

Coaching: The Mental Aspect

What the mind can
conceive,
And the heart can
believe,
The athlete can
achieve!





Mental Skills

Common to neglect mental skills training

What is Mental preparation?

- training mind to work with the body,
not against the body.

Components of Performance



1. Technical
2. Tactical
3. Physical
4. Mental/Emotional

Activity

- Grid Work





Coach's Role in Mental Prep

1. Not a psychologist!
2. Making athletes aware of basic mental skills
3. Integrate into performance preparation
4. Prepare for most eventualities
5. Assist athlete's independence in all areas of mental preparation

Activity

- Grid Work





Successful Athletes

- Block out distractions (focus)
- Leave mistakes in the past (park)
- Get back on track quickly (refocus)
- Keep calm (relaxation)
- Keep competition in perspective
- Patience



Signs of Trouble



■ Focus

- Wandering eyes
- Doesn't follow instructions
- Misses cues

■ Anxiety

- Bites nails
- Fatigues easily
- Yawning
- Feels sick to stomach

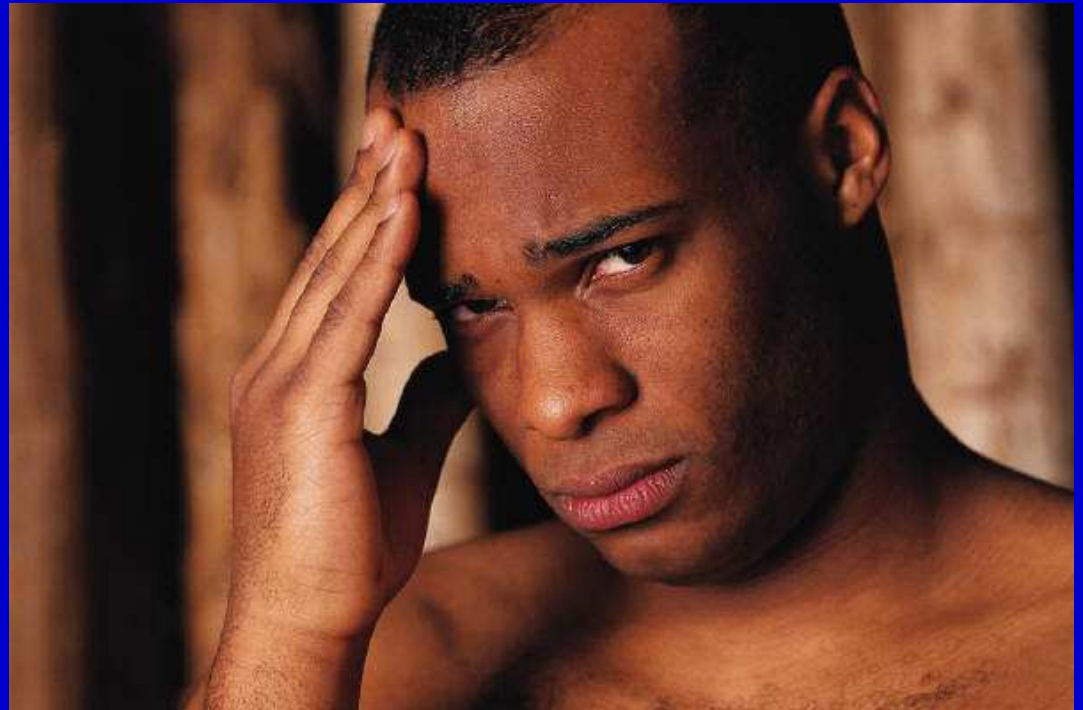
Distractors



- Spectators – heckling
- Coach – instructions
- Teammates – emotions
- Competitors – trash talk
- Officials – bad call
- Ambient noise – air fan
- Environment – light flicker
- Equipment – missing shoes
- Organization – tournament scheduling

Emotional Control

- Emotions (feelings)
 - Provide energy – catalyst for the “joy of victory”
 - Cause of despair and hopelessness – “the agony of defeat



Anxiety

- Definition –
“disturbance of mind regarding some uncertain event”
 - Worry, misgiving, nagging doubt, fear
- Types
 - Somatic or physical
 - Cognitive or mental





Causes of Negative Anxiety

- Somatic (physical)

