

Nour El Sherbini and Ali Farag: prime examples of the mental bucket principle



THE **MIND game**

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# FILLING YOUR MENTAL BUCKET

## Our High Performance Coach explains the power of consistent habits in squash

Just as each drop of water gradually fills a leaky bucket, so do your daily habits contribute to your overall mental fortitude, shaping us as athletes and individuals.

Each individual drop may appear insignificant, but collectively they create a rising tide of progress that can help us overcome adversity. This analogy of the bucket and its water is a perfect metaphor for the persistent, consistent habits we incorporate into your squash training routine and broader lifestyle.

Your mission? To continually add more droplets of positive habits to this bucket than what the leaks take away. This process ensures a net gain in your mental strength, resilience and skill, helping you stay ahead of the curve.

If we neglect these good habits while the leaks persist, it causes our progress – represented by the water level – to diminish over time. Therefore, the persistent nurturing and reinforcing of your positive habits are fundamental to counterbalance the

a constant endeavour to replenish the water in your bucket faster than you lose it, steadily elevating above obstacles, and cultivating a strong, resilient mindset.

The Navy SEALs adage, 'We don't rise to the level of our expectations, we fall to the level of our training', is a poignant reminder of the importance of consistency and discipline in your training regimes. It's your ingrained habits, your meticulously developed skills that you fall back on when under pressure, rather than lofty, ungrounded expectations.

Consider the cases of Ali Farag and Nour El Sherbini, recent winners of their fourth and seventh World Championship titles respectively. These extraordinary players stand as shining examples of the 'mental bucket' principle in action. Their victories are not mere one-off occurrences, but the result of consistent habits and routines that they have built and nurtured over time.

Farag's intelligent play and swift agility on the court, or El Sherbini's unrelenting precision and powerful ball striking are not skills they acquired overnight. They have filled their mental buckets drop by drop, with daily training, discipline, strategic thinking, resilience and an unwavering commitment to excellence.

So, let's reflect: Where is your mental bucket at right now? Are you consistently adding drops of good habits to your bucket? As squash enthusiasts and athletes, it's an inquiry worth pursuing for our personal and professional growth.

"we don't rise to the level of our expectations, we fall to the level of our training."  
-Navy SEALs adage, emphasizing the importance of building strong habits and a solid foundation through consistent effort.



"with daily practice, we rise above setbacks and foster resilience."

"without consistent effort, our progress slips away!"



However, this bucket isn't flawless. It has small leaks that continuously drain the water, symbolising the challenges, setbacks and disappointments you face in your squash games and personal lives.

leakage and to promote consistent growth and evolution, both on and off the squash court.

Remember, the power of habits isn't about achieving a utopian state of perfection. It's about a steadfast commitment to consistency,

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