

The Score: Roping.com How to Simulate Practice

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This is Chelsea Shaffer, 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. Season four to bring you even more of what you love.

Hey guys, it's Kaitlin Gustave. You have again here with a roping.com powered by the team roping journal mental performance tip. Today, we have matched through it again on the score, bringing you some fire tips right now, we in pressure situations every time we back in the box. And so why not start and get over those pressure situations at home, you can completely revamp your room.

Back in the box, you know, give yourself scenarios. Matt Sherwood talks about giving yourself scenarios in the practice pen that will make you feel like you're in competition. So when you get to competition all those nerves and that pressure you're feeling goes away, catch for Narelle, make, make a game plan.

When you enter the practice pen for yourself every day, find one thing that you're going to work on. So Matt Sherwood. Comes to you with today's mental performance tip. Enjoy. If you had the chance to learn from some of the best roping legends in the world, wouldn't you with a subscription to them. New roping.com now powered by the team roping journal.

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The score 15 that's all capital T H E S C O R E one five for 15% off your membership. Okay. So how do we simulate pressure when we're just practice? Okay. That's, that's a great question because ultimately we all get to a situation where we're in competition and we're going to have to deal with a little bit of pressure or a lot of pressure sometimes.

And if we've never put any pressure on us practicing, then it's going to be a lot harder. Okay. So, uh, like what, what we do sometimes is. We will give yourself a scenario. And a lot of times we've see people like they back in the box, okay. 10th steer or short round at the, at the reopen this weekend and, and wherever we're going, we got we're short round high team back.

And, and, you know, and we give ourselves a little bit of pressure that way. And I think that's good, but what, what I would like to see, because it's hard, you know, it's hard. Money on it,

which ultimately part of the reason that causes the pressure and, and, uh, you know, the people and just the whole, the whole big stage scenario.

And it's hard to get that. And so what I would like to see is set the, set the pressure on yourselves a little bit sooner and, and say, there's okay. So there's four steers right here in a row, and this is our rope. And this week, We have to catch these four in a row because a lot of times we say, okay, we're high team back right here, catch this one.

Okay. But it's a lot harder. I've never been to a rope and it was less than a, less than a three steer for a jackpot. It's a lot harder to set up and say, okay, now we have to catch four in a row. And that helps you eliminate taking badge. Okay. If, if I have to heal four steers in a row, it changes a little bit.

Me just riding the corner and looking for the very first shot, trying to heel heel on the first jump. Now I'm to back up a little bit and I'm going to push through the corner and I'm going to ride for two feet every single time. So, so do some things practicing to set yourself up for a competition. A little bit sooner in the practice session, because if you can go in there and you can say, okay, we're going to catch these four in a row and you do it.

And so you're going to run 10 steers practicing on your horse, and you can do that twice in a row, man. That's gotta be a huge confidence builder going into the weekend, or even when you get, when you get there. And, you know, even if you're open with someone different than what you did that with, but, you know, Man.

I, I set myself up. I'm not going to let myself make bad decisions during the run because I set myself up practicing to catch four in a row. And I did it three different times on two different horses. I think that helps us deal with pressure a lot more than other things that we do.