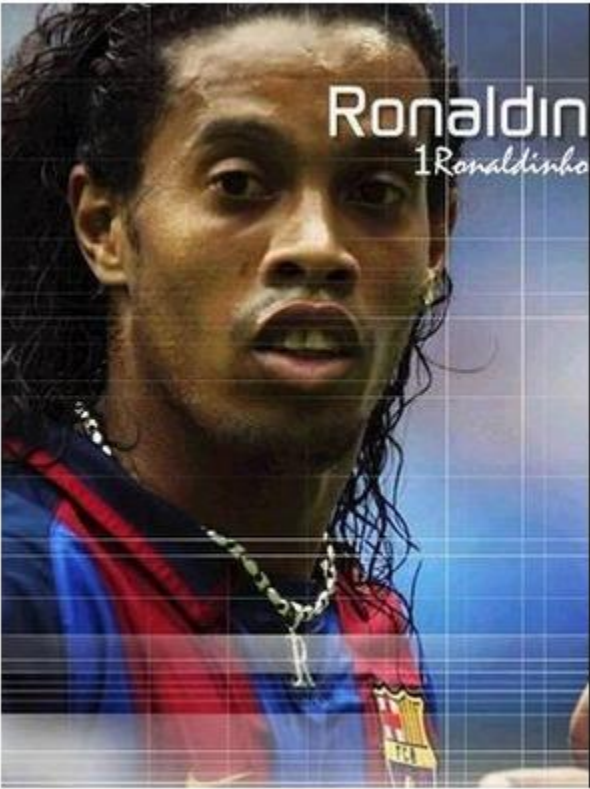


Wedstrijdvoorbereiding



Ronaldin
1Ronaldinho

Our confidence comes from our preparation.

— Ronaldinho —

AZ QUOTES

The image is a composite graphic. On the left is a portrait of Ronaldinho in a blue and red FC Barcelona jersey. The right side is a black rectangle containing a quote in white text. The quote is attributed to Ronaldinho. At the bottom of the black rectangle is the 'AZ QUOTES' logo. The entire graphic is set against a background with blue dashed lines and a white circle in the top left corner.



Programma

- + Wat is wedstrijdvoorbereiding
 - + Positieve effecten
- + Verschillende soorten oefenen



Wedstrijdvoorbereiding

**I'm different than
everyone else because
everyone else is not me.**

Julian Aguilar

quote fancy



Positieve effecten

- + Routine geeft rust en zelfvertrouwen
- + Neemt eventuele spanning weg
- + Grotere kans om in een flow te komen
- + Prestaties gaan omhoog



