

Mental Skills Program

“Developing the Mental Skill Quadrant of
Personal Performance”

Aim of Presentation

- Explain Mental Skill Concepts
- Provide examples of activities for completion
- Explain how to use the Mental Skills Manual

BACKGROUND

How much of your
performance is mental?

How much time do you
allocate to this part of your
game?

Determining Athletic Achievement

1. Talent

Genetic potential

Defines out reaches of athletic achievement

2. Skill

Developed through hard work, repetition and practice

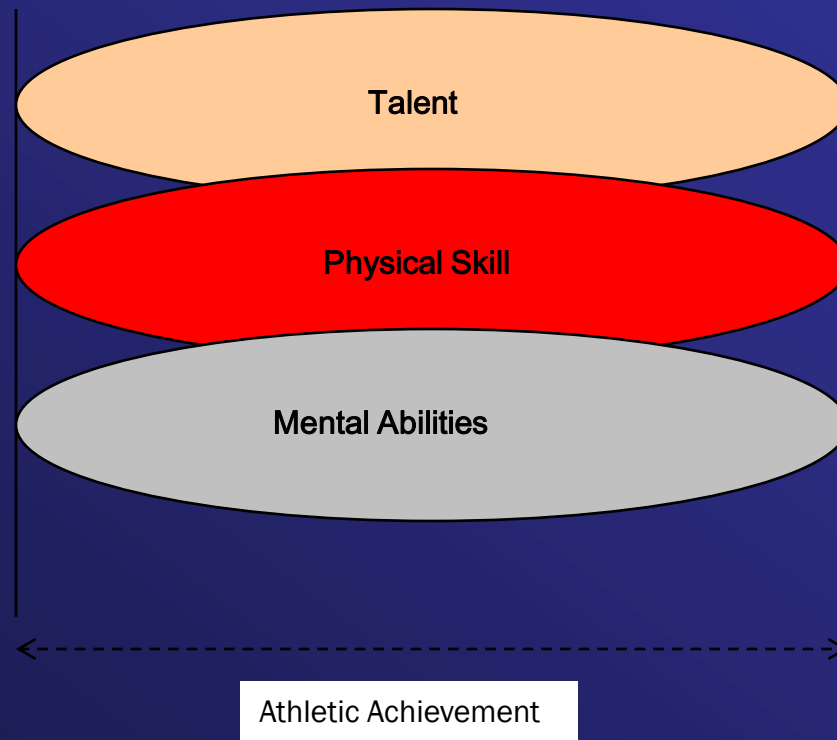
Affect performance the same way as talent

