

A: TYPES OF MENTAL PREPARATION

IMAGERY

- THE CREATION OF PICTURES IN THE MIND OF A PERFORMER, USUALLY BEFORE A SPORTING EVENT, TO COMBAT STRESS OR ANXIETY.
- PERFORMERS SAY IT 'TAKES THEM TO ANOTHER PLACE' AND ALLOWS THEIR MIND TO FOCUS ON ONE GOAL.

MENTAL REHEARSAL

- THE SAME CONCEPT AS IMAGERY EXCEPT A PERFORMER CREATES AN IMAGE OF THE SPORTING SCENARIO/SCENARIOS THEY ARE ABOUT TO BE IN. THERE ARE TWO TYPES OF MENTAL REHEARSAL :
- EXTERNAL IMAGERY=WHERE YOU PICTURE YOURSELF FROM OUTSIDE YOUR BODY FOR EXAMPLE A GYMNAST MAY PICTURE A SOMERSAULT THEY WILL PERFORM.
- INTERNAL IMAGERY=WHERE YOU IMAGINE YOURSELF DOING THE ACTIVITY AND CAN STIMULATE FEELINGS CAUSED BY THAT ACTIVITY, FOR EXAMPLE IMAGINING THE RUN UP, CONTACT AND FOLLOW THROUGH FOR A GOAL KICK IN FOOTBALL

SELECTIVE ATTENTION

- THE REMOVAL OF UNNECESSARY THOUGHTS AND EXTERIOR STIMULI FROM THE PERFORMERS MIND DURING OPEN PLAY.
- FOR EXAMPLE, AN EXPERIENCED FOOTBALLER MAY BE ABLE TO FILTER OUT WHITE NOISE SUCH AS CROWD CHANTS AND MAINTAIN A BALANCED FOCUS ON PLAY INSTEAD OF PURELY MARKING A PLAYER BUT NOT WATCHING THE BALL OR VICE VERSA.

POSITIVE THINKING

- A PERFORMER REFLECTS ON PAST EXPERIENCE OR CONSIDERS FUTURE PERFORMANCES VIA TALKING TO THEMSELVES POSITIVELY. THIS IMPROVES LEVELS OF SELF CONFIDENCE AND ASPIRATION. AT A HIGH LEVEL PERFORMERS CAN NOT AFFORD TO BE NEGATIVE AS IT WILL EFFECT THEIR PERFORMANCE AND HINDER THEIR SPORTING DEVELOPMENT.

B: OVERALL BENEFITS OF MENTAL PREPARATION

IMAGERY AND MENTAL REHEARSAL:

- ☺ SPEEDS UP REACTIONS AND IMPROVES CONCENTRATION
- ☺ INCREASES DECISION MAKING SKILLS
- ☺ HEIGHTENS OR CONTROLS AROUSAL

SELECTIVE ATTENTION AND POSITIVE THINKING:

- ☺ UTTER FOCUS ON WHAT IS RELEVANT IN THE SPORTS SITUATION.
- ☺ ALLOWS ATHLETE NOT TO BE HINDERED BY NEGATIVE THOUGHTS AND ENCOURAGES SKILL DEVELOPMENT
- ☺ ALLOWS ATHLETES TO "GET IN TO THE ZONE"
- ☺ INCREASES MOTIVATION



MENTAL PREPARATION

