

Mental Skills for Sport: Creating the Invincible Player

The Psychology of Achievement

The psychology of achievement is based on the simple model of:

BELIEF

EXPECTATION CONVICTION

You have to **believe** in the goal, or have a high degree of trust in your coach, while setting the long-term goal. If you do not believe it can happen, or do not trust your coach, it is less likely it will come true. Looking at your past achievements, the amount of progress you have made lately, and knowing that "**better is always possible**" will all assist in increasing the belief and trust necessary.

Once you have the belief and trust in yourself, then creating the **expectation** is the next step. This is the formation and writing of the long-term vision and short-term goals. Weekly and monthly training schedules, keeping a journal, and checking in regularly with your coach can help keep you on track.

Conviction is the final step. This is your ability to stay focused on the process of what is needed. This is a work-out-by-work-out process. Showing up every day focused and ready to give it your best shot is the single most important factors that makes long-term goals come true. All athletes ride the ups and downs of training and competing, this is to be expected, but true champions are those who consistently give it there best shot, even when they feel like they have hit rock bottom.

Goal Setting

"If you don't know where you are going, any road will get you there."

Goal setting is like looking into the future and deciding what you want then coming back to today and getting to work. While there are no guarantees you will get what you envision, it has been proven over time that those athletes who create a clear vision of their future are more likely to have more success and often have a better experience of sport.

Goal setting will help you by:

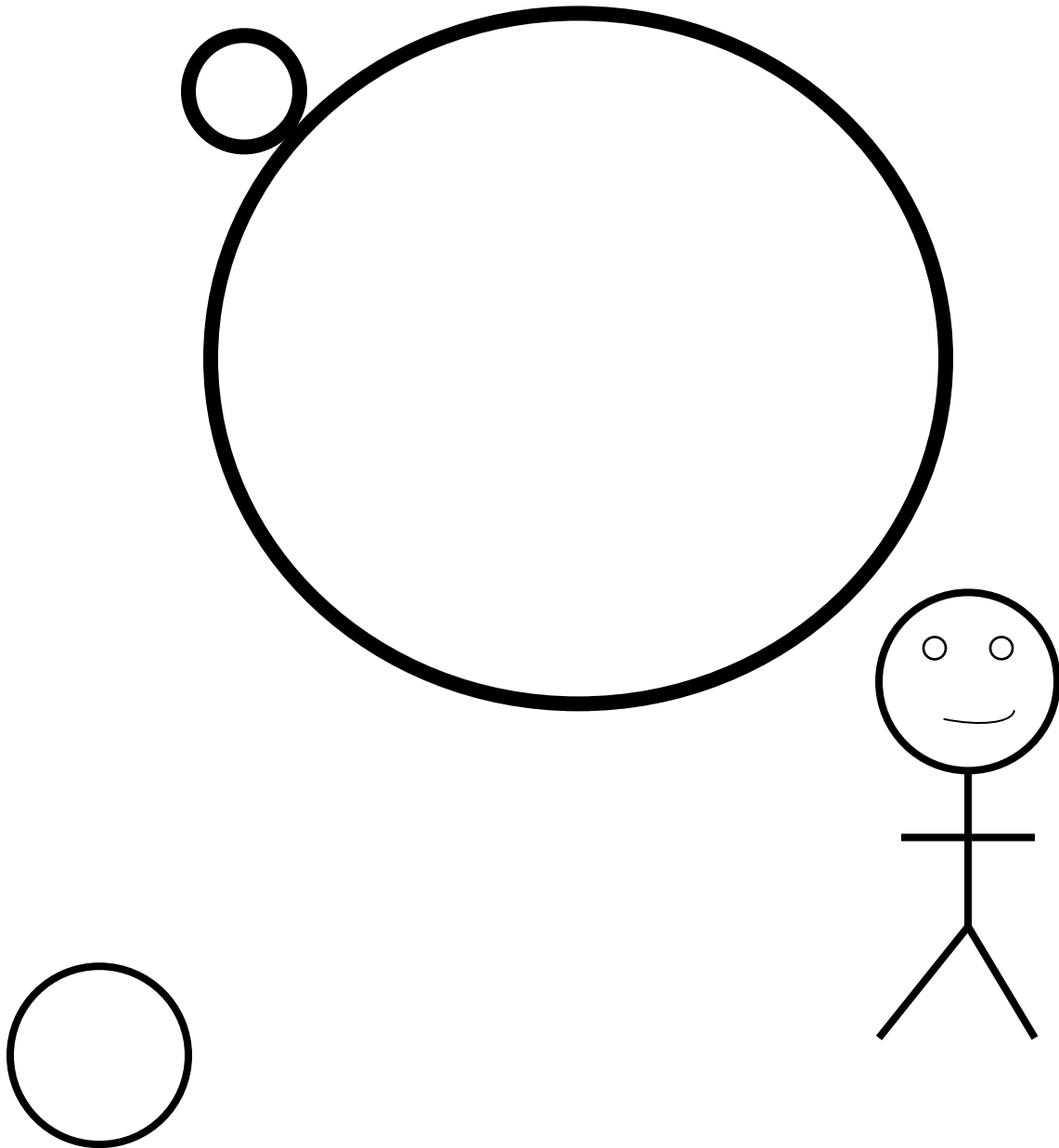
- Knowing what you want.
- Knowing when you are on the right path.
- Keeping you motivated.
- Keeping you focused.
- Allowing for celebration of milestone events and of end accomplishment.
- Keeping you positive focused and action oriented.