Verschillende soorten

+ Visualiseren

+ Ontspanningsoefeningen

+ Zelfspraak

+ Routines

+ Motivatiefilmpje

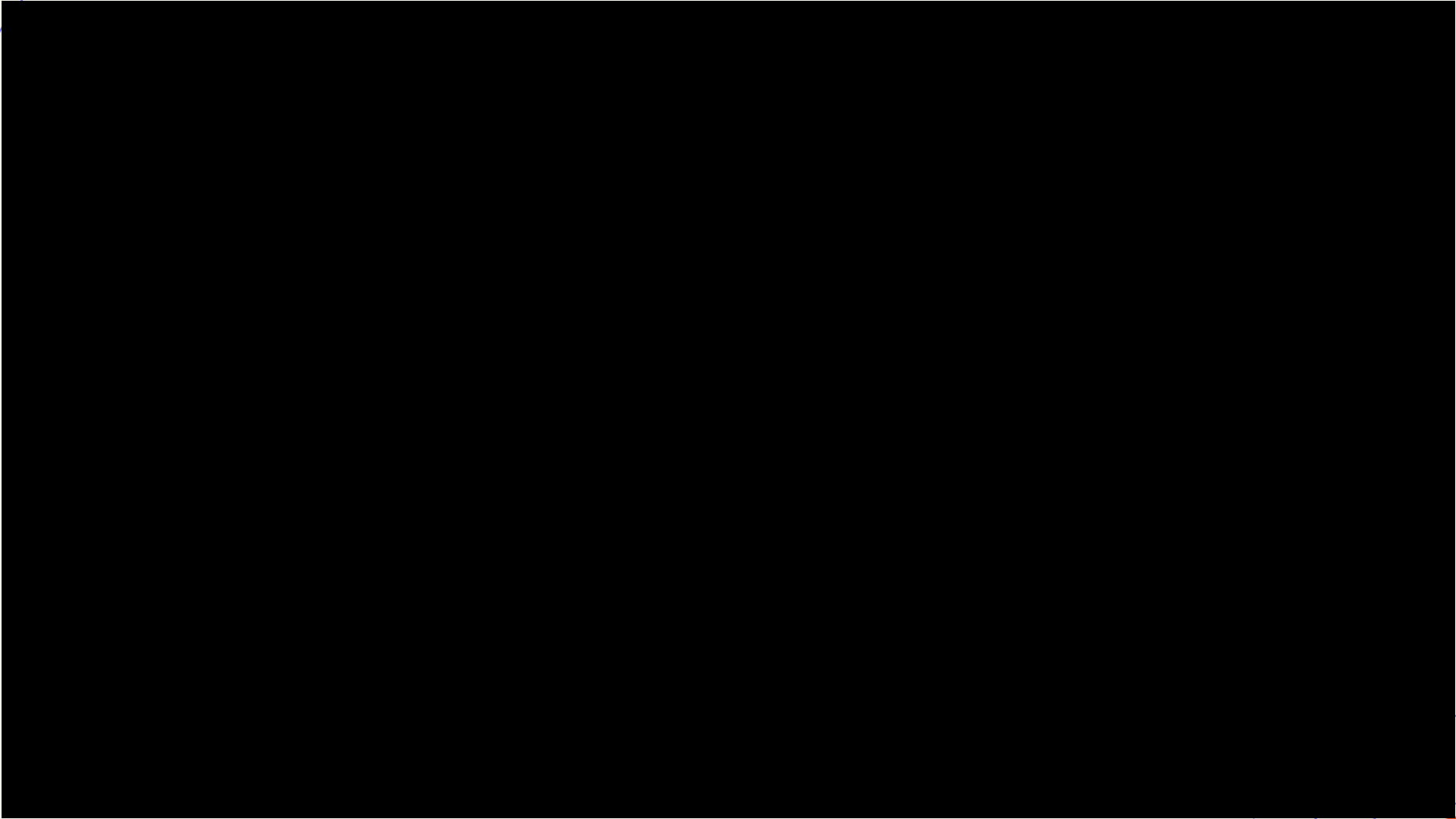
+ Mindfulness



