

Mental Training: What, Why, Who, When, and How?

USSA Club Excellence

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Objectives:

Define and understand benefits of Mental Training

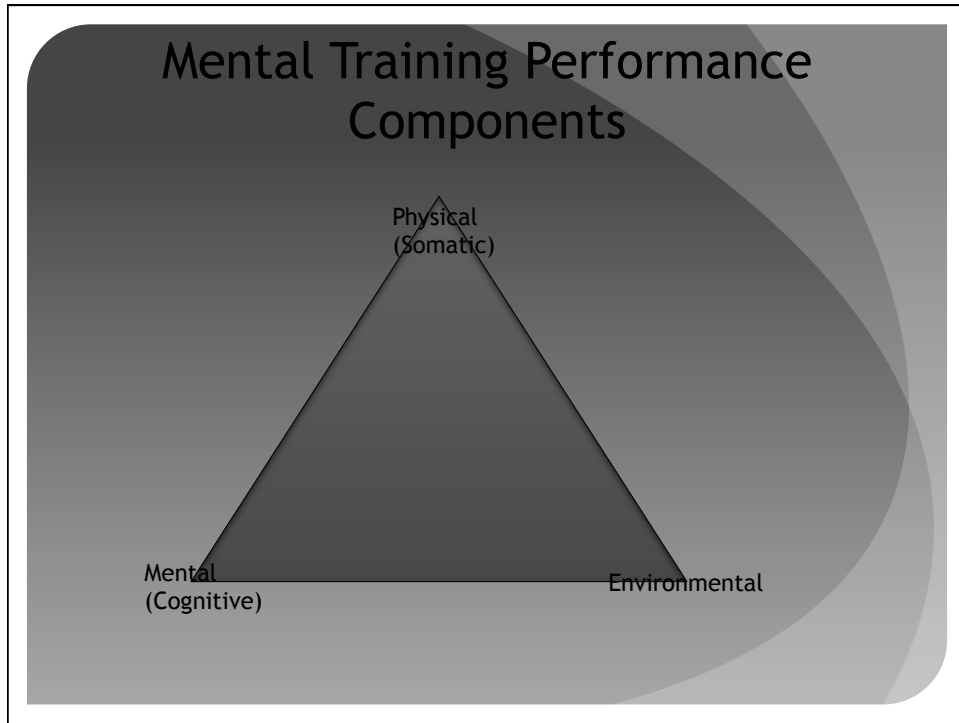
- *What* is Mental Training?
- *Why* is it important?
- *When* should it be implemented?
- *Who* should implement mental training?
- *How* should be mental training be implemented?
- Have FUN while doing the above!!!

WHAT?



- Mental training is the systematic practice of skills that involve the use of cognition and emotional control that allow one to consistently perform up to one's capabilities.





PHYSICAL CONTROL

- Breathing Awareness
- Progressive Relaxation
- Hypnosis
- Thought Stopping
- Triggers

A graphic showing a hand with fingers spread, overlaid on a circular prohibition sign (a circle with a diagonal slash). To the left of the hand is a stylized head with gears, symbolizing mental control or thought stopping.

MENTAL CONTROL



- Self Talk
- Cognitive Restructuring
- Imagery / Visualization
- Productive Analysis
- Attitude Check
- Emotional Regulation

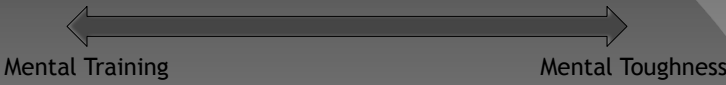
ENVIRONMENTAL CONTROL



- Activation and Concentration
- Attention Control
- Performance Rituals
- Purposeful Practice



Thoughts affect behavior.
Consistency of thinking = consistency of behavior.



Mental Training Mental Toughness

A strong mind may not win an Olympic medal, but a weak mind will lose you one.

Weinberg and Gould, 2014

Characteristics of Mental Toughness????

Psychological Characteristics of Olympic Champions

- High Motivation & Commitment
- Optimistic and Positive Attitude
- Uncanny Ability to Focus
- Ability to Handle Stress & Cope with Adversity
- Sport Intelligence
- Resilient

(Gould et al., 2002)

Questions to ASK?????

- Can mental training replace physical training?
- IS it OK to force athletes to participate in Mental Training?
- Should coaches be involved in mental training?
- What age should mental training begin?