3. Mental Abilities

Concentration/Focus etc

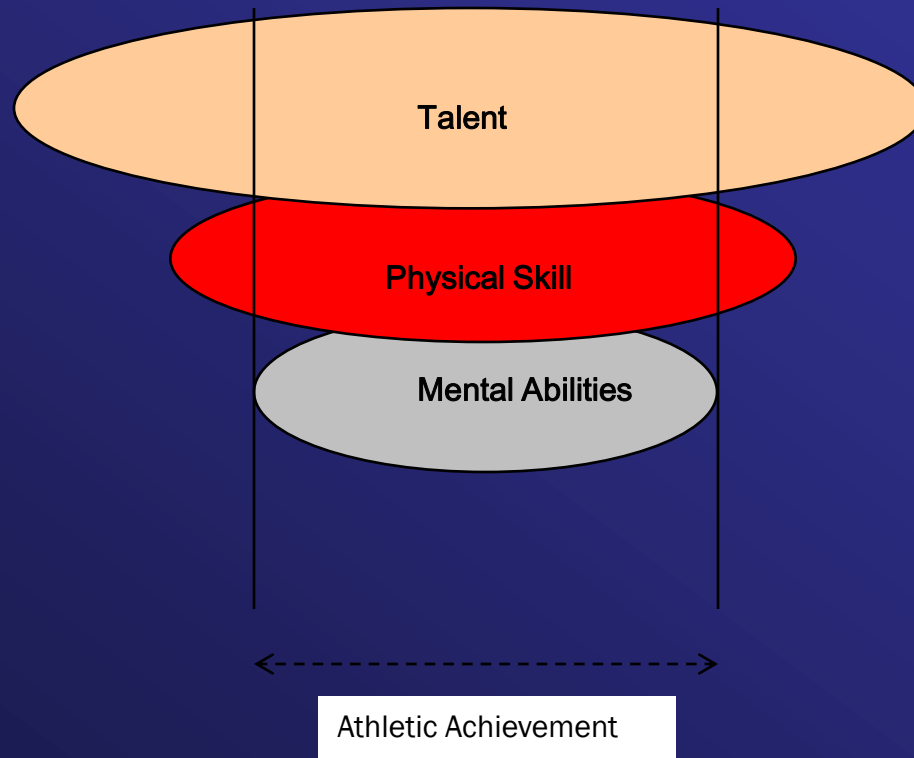
Like skills can be improved over time

Filtering of Talent/Potential



Filtering of Talent/Potential

'Normal' Situation



Background

Take Home Message

“It is the mental skills of the athlete that allows them to reach their athletic potential. Talented athletes with poor mental skills will often not reach the achievement level of less gifted athletes with excellent mental skills”

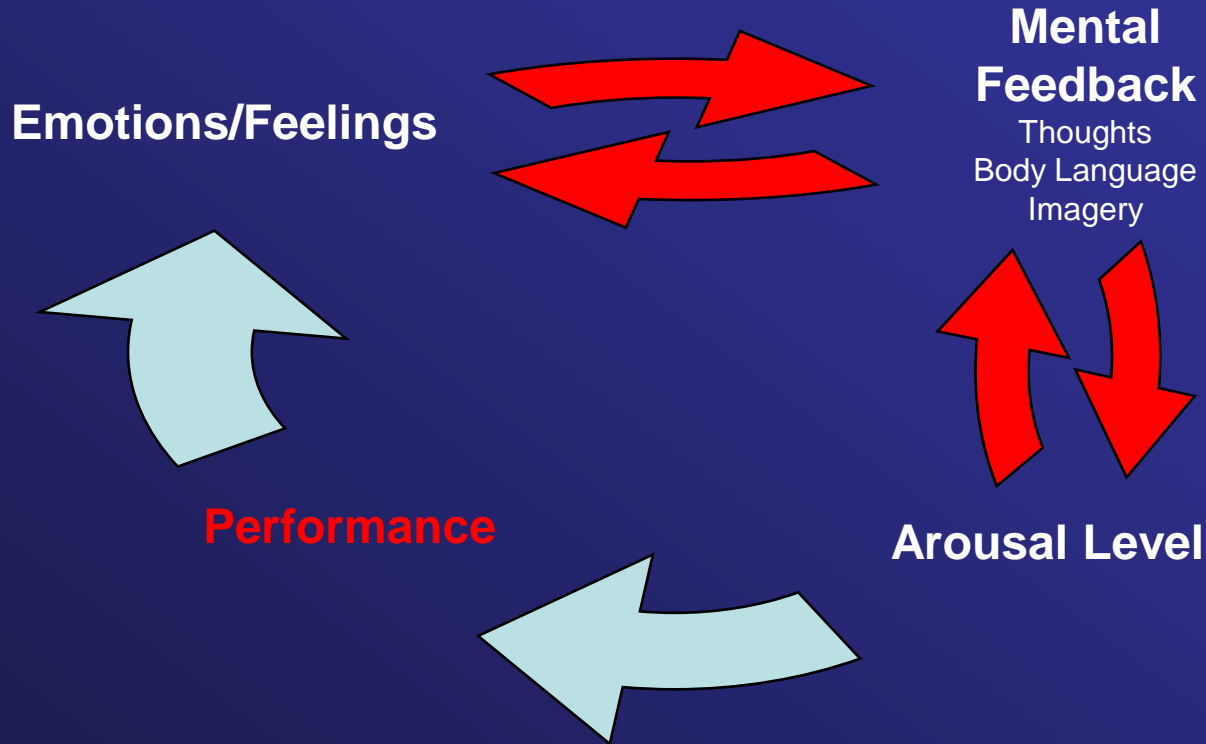
Quotable Quote

“People say that sport develops character in people, I say this, sport develops character in people to a point.