Some of the tricks to goal setting are:

- Be able to clearly visualize what your desired long-term goal is.
- Write your goals down and review them regularly.
- Create support from your coach, other athletes, and your family to gently help you achieve your goal.
- Have short-term and weekly goals to break down the larger goal into manageable chunks, and celebrate each milestone on your way to the larger long-term goal.
- Make sure you emphasis **process** goals that keep you focused on what it will eventually take to reach your long-term goal.
- Use the SMART system when laying out your goals.

Process Goals	Performance Goals	Outcome Goals
<p>Actions, thoughts and behaviours that are strived for and realized only in the moment of training or completion.</p>	<p>Competency levels associated with technical, tactical, physical and mental skills that are necessary for the sport to be played</p>	<p>Short or longer-term outcomes. They are realized after training or competition is completed.</p>
<p>Technical, Tactical Physical, Mental Effort, Action Demonstration of Behaviour, attitude or presence</p>	<p>Accuracy or execution percentages, speed, distance or height attainments etc....</p>	<p>Placing Achievement "Standard" realization Self-comparison Personal best</p>
<p>Examples</p>	<p>Examples</p>	<p>Examples</p>

Mind Control



Thinking Positively

Creating Positive Inner Voice Patterns

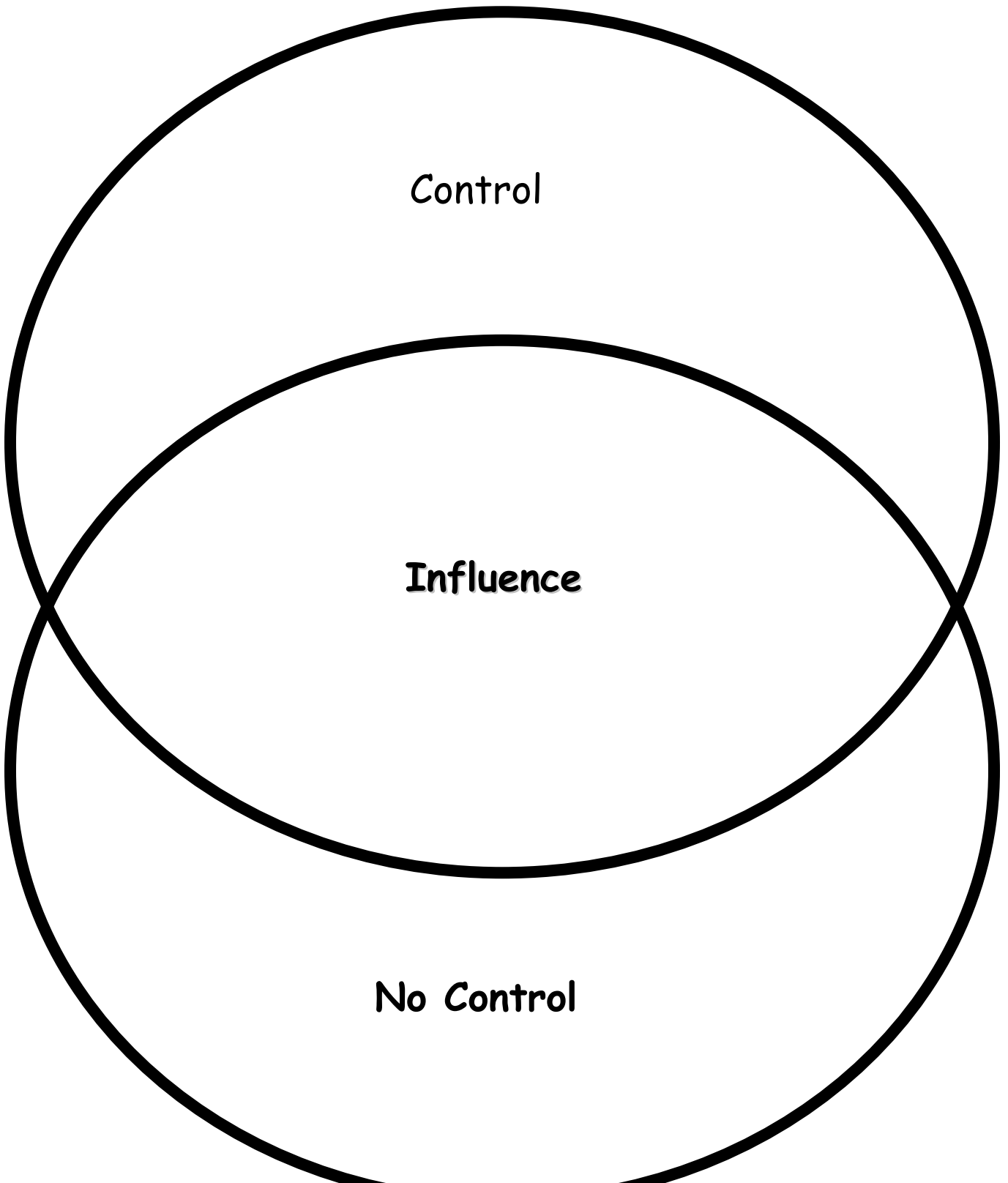
Thoughts on Getting to Positive

(changing the channel of the TV set)

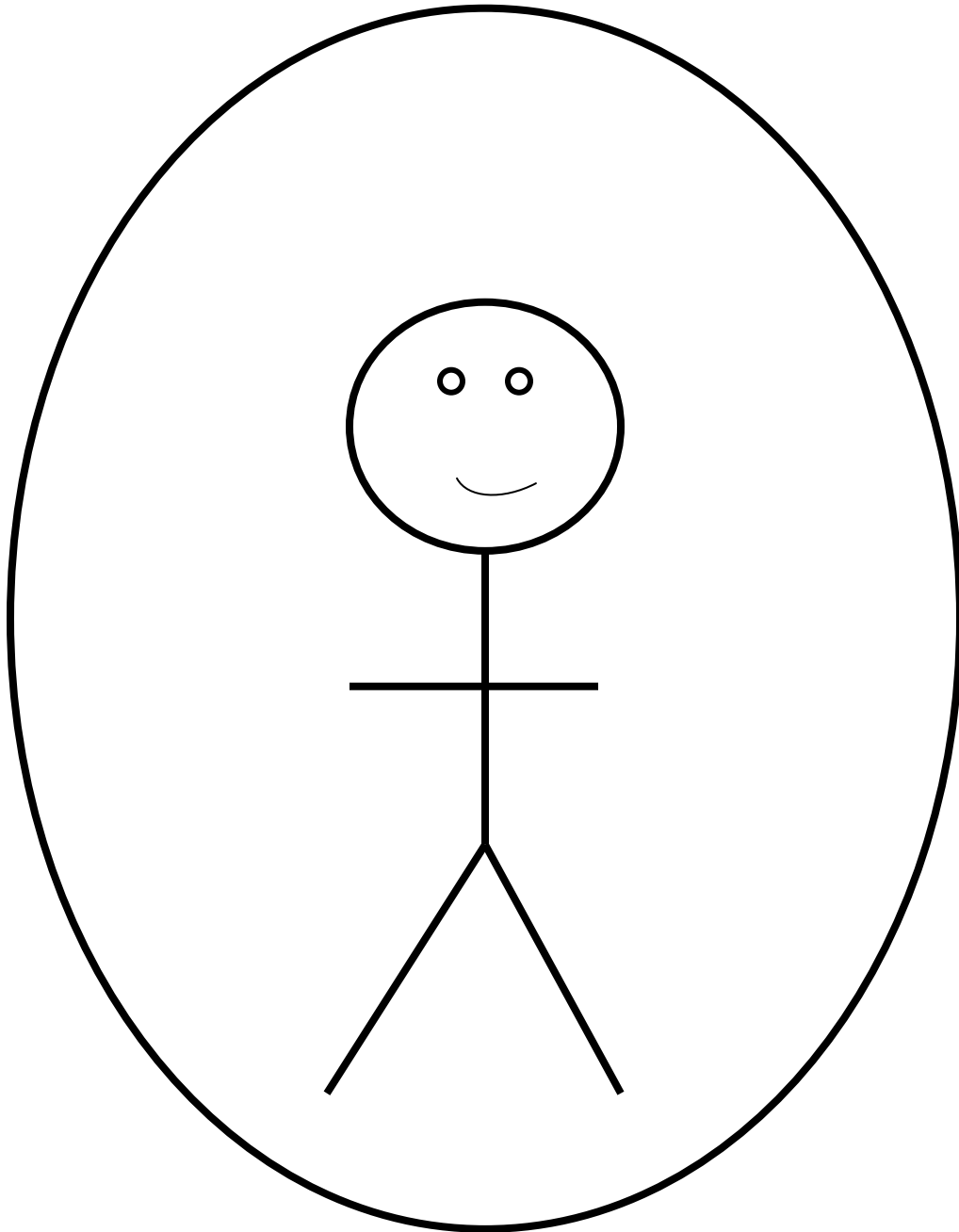
- Your mind is only capable of one thought at a time
- The default button might be set to negative right now
- You must be aware of the voice inside your head
- There is always a choice on which voice you listen to
- If you hear negative you must stop yourself
- (no no no, don't go there)
- You must have something positive ready to go to displace the negative (e.g. ask a good question, voice a statement)

