Here's the intro to the scouting report for game 7 of the Swiss National Championships (volleyball championship is a 7 match series there):

THE SEVENTH GAME!!!!! No getting around it, this really is a big
match, but in the final analysis it is just another day in the gym. We
have battled back, and with a win tonight we can be Suisse National
Champions!! Such a nice night to be a part of.

So let’s review. We can do these things:
1. Savor, enjoy, and appreciate the opportunity we have.
2. Play hard, one play at a time. No what ifs!!
3. Play smart. Hit good shots. Focus on the plan.
4. Realize they have pressure, probably more than we do. So
relax, because you know what you are doing (we have talked a
lot about pressure is when you don’t know what you are
doing).
5. Compete with composure, because you are better than they are.

We cannot do these things:
1. Play a perfect match. There is no effort without error.
2. Control whether we win or lose. We will do one of those.
3. Play a good match if we are afraid to risk. It is OK to miss. The
biggest mistake you can ever make is being afraid to make a
mistake.