Then eliminates those who do not have enough character.”

ACTIVATE PERFORMANCE CYCLE

The Performance Cycle



Performance Cycles

Positive Performance Cycle

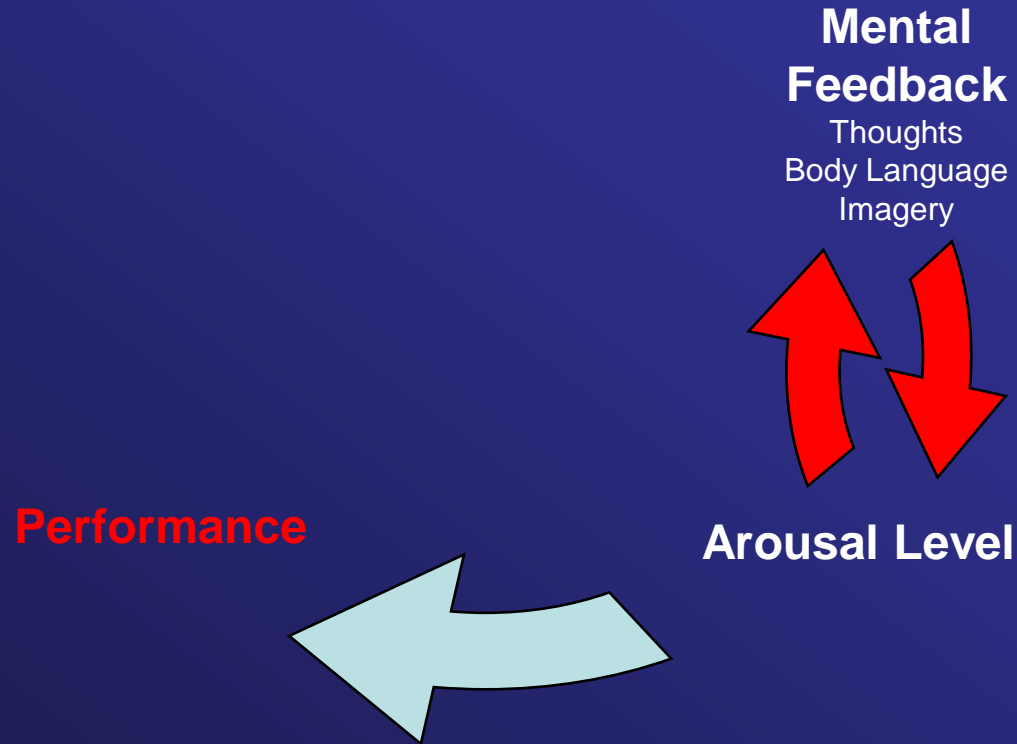
- Good Performance
- Positive Emotions
- Positive Mental Feedback
- Good Arousal Level