*When?
&
How?*

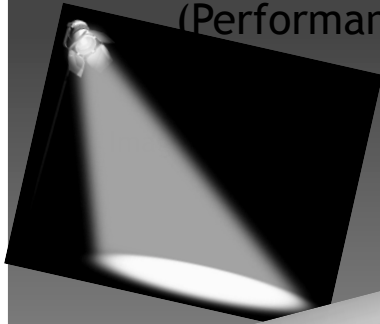
Three Phases of Performance

Pre Competition (Long term skill sets)



- Goal Setting
- Purposeful Practice
- Attitude
- Motivation
- Personal Interaction
- Hypnosis

Prior to and During Competition (Performance Skills)



- Self Talk
- Mental
- Visualization
- Attention, Focus, Concentration,
- Emotional Regulation, Anxiety and Arousal
- Address Frustration



During and After Competition



Analyze

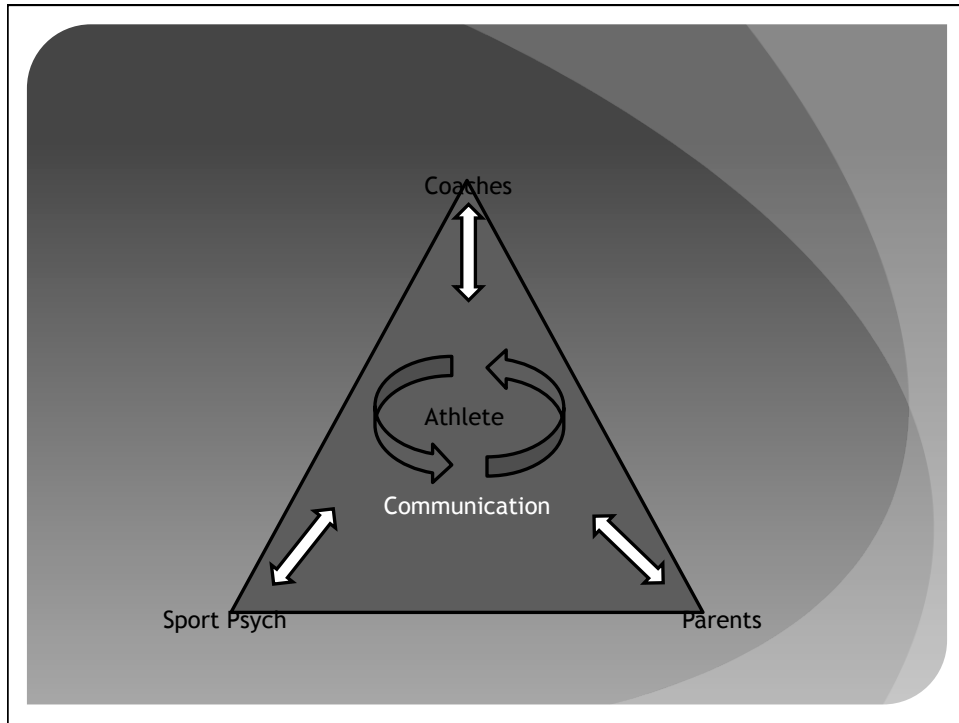
Restructure

Back to basic skills



WHO?





How?

Goal Setting - SMART- CORE



T·W·O

HE THAT HUNTS TWO HARES WILL CATCH NEITHER.
(FRENCH: QUI COURT DEUX LIÈVRES, N'EN PRENDRA AUCUN.)

Goal Setting

- **Step 1: Write down your long term goal in as few words as possible.**
- **Step 2: Make your goal detailed and SPECIFIC**
- **Step 3: Make your goal MEASUREABLE**
- **Step 4: Make your goal ACTION ORIENTED(What needs to be done)**
- **Step 5: Make your goal REALISTIC (Why?)**
- **Step 6: Make your goal TIMELY.**

CORE

- **Challenging** When creating goals reach beyond your comfort zone.
- **Own your goals:** work with your coaching team to set your goals
Use your team (Coaches, PT, Sport Psych, Parents, Significant Others, Dr.,) to help create challenging goals
- **Reset the goals if needed**
Make small incremental goals, CELEBRATE your Successes!!!!
- **Evaluate your goals frequently.** If the goal was so easily attained, adjust accordingly!

Confidence is the most important single factor in this game, and no matter how great your natural talent, there is only one way to obtain and sustain it:

work.”

Jack Nicklaus



*The only place you find success before work is in the dictionary.”-
Vidal Sassoon*



Questions????

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References provided upon request