

“I want to be my best all the time...”

Using Sport Psych to Train for Consistency

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What does it take to be the best?



Aggressive *Focus* *Discipline* *In the Moment*

Support *Trust*

Communication Skills *Team Player* *Technique*

Confidence *Endurance*

Strength *Passion* *In Control* *Leader*

Enjoyment *Mental Toughness* *Read & React*

Speed

What stands in your way?



*Balancing
Demands*

*Self-
doubt*

*Losing
Control*

Worry

Low Confidence

Fear

Motivation

Injury

Inconsistency

Emotions

Distractions

Unprepared

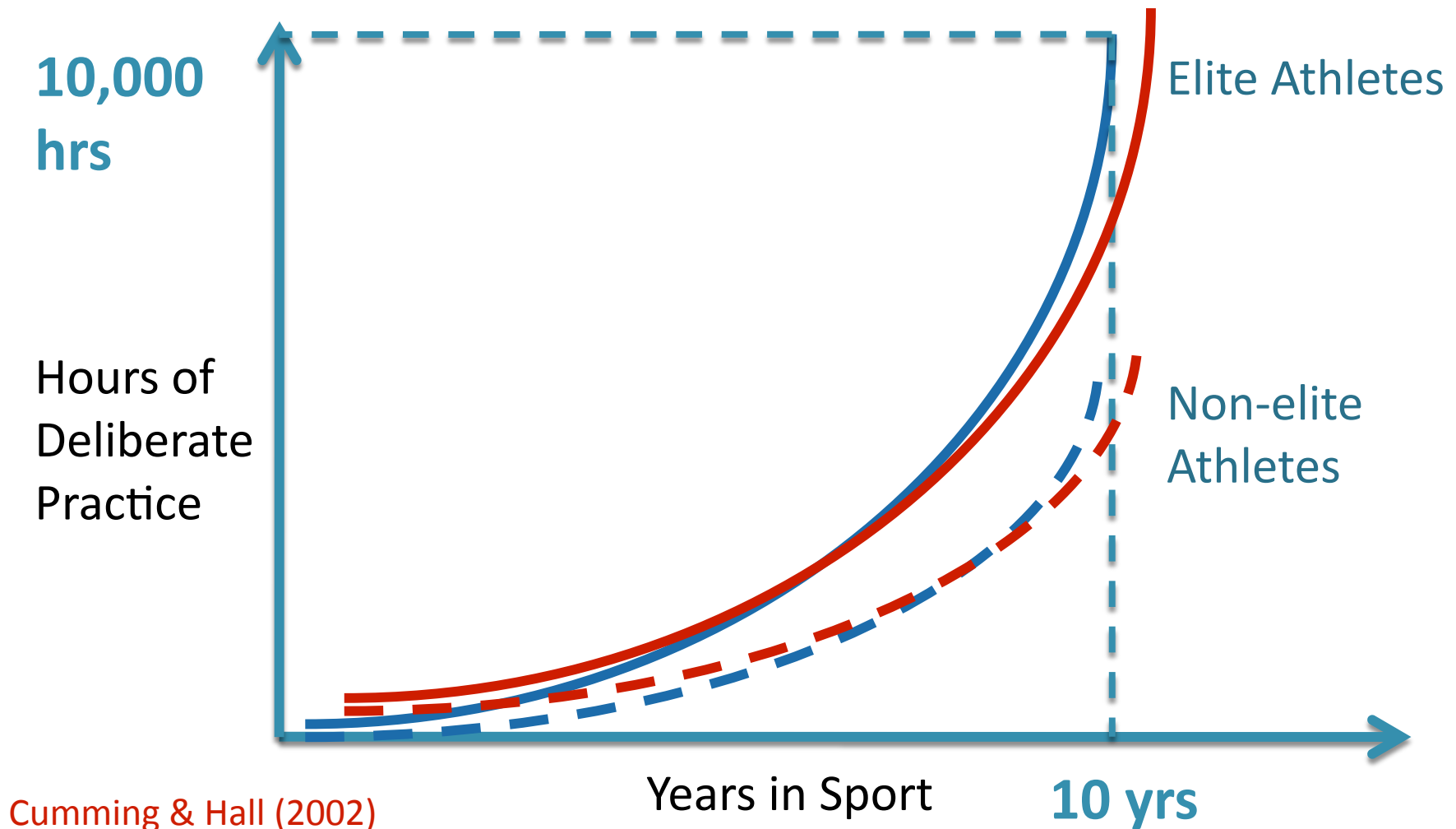
Psychological Skills TRAINING (PST)

- **Systematic practice** of specific skills & strategies designed to help you **achieve peak performance**.
 - Applicable to ALL areas of your life

“The fight is won or lost far away from witnesses – behind the lines, in the gym, and out there on the road, long before I dance under those lights.”

-Muhammad Ali

Practice, Practice, Practice!



Cumming & Hall (2002)

Ericsson et al. (1993)

Who uses PST?

Sport Psych is only for “elite” athletes & those with “problems”....

FALSE! Sport psych is for everyone – developmental & elite athletes, coaches, exercisers, individuals & teams

Why do athletes use PST?

- **Technical:**
 - ▣ Skills & Strategies
- **Motivational:**
 - ▣ Reach Goals
 - ▣ Be Confident, Focused, Positive, Mentally Tough
 - ▣ Control Anxiety & Energy Levels
- **Recovery:**
 - ▣ Healing
 - ▣ Pain Management

Filling your PST Toolbox

How can I build PST into my own training program?



1. Create Your Own Game Plan

- **Goal Setting Checklist:**
 - ▣ Based on your weaknesses?
 - ▣ Team & Individual?
 - ▣ Short- & Long-term?
 - ▣ Personal performance & outcome?
 - ▣ Highly visible?

- Track & reward your progress!
 - ▣ Training logs, journal
 - ▣ 2-3 goals at a time



*Are your
practice & race
routines
consistent with
your goals?*

2. Develop other strategies to help you reach your goals...

- Commonly used PST strategies:
 - ▣ Imagery
 - ▣ Self-Talk
 - ▣ Arousal Regulation (Psych up/Relax)
 - ▣ Attention Control (Focus/Re-focus)
 - ▣ Goal Setting

Find the ones that work for YOU!

Remember... Routines = CONSISTENT performance

3. Track Progress

- Share your goals & keep them visible!
- Keep track of personal bests, good training days, and competition results!
- Reward yourself for success!
- Reflect on what worked & what didn't...
- Be flexible – goals & routines can be adjusted!

Role of Coaches & Parents?

- Be the Support Team & a Role Model
- Share your Knowledge
- Keep things in Perspective
- Make it fun, flexible, rewarding, and simple!

Take Home Points

- Training your mind is like training your body.
 - PRACTICE = CONSISTENCY
- Find the strategies that work for YOU!
- *It's never too early (or too late) to start working on your mental game!*

Thank you!

If you have questions or would like more information, feel free to contact me at:

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