

Mental preparation for performance



UNTAMED
EDUCATION

2.2.4 Sports psychology

Visualisation

Relaxation

Mental Rehearsal

Mental preparation and performance

Motivation

Emotion

Concentration



Mental preparation and performance

1. Mental preparation techniques

Relaxation

- ▶ Physical - Involves a number of techniques where the intertwined nature of the body and mind is used to relax the athlete. This might be in the form of progressive **muscle relaxation** or **deep breathing**.
- ▶ **Mental** - This can be in the form of **meditation** or positive “self-talk”. The performer should breathe deeply and slowly. The performer can also use distraction techniques like listening to music.

Visualisation and Mental Rehearsal

- ▶ This is a process of **imagining** yourself performing the chosen skill in your mind. You imagine yourself performing well and this **increases confidence** and decreases anxiety.
- ▶ A tennis player may take a few seconds to visualise him or herself hitting the perfect serve in the place where he or she wants.
- ▶ A quarterback can go through a play in his mind just before performing the play.

2. Benefits of mental preparation techniques

Using these **mental preparation techniques** can improve **performance**.

- ▶ Controls **emotions** and less likely to get angry.
- ▶ Able to make **calmer** logical decisions.
- ▶ Can **cope** better with stress and anxiety.
- ▶ Improves **concentration** and focus.
- ▶ Able to **react** quicker.
- ▶ Raises **confidence** and positive thinking.
- ▶ Raises **motivation**.
- ▶ “**Psychs**” you up and gets you ready for action.

