

How to Get Pumped up Right Before a Game

Explore this Article ■ [Getting in the Mindset](#) ■ [Choosing Pump Up Music](#) ■ [Taking Care of Your Body](#) ■ [Questions & Answers](#) ■ [Tips and Warnings](#) ■ [References](#)

Co-authored by [wikiHow Staff](#) and **51 contributors**

Last Updated: May 22, 2020

It can be hard to perform well in a game if you don't feel motivated. There are many ways that you can get pumped up before any game, whether it is athletic or not. Before the game starts get in the right state of mind by directing your thoughts to be calm and positive. Listen to music that will pump you up before the game to help motivate you. You should also take care of your body by eating healthy, drinking water, and sleeping well to help make sure you are ready to win the game.

Method 1

Method 1 of 3: Getting in the Mindset



1 Take a few minutes to breathe. If you are nervous before the game, take a second to breathe. Start by closing your eyes and focusing on your breathing. Count to two in your mind as you inhale through your nose. Hold your breathe there for one second then exhale through your nose for two seconds. Hold your breathe there for another second and keep repeating.

- There are many breathing and relaxation techniques you can try. You can even meditate or do yoga before the game.^[1]



2 Do a body scan. Doing a body scan can help you release tension and calm you down before the game. Lay on your back and have your palms face upward. Make sure you are relaxed and not tensing up. Close your eyes and focus on your toes. Ask yourself how they feel. Are your toes cold or warm? Take a few breaths then focus on the sole of your foot. Keep asking yourself how each body part feels (ankle, calf, knee, thigh, hips, etc.) as you work your way up. This process takes about 10 minutes and can really help get you in the right mindset before a game.^[2]



3 Tell yourself that you can do it. Don't think things to yourself like "I can't run that far" or "I can't make that move." If that thought crosses your mind before the game, don't feed into it and get in a bad mental state before the game. Instead tell yourself positive messages like "I can make the goal!" to get in the right mindset.^[3]

- Tell yourself affirmations like, "Let's do this! I got this!"^[4]
- Tell yourself thoughts to get angry at the other team which might help motivate you to beat them.



4 Remind yourself of what you are thankful for. Before the game starts think about what you are grateful for. It can be anything from your personal life to about the sport or activity itself. It will help keep you in perspective and calm you down. At least if the game goes poorly you have your great family or a roof over your head.^[5]



5 Visualize the game. Before the game starts imagine yourself playing. Use all your senses to imagine yourself at your best game. Think about everything that happened and how you were successful and what made you be successful. Then think about your worst game. Replay the game in your head but with a better outcome. Visualization can help ease your mind and make you feel more confident.^[6]

Method 2 of 3: Choosing Pump Up Music



1 Play music right before the game. On your way to the game, while you're warming up for the game or right before the game starts, turn on some music. This will pump you up and motivate you for the game. Music will help you visualize the game and get in the right mindset.^[7]

- Some people have a set pre-game song, album, or playlist that they listen to every time they are about to play as a pump-up routine.



2 Choose music that is upbeat. The particular music you want to listen to depends on your taste. However, whatever you choose to listen to should be upbeat. It will be difficult to get motivated if you are listening to a slow ballad. You can listen to music that is pop, hip-hop, rock, electronic, or country, just as long as it gets you in the right mindset.



3 Make sure the music has motivating lyrics. Even if the song is upbeat, if the lyrics are about a breakup, it is not the best song to pump you up. Choose songs that have lyrics that will motivate you. Choose music with inspirational lyrics, that make you feel confident, and that make you want to fight.^[8]



4 Choose music with a heavy base. The sound of a deep voice is dominant for humans and animals. Listening to music with a heavy base reminds us of a dominant person with a deep voice. Before the game listen to music with a heavy base to make you feel more powerful and motivated before the game.^[9]

Method 3 of 3: Taking Care of Your Body



1 Look good. Whether you are playing a football game, have a gymnastics competition, a dance performance, or a poker game, you will perform best if you look the part. Make sure to take care of your [hygiene](#). Wash and dry your uniform (or outfit) before the game. If you show up to the game unshowered and in a dirty uniform, it can affect your mentality before the game. If you look the part of a great player you will be more confident that you are a great player.



2 Eat healthy before the game. The night before and the day of the game you want to make sure you eat healthy. Have a healthy breakfast before the game, such as oatmeal or a fruit smoothie. If you are playing a sports game try to eat food with carbs to help you gain energy (such as bread, crackers, cereal, and pasta). Be careful when you eat. Make sure to give yourself two to three hours to digest before an athletic game and don't overeat.^[10]



3 Get plenty of sleep. Getting a good night sleep before the game is very important. It will be hard to be motivated to play if you are half asleep. Getting enough sleep is important for your brain mentality and athletic performance. The few days leading up to the game try to get even more sleep than usual to really make sure you are going to be well rested. This way even if you are having trouble sleeping the night before because of nerves it won't be as big of a problem.^[11]



4 Drink enough water before the game. Drinking water before sports game can get your body ready and drinking water before any competition can help with your mindset. Before a sports game you should drink around 12-16 ounces of water. Throughout the game keep drinking water when you can.

