

## Finding Your Focus in the Box with Clay O'Brien Cooper

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, this is Chelsea Schaefer, and this is season four of the score. You all have listened to this podcast, three quarters of a million times, and we are here in season four to bring you even more of what you love.

Hey, everyone happy Saturday. I hope everyone's heading to a rodeo jackpot. Maybe you're just heading in the practice pen. I don't know what you're doing, but might as well get your day started with a mental performance tip this week, we have Cleo Brian Cooper on the score talking about what to focus on while you're in the box.

There's so many things your brain could be going a thousand miles. And that's where your run starts is in the box. So might as well get your mind right before your head or nods if you're heading and even when, if you're heading, get your mind right before you nod your head. So enjoy this mental performance test.

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And. Reach the next level in your roping, subscribed to roping.com today and use the promo code. The score 15 that's all capital T H E S C O R E one five for 15% off your membership. Well, the question is, what do you focus on when you're back in the box? You know, You know, as a general thing, I focus on my, my plan.

Uh, I try to run scenarios through my mind. I've pretty much been everywhere and competed. Everywhere that you can compete in 40 years of competition. So I've been to every rodeo I've been to every roping, every annual re-up and every big roping. I know what the setup is like, I know what kind of cattle they rope.

I know where the row, where the run is made to win. I know what it's going to take pretty much before I ever even go, but I evaluate those things and I refresh them in my mind. You know, think about the things that I did, maybe that were mistakes at those places that I don't want to make those mistakes again.

So I run those things through my mind because when you back in the box, you know, you're, you're in the gate, latch opens, uh, you're on reactor. But it helps to run scenarios through

your mind and a picture through your mind of what could happen and what you want to happen. And that just helps your mind react to things as they, as they take place in real time.

So I try, I try to do that at the onset, but more than anything, I think as a general rule for me is I want to get my eyes on the feet. Spot on the right leg when I leave the box and I want to, uh, ride my corner in a way that sets up my position because 99 times out of a hundred, if I put myself in the right spot at the right time, my right hand is going to rope the steer.

So my left hand is going to help my right hand, what to do. Uh, and to be successful. So it's more about riding my horse and setting up my position more than anything that I think.