4 Words to Describe Me

Focus on Control



The Internal Locus of Control



If it is predictable, it is preventable

What might occur	My plan is to ...
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	

Race Day Planning Example

_____ Wake up time

Short run, stretch, shower, eat, pack gear, nutrition and hydration for day

_____ Depart for venue

Review day plan, visualization, set expectations for day. Review controllables.

_____ Arrive venue

Deal with equipment, confirm heat times, find teammates, meet with coach, set myself up for the day.

_____ Start prep for heat 1

Nutrition, hydration needs, gather gear, ensure things are running on time, dynamic warm-up, 5 minute visualization work, move to marshalling area and finish warm up

_____ Heat 1

Post heat warm down, gear check, protests, nutrition, hydration needs, deal with gear, check heat two timing, meet with coach teammates, relax

_____ Start prep for heat 2

Nutrition, hydration needs, gather gear, ensure things are running on time, dynamic warm-up, 5 minute visualization work, move to marshalling area and finish warm up

_____ Heat 2

Post heat warm down, gear check, protests, nutrition, hydration needs, deal with gear, check heat two timing, meet with coach, relax/socialize

_____ Depart for accommodation

Nutrition, hydration, journal, deal with gear, flexibility, plan out next day, relax/socialize

_____ Bed

Building The Ultimate Performance

General preparation for a competition

My pre competition preparation (__ minutes prior to a race)

Once I am marshalled (__ minutes prior to the start)

At the start-line

Upon the start

First Third

Middle Third

Final Third

Finish line

Finishing area

Post competition

Able	Coordinated	Inspired	Relaxed
Abound	Dedicated	Integrity	Relentless
Abundance	Decisive	Intense	Release
Accurate	Dependable	Intent	Respectful
Activated	Determined	Jazzed	Responsible
Adaptable	Drive	Joyful	Responsive
Adventurous	Duty	Keen	Safe
Aggressive	Dynamic	Killer	Secure
Agile	Eager	Lead	Self-confident
Alert	Effective	Leadership	Self-sufficient
Aspire	Efficient	Lightness	Seize
Assertive	Electric	Light-hearted	Simplicity
Attentive	Embrace	Loyal	Source
Authentic	Endurance	Mastery	Spark
Awesome	Engage	Mighty	Spectacular
Balanced	Enthusiastic	Motivated	Spirit
Beautiful	Exact	Openness	Spontaneous
Believe	Expectant	Open-minded	Storm
Best	Explore	Optimal	Strength
Bold	Explosive	Passion	Strict
Brute	Faith	Patient	Strong
Calm	Fervent	Peaceful	Stable
Capable	Fire	Performance	Successful
Cautious	Flexible	Performing	Supple
Centered	Flow	Persistent	Synergy
Charged	Focused	Perseverance	Task-oriented
Challenging	Force	Physical	Teamwork
Choice	Forgiving	Prepared	Tough
Clarity	Free	Piercing	Trusting
Clear	Freedom	Poised	Understanding
Clever	Fun	Potent	Unstoppable
Cohesive	Gentle	Power	Victory
Communication	Grateful	Powerful	Vigor
Compassion	Grounded	Precise	Vital
Competent	Gusto	Precision	Will
Conservative	Harmony	Proud	Willingness
Consistent	Humble	Productive	Whole
Controlling	Humour	Protective	Zeal
Conviction	Hungry	Purposeful	Zest
Courageous	Imaginative	Quick	Zoned
Creative	Impact	Quiet	
Curious	Influential	Reactive	

Notes

Notes