

Mental preparation for performance



UNTAMED
EDUCATION

3.2.1 Sports psychology

Optimum arousal

Agression

Mental Rehearsal

Extrovert

Mental preparation and performance

Visualisation

Introvert

Relaxation

Intrinsic Motivation

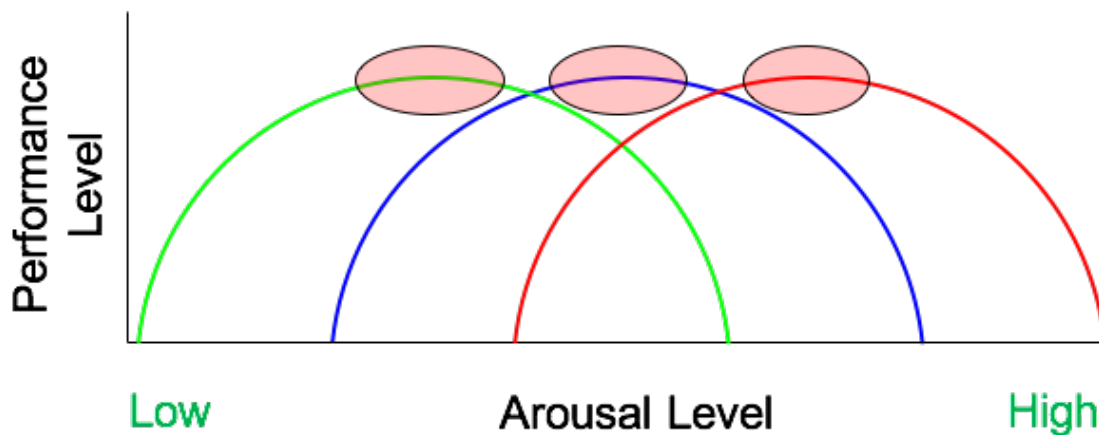
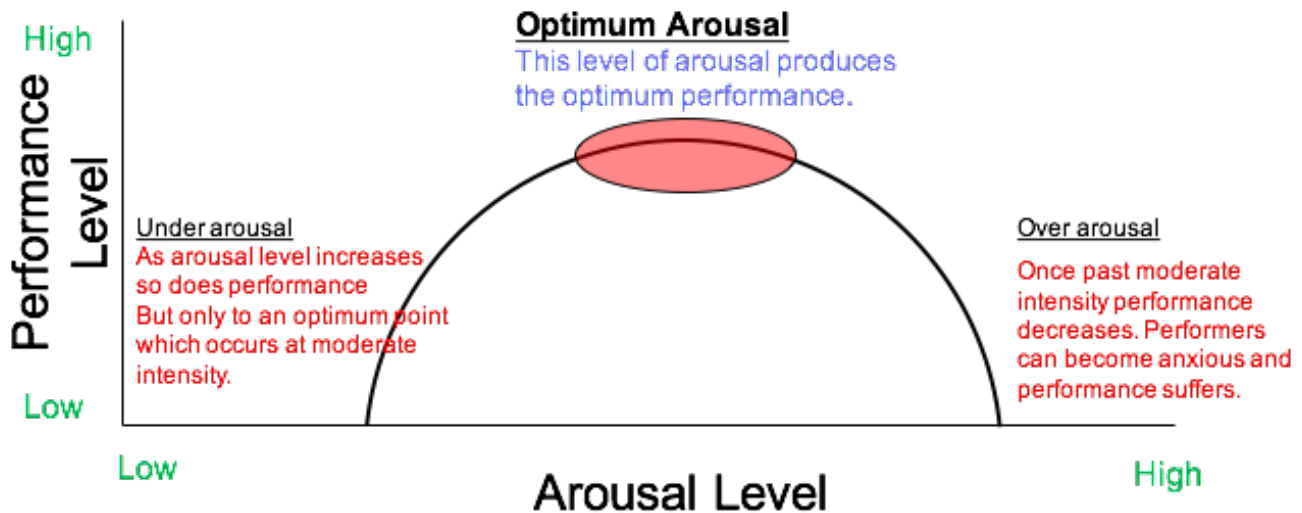
Extrinsic Motivation



Mental preparation and performance

1. Arousal

Arousal is “the state of readiness or alertness” to perform



•The optimum level of arousal is low. • Fine motor skills need low levels of arousal. You relax to reduce your arousal. • Throwing a dart or hitting the ball in snooker	•The optimum level of arousal is moderate. • Moderate motor skills need moderate arousal. • Striking the ball in tennis or taking a penalty kick in football.	•The optimum level of arousal is high. • Gross motor skills and need high levels of arousal. You get psyched up to become more aroused. • A rugby tackle.



Mental preparation and performance

2. 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 _____ or _____.
- ▶ _____ - This can be in the form of _____ 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 _____ yourself performing the chosen skill in your mind. You imagine yourself performing well and this **increases** _____ 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.



or

3. Benefits of mental preparation techniques

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

- ▶ Controls _____ and less likely to get angry.
- ▶ Able to make _____ logical decisions.
- ▶ Can _____ better with stress and anxiety.
- ▶ Improves _____ and focus.
- ▶ Able to _____ quicker.
- ▶ Raises _____ and positive thinking.
- ▶ Raises _____.
- ▶ “_____” you up and gets you ready for action.





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4. Aggression

- ▶ In sport aggression does not mean “losing control”.
- ▶ It means _____ applied to an opponent or an object.
- ▶ It is _____.
- ▶ It is used to _____ or score a point.

Direct aggression

- ▶ This is where there is _____ **contact** in the sport.
- ▶ Where force is directly applied to the _____.
- ▶ Boxing, Rugby or Martial Arts.



Indirect aggression

- ▶ This is where there is _____ **direct contact** with an opponent.
- ▶ The force is applied to an _____.
- ▶ Tennis, Baseball or Volleyball.

5. Personality

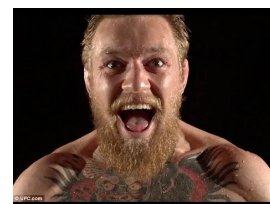
Introvert

- ▶ Generally _____, **shy, thoughtful** and don't like to draw attention to themselves.
- ▶ They are comfortable being on their own and may be drawn to _____ sports.
- ▶ They perform well in _____ **arousal sports** that require precision and concentration such as Archery.



Extrovert

- ▶ Are _____, enjoy interaction and are aroused by others.
- ▶ They are _____ and **enthusiastic** and tend to get bored when on their own.
- ▶ Enjoy fast sports, where concentration is low and _____ **skills** are used such as Football.





Mental preparation and performance

6. Motivation

Intrinsic Motivation

“The internal drive to participate or do well”

- ▶ Fun and enjoyment.
- ▶ Satisfaction and pride.
- ▶ For its own sake.
- ▶ Personal accomplishment.



Extrinsic Motivation

“Motivation that comes from outside our own personal drives”

- ▶ Tangible rewards
- ▶ Prize money.
- ▶ Medals and trophies.
- ▶ Intangible rewards
- ▶ Publicity.
- ▶ Fame.



7. Benefits of motivation

- ▶ _____ motivation is generally deemed **more** _____.
- ▶ Overuse of extrinsic motivation can _____ the strength of **intrinsic** motivation.
- ▶ A performer could become _____ on **extrinsic** rewards.
- ▶ Intrinsic motivation is more likely to lead to **continued** _____ and participation.
- ▶ Extrinsic rewards may result in feelings of _____ and **self-satisfaction**.