Negative Performance Cycle

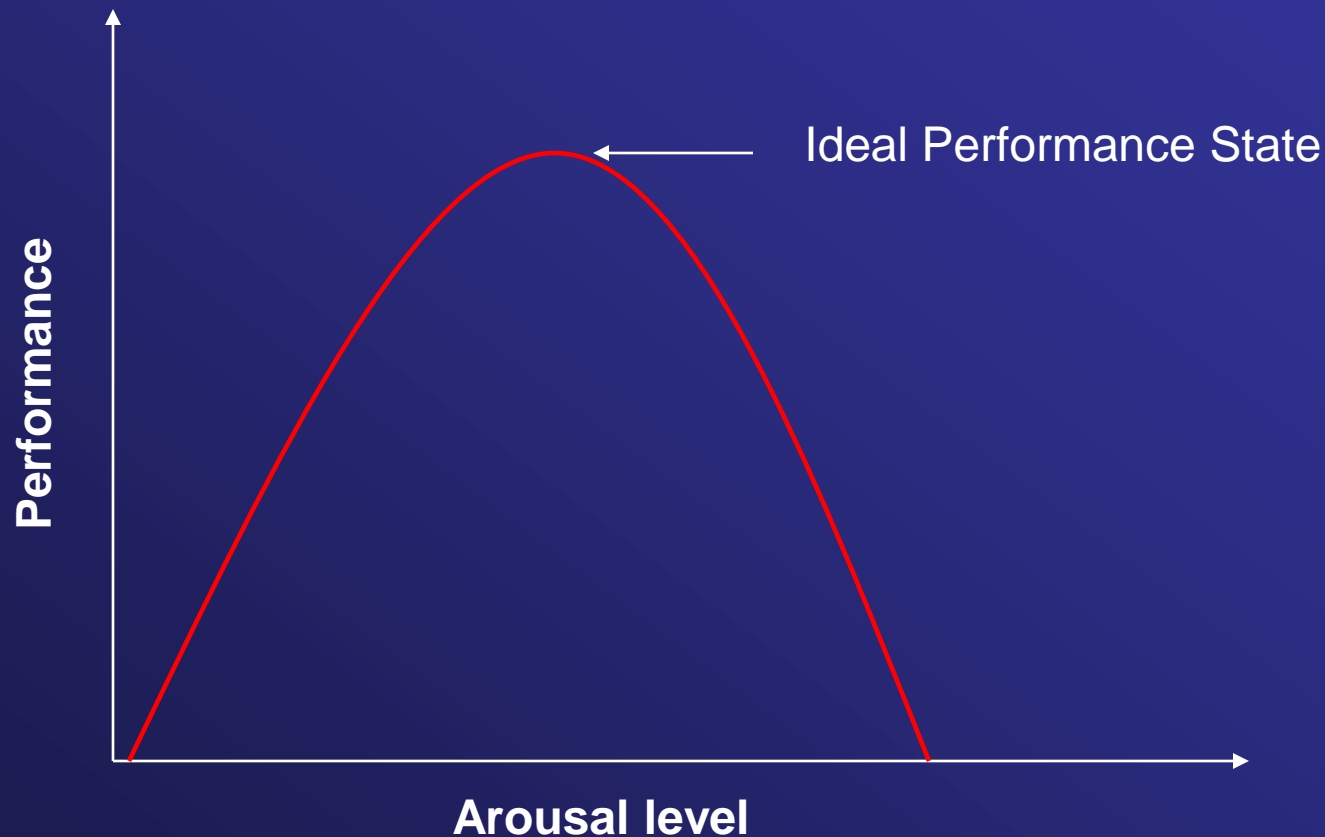
- Poor Performance
- Negative Emotions
- Negative Mental Feedback
- Poor Arousal Level

AROUSAL

The Performance Cycle



Inverted U Arousal Concept Level



Arousal Level

- The arousal level of the athlete is a closed loop. Once the arousal level is set the performance is set from this point.
- Therefore it is critical that the player is maintaining an arousal level that will positively benefit their performance.

Ideal Performance State

Ideal Performance State characterised by the following:

