
THE NOT CHOKING LENS

Most parents watch the result. This helps you see what caused it.

Watch the moment before the moment.

Most mistakes happen before the ball is touched.

IMAGINE SPORTS METHOD · They Are Not Choking

You are not tracking everything. Pick one thing and watch only that for the whole game.

01 — BEFORE THE BALL ARRIVES

Ignore the outcome. Watch this instead.

- Looked around before receiving
 - Body already open to the field
 - Adjusted position before the pass came
 - No scan visible — reacting after arrival
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02 — FIRST ACTION

What happened the moment the ball arrived?

- Played quickly — 1 or 2 touches
 - Took an extra touch to decide
 - Stopped the ball, then looked
 - Forced a move without real space
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03 — TIMING

This is the whole game.

- Early — action matched the space
 - On time
 - Late — the window had already closed
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04 — REFRAME

Instead of "he/she messed up," try one of these:

- Didn't see it early enough
 - Saw it — but acted too late
 - Right idea. Just didn't come off.
 - No real option was available
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05 — AFTER THE GAME

Did you notice things you usually miss?

Did I watch the game differently today?

- Yes No Not sure
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