

14th August 2010
Bendigo, Victoria

Sport Psychology - Imagery

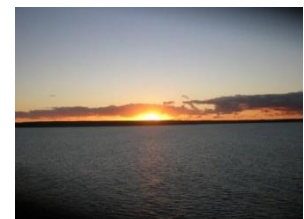
Presented by: Peter Trask

E-mail: ptrask@gmt-psychology.com

Website: www.gmt-psychology.com

Tel: (03) 5444 2955

Mobile: 0400 177 671



Introduction: Sport Psychology

Being a Champion - Dealing with Each Area

Physical, Technical, Tactical, Technology and Psychological

Performance Psychology Focus:



Imagery

Dealing with setbacks or fear



Oh damn! I should have rehearsed this first....



Being prepared - a dress rehearsal



Imagery: An Introduction

- ◆ Practising or re-creating an experience in the mind
- ◆ Create an image in the mind that represents a real sensory experience
- ◆ The ability to relax, to focus one's attention and having imagery ability will improve an athlete's performance
- ◆ Find ways to regularly integrate imagery into physical training and pre-competition preparation

Imagery Basics

- ◆ Sensory perception. Six senses of
 - ◆ vision / seeing
 - ◆ auditory / hearing
 - ◆ tactile / feeling
 - ◆ action / kinaesthetic (experience or feeling of motion)
 - ◆ gustatory / taste
 - ◆ olfactory / smell
- ◆ Perspective.
 - ◆ Internal (usual for elite / expert athletes) or;
 - ◆ External (like watching a video)
- ◆ Emotion.
 - ◆ Do not forget the experience of emotion, in relation to typical sporting situations

Using Imagery Skills

- ◆ Skill learning and practice
 - ◆ Error detection and correction
- ◆ Sensory and thinking skills
 - ◆ Strategy development, learning, practice and problem solving
- ◆ Competition and performance
 - ◆ Pre-event familiarisation of competition sites, mental warm-up, pre-performance routine, preview, review (debrief of race)
- ◆ Psychological skills
 - ◆ Stress management, developing attentional focus, building confidence, increasing motivation, recovery from injury or heavy training

Imagery Program: An Introduction



- ◆ **Breathing** exercises. Comfortable position. See notes.
- ◆ **Relaxation** Techniques. Breathing, self-hypnosis, progressive muscle relaxation, listening to soothing music, etc. Reduce anxiety, increase concentration.
- ◆ Guided **imagery**. Assist relaxation. Positive self-talk. A “safe place”. The “place to go to” if you are feeling stressed.
- ◆ **Mental rehearsal and routines**
 - ◆ First arrange the physical practice. Step through. Introduce non-verbal cues as appropriate.
 - ◆ Develop script. “This is what I do.” May help memory later.
 - ◆ Mentally review. Coach can ‘read’ the script.
 - ◆ Team or individuals mentally practise. Repeat steps over.
 - ◆ When well practised, always use your routine in competition, especially when the pressure is on.

Imagery - Hints and Tips

- ◆ Déjà vu. We come to expect what we have imaged. Provides reinforcement and confidence because it is familiar.
- ◆ Cue words. Associate with positive imagery.
- ◆ Only successful images. 'Replay' and remove failures.
- ◆ Rehearsal. Real-time pace and success, not perfection
- ◆ Practice regularly. Make routine for competition.
- ◆ Use video equipment. Assists with error correction.
- ◆ Superior performance. Capture these for future imagery.
- ◆ Location. Be flexible and adaptable.
- ◆ Relaxation. Use in conjunction with imagery.
- ◆ Mistakes of others. Do not replay that image. Use your imagery to avoid cascade effect.
- ◆ Use your breathing, relaxation and guided imagery techniques to help you to sleep on the night before competition, or to chill out on game day.