENT CALLS

Pin to a dugout fence, locker, or gym bag.

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05

Bounce-Back 3R

POST-MISTAKE

WHEN TO USE

Right after a mistake — turnover, missed shot, blown coverage.

HOW TO RUN IT

- 1 R — Release:** A physical shake-off. Hands to thighs + hard exhale, OR glove tap, OR jersey tug. Same move every time.
- 2 R — Refocus:** Eyes to a fixed point (the rim, the goal, the line). Visual lock = mental lock.
- 3 R — Re-engage:** Cue word + sharp inhale + sprint to next position. The next play is bigger than the last one.

TIMING

30 seconds · *Drill it in practice so it's automatic in games*

PRINT · POST · RUN IT WHEN THE MOMENT CALLS

Pin to a dugout fence, locker, or gym bag.

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06

The Performance Pyramid

PRE-GAME ORDER

WHEN TO USE

Pre-game when you feel scattered or rushed.

HOW TO RUN IT

- 1 BODY first** — Loosen muscles, dynamic movement, sweat a little. Loose body, loose mind.
- 2 BREATH second** — 5 box breaths (4-4-4-4). Slow heart rate, sharp focus.
- 3 BELIEF last** — Run your ABC Stack. Identity statement + cue word. Now you're ready.

TIMING

10–15 minutes pre-performance · In that exact order

PRINT · POST · RUN IT WHEN THE MOMENT CALLS

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Want the full system?

AI Coach trained on these exact frameworks. Daily pre-game plans.
Journal reflections. All in Coach Lewis's voice. Try it free.

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— *Let's go to work.* —

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