Visualiseren



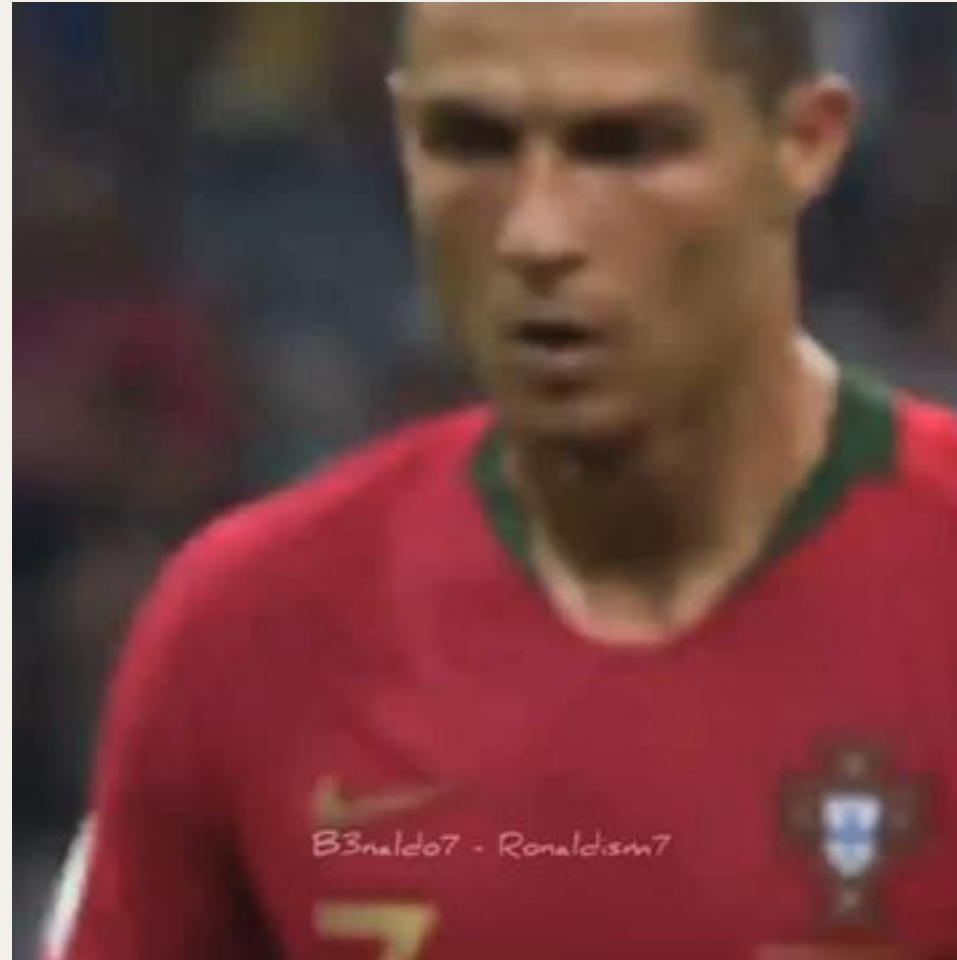
Visualiseren



Ontspanningsoefeningen



Ontspanningsoefeningen



Zelfspraak



Zelfspraak