- Alternatively you can drink a sports drink to replace your electrolytes.^[12]
- Be careful not to drink too much water before a sports game, otherwise you might get cramps. Cramps are not good at all when you are running



5 Stretch before the game. Many people believe that **stretching** before a sports game can help prevent injuries and make you perform better. However, other people don't necessarily agree. Know your body and what helps you get in the zone before a game. If you like to stretch before a game then take some time to stretch.[13]

- Even if the game you are playing is not athletic, stretching can still help relax you and get you in a good mindset.



Community Q&A

Question

How do I get better at sports?



Community Answer

Practice as much as you can. Learn from the mistakes you make in practice or in a game. Watch what your successful teammates do, and ask your coach for advice.

Helpful 14 Not Helpful 6

Question

What if you get really scared about the game when you think about it?



Community Answer

Try to take a deep breath, and tell yourself it's going to be fine. You can also tell someone about your anxiety in order to get some encouragement. Thinking about a game or a practice that went really well may also help to shift your mindset.

Helpful 13 Not Helpful 5

Question

Would this apply to competitive card games on the internet?



Community Answer

Yes, some of these tips can be applied to getting pumped up to play card games online.

Helpful 25 Not Helpful 32

Question

I have a basketball final today, and I don't want to muck it up. How do I prevent myself from panicking?



Community Answer

Keep calm and just tell yourself that it is only a game. Even if you fail in some way, you succeed by learning from your mistake, because you'll know what to do in that situation next time. Remember that your teammates and coach support you, and everyone just wants you to try your best.

Helpful 2 Not Helpful 1

Question

Why do I feel insecure when i have the ball?



Cameron Fung
Community Answer

Probably because you are stressed. You should calm yourself down and be confident. It is still only a game.

Helpful 4 Not Helpful 4



Tips

- Think that you will win it!
- Try to not to eat too much before the game.
- Avoid eating junk food.
- Try to create a pre-game ritual that helps get you pumped up the same way every time.
- Think of the game as either a championship game or just another practice. Whatever works for you.
- Avoid getting distracted

References

1. ↑ <http://www.coreperformance.com/daily/one-small-change/game-day-breathing-does-it-work.html>
2. ↑ <http://dailyburn.com/life/fitness/mindfulness-techniques-athletes/>
3. ↑ <http://dailyburn.com/life/fitness/mindfulness-techniques-athletes/>
4. ↑ <http://www.coreperformance.com/daily/one-small-change/game-day-breathing-does-it-work.html>
5. ↑ <http://www.coreperformance.com/daily/mindset/3-pre-game-mindset-strategies.html>
6. ↑ <http://www.coreperformance.com/daily/mindset/3-pre-game-mindset-strategies.html>
7. ↑ <http://read.hipporeads.com/nervous-before-the-big-game-pump-up-the-bass/>
8. ↑ <http://bleacherreport.com/articles/492490-dj-kobe-bryant-top-50-pregame-pump-up-songs>
9. ↑ <http://read.hipporeads.com/nervous-before-the-big-game-pump-up-the-bass/>
10. ↑ <http://www.eatright.org/resource/fitness/sports-and-performance/tips-for-athletes/8-game-day-nutrition-tips-for-young-athletes>
11. ↑ <https://www.helpguide.org/articles/sleep/sleep-needs-get-the-sleep-you-need.htm>
12. ↑ <http://www.socceramerica.com/article/42176/fueling-the-young-athlete-how-much-water-and-when.html>
13. ↑ <http://www.latimes.com/health/la-he-should-you-stretch-20160206-column.html>

About This Article



Co-authored by:
wikiHow Staff
wikiHow Staff Writer

This article was co-authored by **wikiHow Staff**. Our trained team of editors and researchers validate articles for accuracy and comprehensiveness. wikiHow's **Content Management Team** carefully monitors the work from our editorial staff to ensure that each article is backed by trusted research and meets our high quality standards. This article has been viewed 267,267 times.



Co-authors: **51**
Updated: **May 22, 2020**
Views: **267,267**

Categories: **Team Sports**

<https://www.wikihow.com/Get-Pumped-up-Right-Before-a-Game>

The text and visual content in this PDF is intended only for your personal, non-commercial use. Any commercial reproduction of the contents of this document without the express written permission of wikiHow, Inc., is prohibited.