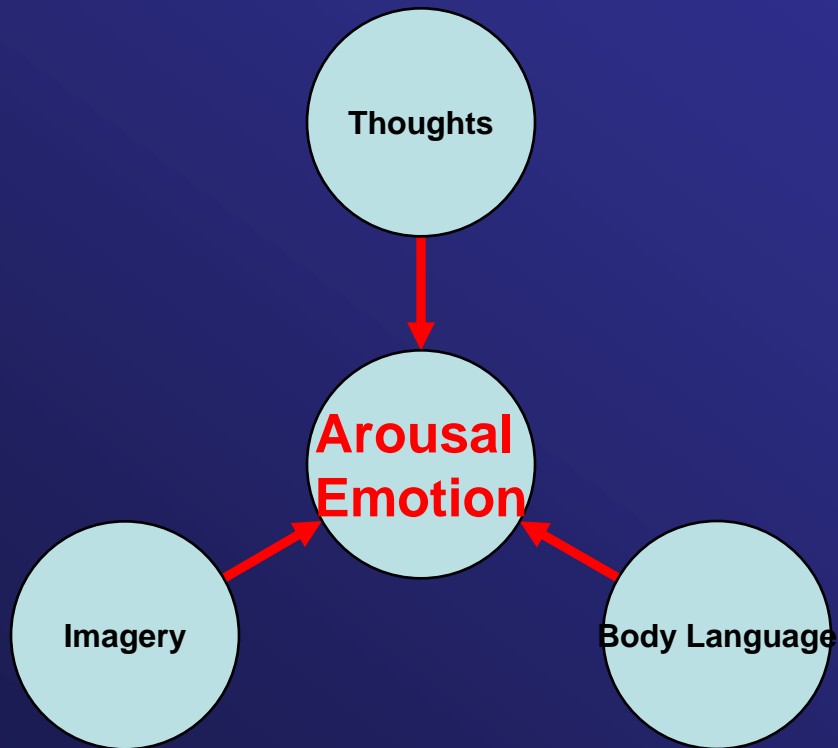
- » Confidence
- » Relaxed and Calm
- » Energized with positive emotion
- » Challenged
- » Focused and alert
- » Automatic and instinctive
- » Ready for fun and enjoyment

AROUSAL

Ideal Performance State

It is simply the optimal physiological and psychological arousal for performing at an athletes peak

What Affects Arousal



Imagery, Thoughts and Body Language can all be positive or negative.

MENTAL FEEDBACK



Mental Feedback

Mental Feedback acts on both the emotions of the player and the arousal levels of the player.

Mental Feedback is critical in the control and maintenance of emotions, arousal and as a result performance.

Types of Mental Feedback

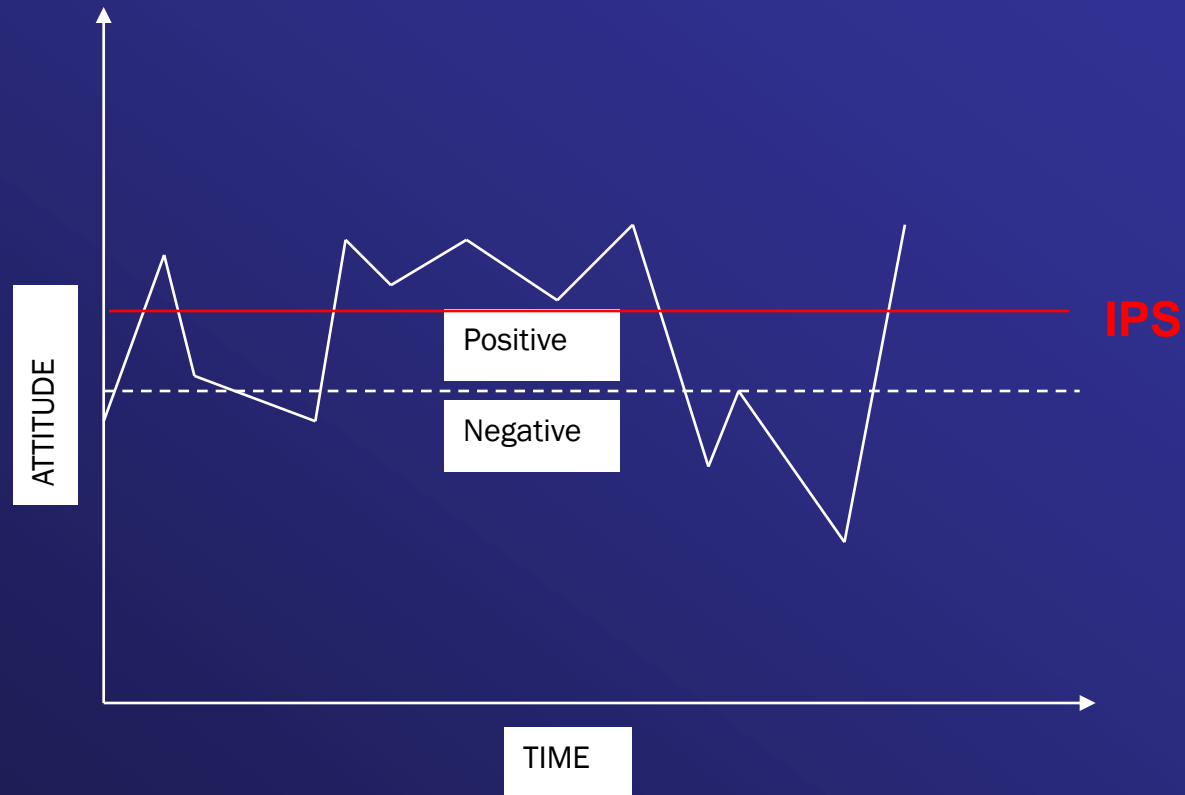
- There are three types of mental feedback:
 - Internal Dialogue and Self Talk
 - Visualisation
 - Body Language
- Each component and how it can be controlled will be discussed below