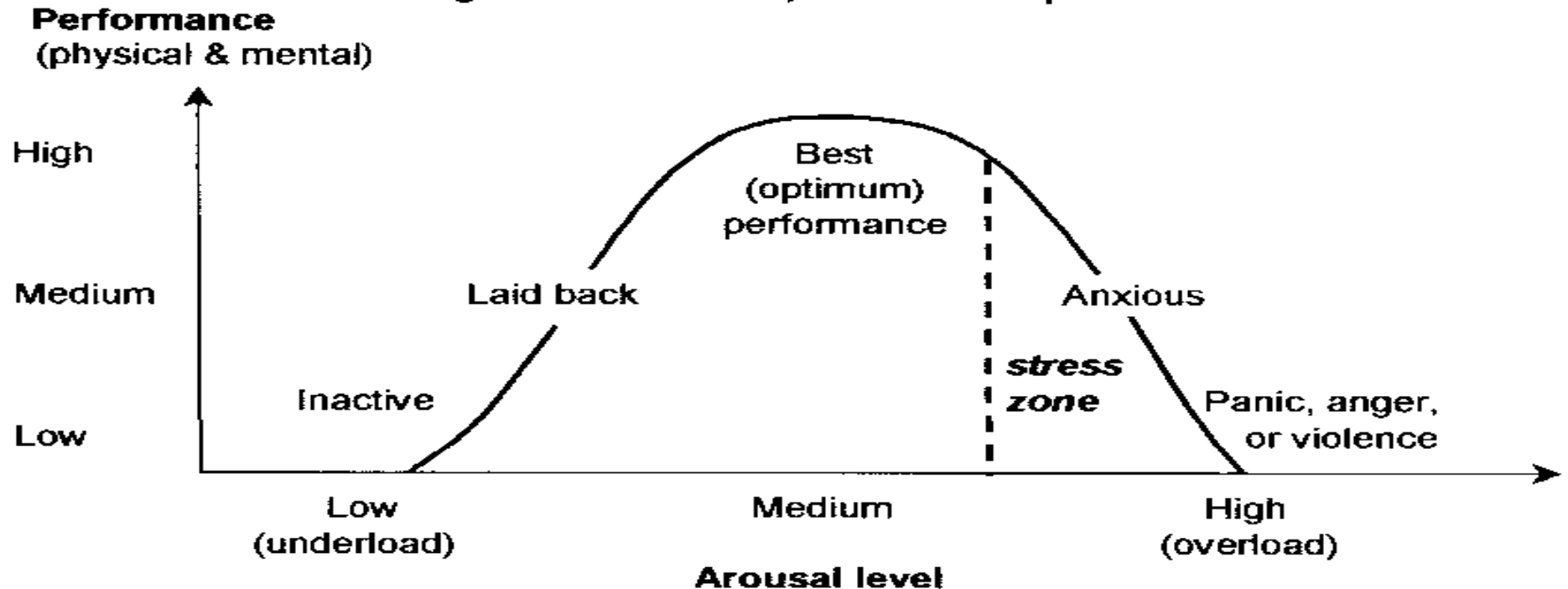
- Tiredness
- Organizational issues
- Chronic adrenalin rush
- Chronic tension
- Increased physiological states (I.e.)heart rate)

- Cognitive (mental)

- Fear of disappointing
- Fear of failing
- Fear due to poor preparation
- Uncontrollable variables
- Officials bad calls
- Lack of support

Arousal and Performance

- Inverted U Theory
- Drive Theory
- Individualized Zones of Optimal Functioning





Managing Anxiety

- Heart rate
- Breathing Control
 - Kinesthetic Controlled Breathing
 - Audio Controlled Breathing
- Relaxation Response
 - Mind to body control
 - “slow, easy, calm, relaxed”
 - Body to mind
 - Muscle relaxation



Planning for Mental Preparation

Mental Skill	Time of Season			
	Beginning	Middle	Peak Time	End
Setting Goals	Identify and set goals	Monitor Re-evaluate	Re-evaluate	Debrief Re-evaluate
Managing Focus	Introduce and Develop	Simulate Refine	Implement	Re-evaluate
Managing Negative Anxiety	Introduce and Develop	Simulate Refine	Implement	Re-evaluate

Visualization

What you see is what you get



Xvxrybody is important

“You arx a kxy pxrson”

Although my computxr is vxry old, it still works vxry wxll with thx xxcxption of onx lxttxr. You would think that sincx all thx othxr lxttxrs arx working, a small onx would not makx a diffxrxncx. Howxvxr, it sxxms that onx bad partnxxr could ruin thx wholx xffort. You could say, “Gxx, I am only onx pxrson among so many othxrs. Nobody would noticx if I do or I don’t do wxll.” But you do makx a diffxrxncx. For a group to bx xffxctivx wx nxxd thx bxst xffort from xvxrybody (including thx coach).

So, nxxt timx you think that you arx not important, rxmxxbxxr my old computxr. You arx a kxy pxrson.