Routines



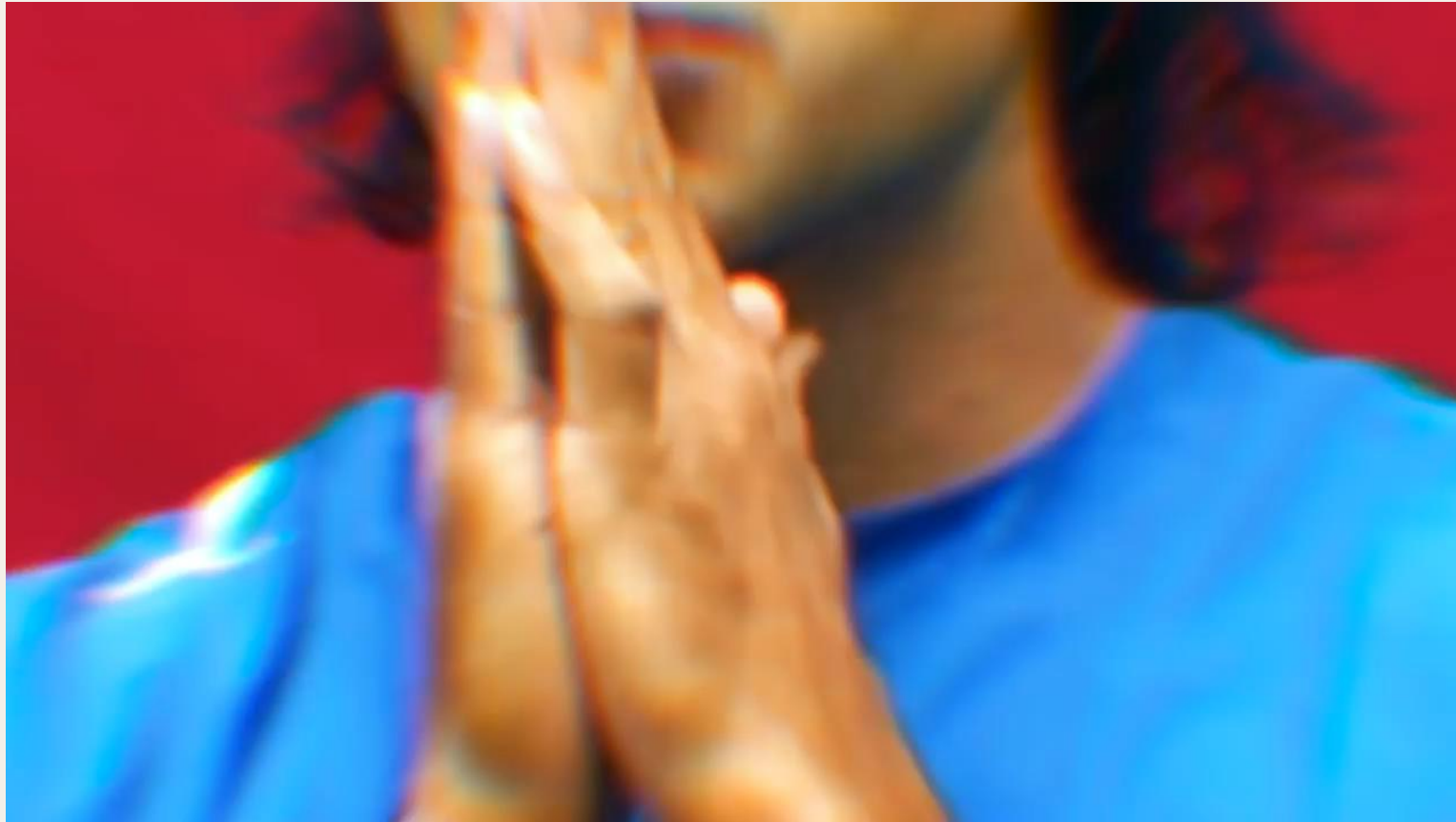
Routines



Motivatiefilmpje

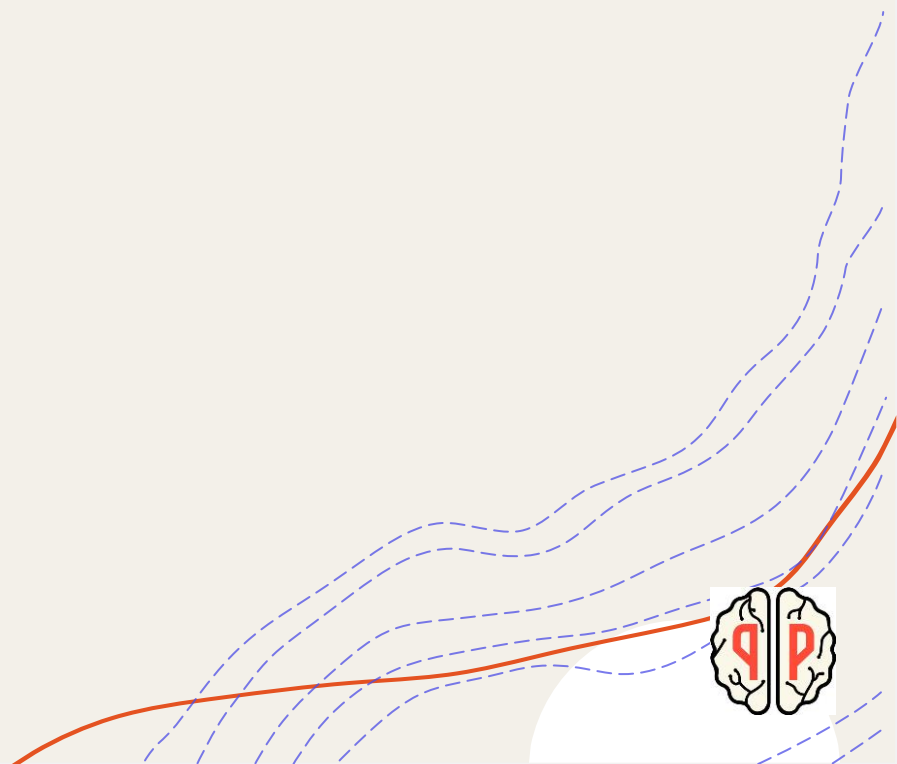
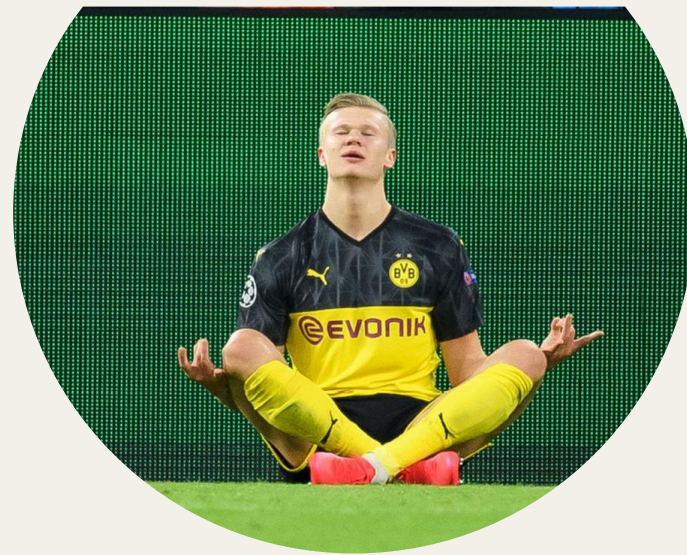