Internal Dialogue (Definition)

“The Little Voice In Your Head”

- Your internal dialogue is constant.
- Your internal dialogue happens in real time
- Your internal dialogue triggers a physiological change
- Your internal dialogue tends to be totally controlling
- Your negative internal dialogue gets the loudest when you need it the least

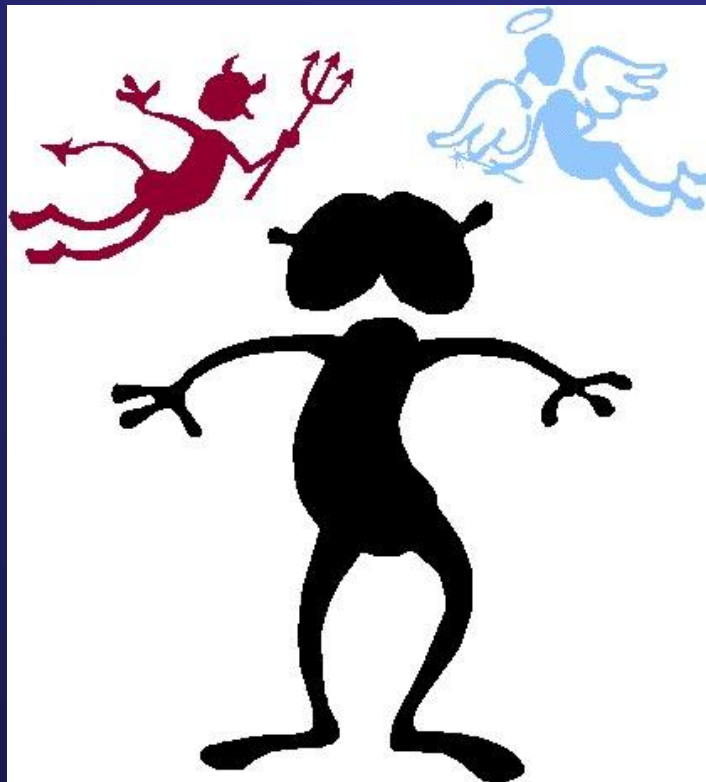
Uncontrolled Thinking



Controlled Thinking



Who are you listening to?



All athletes have
positive and
negative
thoughts.

Which are you
listening to?

VISUALISATION AND IMAGERY

- You can use imagery to create, modify or strengthen pathways important to the co-ordination of your muscles, by training purely within your mind.
- Imagery based on the principle that you can exercise these parts of your brain with inputs from your imagination rather than from your senses
- The parts of the brain that you train with imagery experience imagined and real inputs similarly, with the real inputs being merely more vividly experienced.

What is body language?

ENJOYMENT (Fun) v PERFORMANCE

FUN V PERFORMANCE

Which comes first – do you perform well and then have fun?

OR

Do you have fun and then perform

WHY DID YOU START PLAYING THE GAME?

WHY DID YOU START PLAYING THE GAME?

Enjoyment/Fun is the main reason most people choose to play sport – if you simply take the field to achieve this you are going to be in a positive state of mind and be able to control arousal and other key mental skills areas much more effectively.