

MASTERMIND THE HORIZONTAL JUMPS

To Trials and to the Games

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OUTLINE



- CLEAR GOALS
- Preparing for Trials: What do you need to do?
- Issues specific to Horizontal Jumps
- Refocusing for Games
- What is your plan??



Goal Setting Backwards


- Start at the Games: What do you want to do there? What kind of jump is your goal?
- Work your way backwards: What will you do in between Trials and Games that will give you the best chance to succeed.
- Olympic Trials: What will it take? What do you need to do
- Work your way back until your next practice. Then plan on being flexible

HORIZONTAL JUMPS

Psychological components

- SPEED/ APPROACH RUN
- Take – off (The Board/Fouls)
- Finishing the jump
- The first Jump
- Wait in between jumps
- Competition Rounds


Technical Phase: Interventions



- Visualization (video, Virtual Reality?)
- Rhythm work
- Kinesthetic awareness
- Feedback on Improvements
- Relaxing/energizing cues

Pre-Competition Phase: Interventions

- Attentional Focus
- Routines
- Plan for in between jumps
- Sources of Confidence
- Relaxing/Energizing Cues



Competition Phase: Interventions



- Competition Plan: Consistency/Discipline
- Flexibility Training: Learning to ADJUST
- "Be your own best coach": Awareness of strengths

Post-Competition Interventions

- Competition evaluation: What would you repeat next time?, What would you do different?
- Replay How would you jump if you could do it all over.
- LET GO.
- Train Hard, Rest Hard



ENERGY LEAKS

WHAT ARE YOUR ENERGY LEAKS???



WORRY EARLY!

- ANTICIPATE OBSTACLES, PREPARE AND THEN BE FLEXIBLE!
- WORRY ABOUT UNCONTROLLABLE THINGS = ENERGY LEAK
- KEEP TRACK OF YOUR STRENGTHS

After Trials

- Physical and Psychological replenishment? Or Celebration and Changes
- Goal achieved. New goals set?? Specific, controllable or outcome goal?
- Expectations, support and pressure. Role of agents.

Olympic Trials

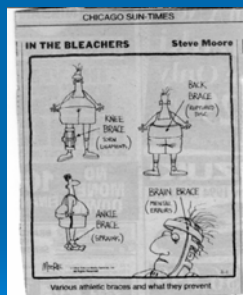
- Physical preparation close to optimal.
- Keep things as consistent as possible: Family, food, environment.... **BE SELFISH!**
- Do what you know works: Do not try something extra!





Olympic Games

- Athletes change many things between Trials and Games.
- Many external factors raise excitement, drain physical energy and divert psychological energy to other goals.
- Distractions require a tested **Refocusing Plan**
- Athletes using external references for managing their performances (other competitors, spectators clapping) are now unclear. Some underestimate, others over do it. Many feel Out of Control



SPECIFIC CASES

- First time olympians
- The “unfulfilled potential” athlete (or aiming to avoid failure)
- Last Olympics: It’s now or never



SOLUTIONS?

- **Awareness Training:** Identify optimal intensity for performance, reaction to competition pressures and main distractions
- **Intensity Management Training:** Include raising and lowering intensity as training goals.
- **Focusing on internal cues:** Routines, images, self-dialogue: It requires Discipline
- **Practice your Jump and In-Between Jump Routines**
- **After Trials:** Celebrate, then Regroup: regenerate and set clear, specific goals for Games. Make a concrete plan for training, competitions, lifestyle issues until Games
- **Willing to risk failure to achieve greatness**

