

Mastering the Psychological Skills

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Two Ways to Become a Great Performer

- A. Cut Off Your Head
- B. Become Mentally Effective

“Cardinal Skills”

Relaxation
Concentration
Imagery
Self-Talk
Pre-competition Mental Routine

Autogenic Training Formulas

Comfortably Warm
Comfortably Heavy
Heart Beat Calm & Regular
Breathing, It Breathes Me
Solar Plexus Comfortably Warm
Forehead Pleasantly Cool

Attentional Styles

Broad External
Narrow External
Broad Internal
Narrow Internal
Shifting

Nuggets

As anxiety increases, concentration goes out the window.

As arousal levels increase, the ability to focus narrows.

Athletes with high levels of confidence can handle more arousal.

Imagery

Internal	External
Visual	Kinesthetic

Characteristics of a Mental Routine

Unique to each person
Short (1-3 minutes)
Combination of mental skills
Isolate self
End with some arousal

Other Mental Skills

Fear Mitigation
Confidence Enhancement
Hypnosis
*Goal Setting