Motivatiefilmpje



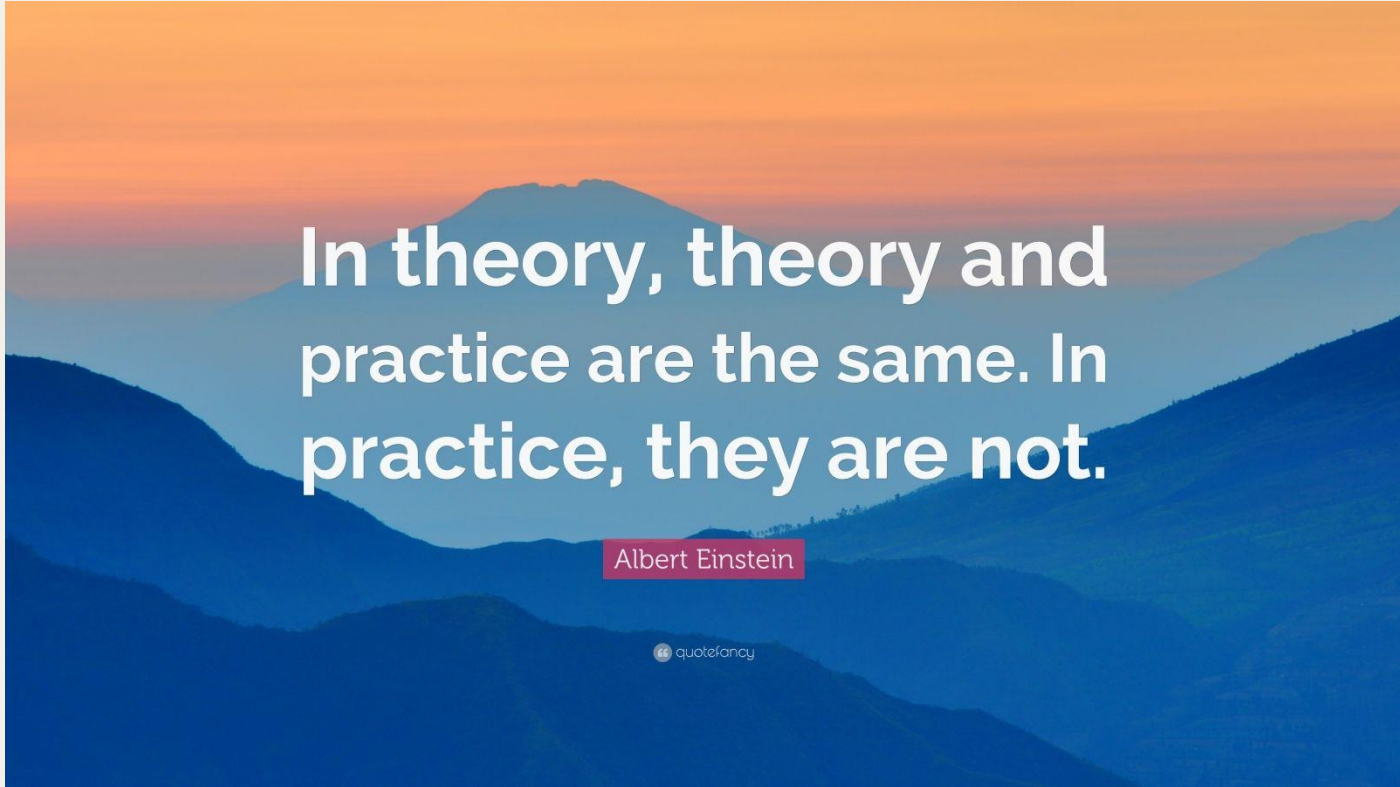


Mindfulness



Mindfulness



A quote by Albert Einstein is centered on a rectangular image. The image shows a mountain range under a sunset sky with orange and red hues. The mountains in the foreground are dark blue, while the sky transitions from orange to a pale blue. The quote is written in a clean, white, sans-serif font.

In theory, theory and
practice are the same. In
practice, they are not.

Albert Einstein

quote fancy

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