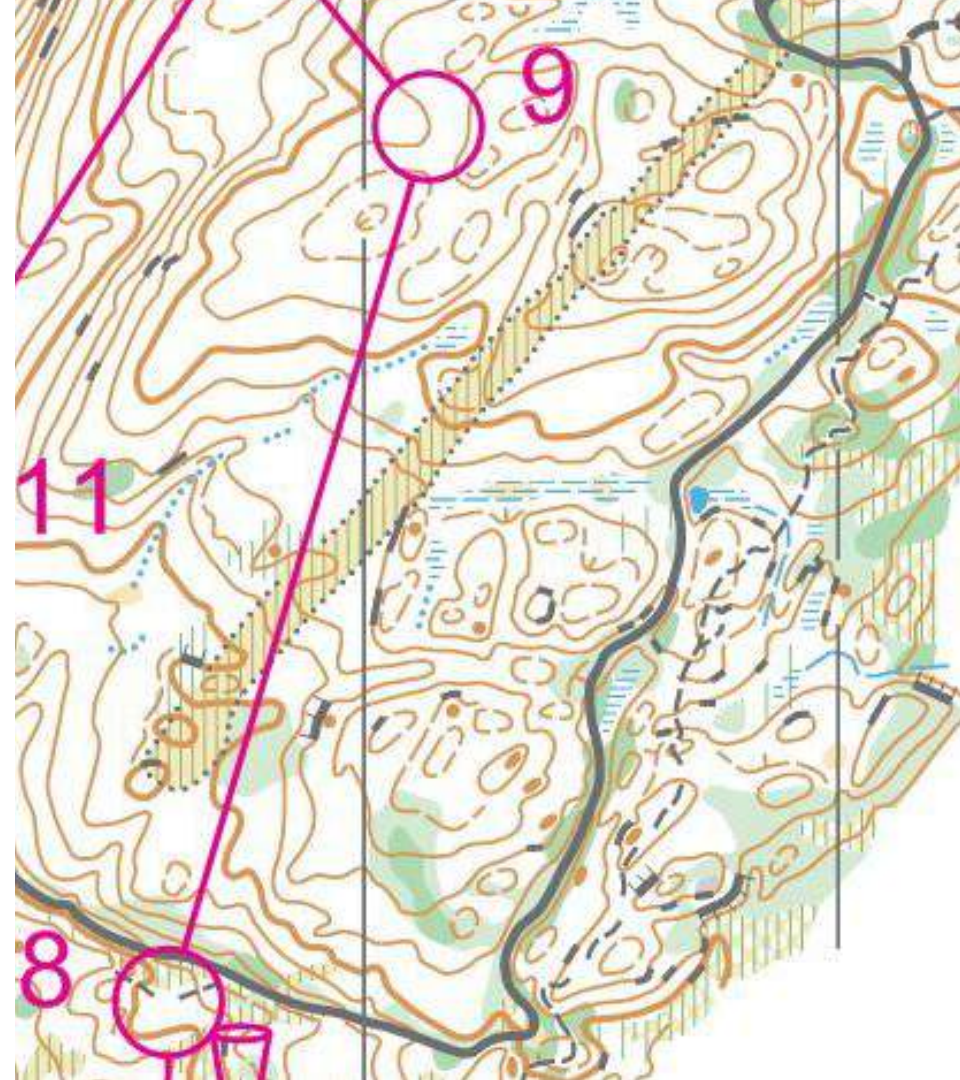


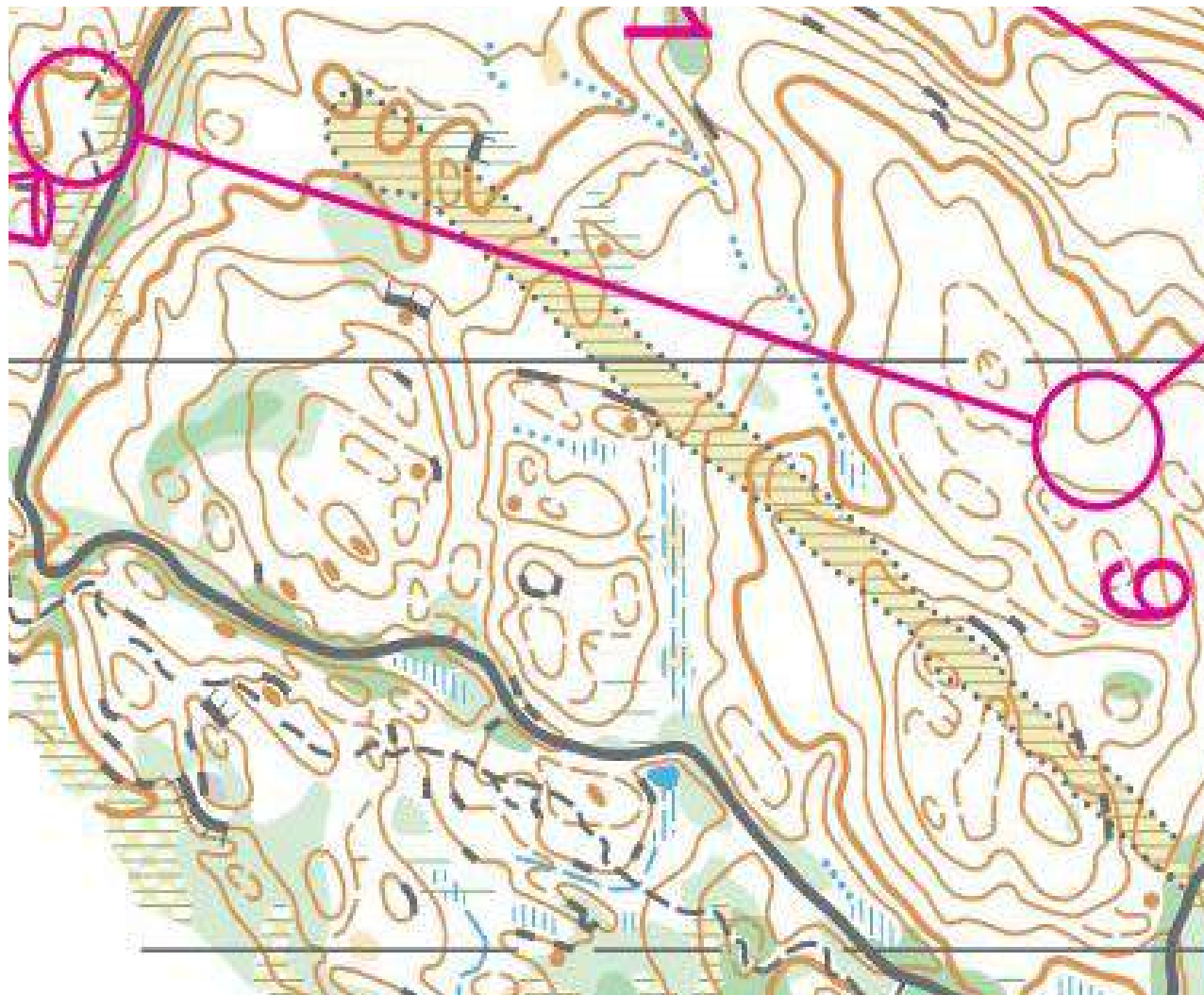
Sports Psychology

SPOTT Session 8



What's the best route from 8 to 9?

See the next slide if you want to see a bit more of the map.



Try
choosing a
second
route.

Remember
Left- Right-
Mid?

Common Sense

- 1) Balance
- 2) Organisational Preparedness
- 3) Race Day Readiness
- 4) Communication
- 5) Goal Setting

Common Sense

Balance: living a balanced lifestyle prepare you for competition

Mental - Physical - Emotional - Spiritual

Common Sense

Organisational Preparedness:

ex .Remember all your equipment

Race Day Readiness: Proper breakfast,
knowing your start time, having a focus/goal

Common Sense

Communication:

- a. explaining your actions/ thought process to a coach/mentor
- b. Creating a free and open environment
- c. asserting your needs as an athlete

Common Sense

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- a. explaining your actions/ thought process to a coach/mentor
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Common Sense

Goal Setting:

- a. Emphasis on skill development (not outcome)
- b. Identifying target dates for attaining goals
- c. Identifying goal achievement strategies
- d. Regular goal evaluations from a coach/
mentor

Psychological Strategies

- 1) Positive Thought Control
- 2) Flow
- 3) Awareness
- 4) Anxiety and Performance

Psychological Strategies

Positive Thought Control:

Stories - Our narrative and how it can affect us

Self Talk - Identify negative thoughts, challenge them, create positive thoughts, substitute them

Psychological Strategies

Positive Thought Control:

We can use:

Mechanical Statements - ex. “refold map”

Energy Statements - ex. “Push here!”

Self-esteem Statements - ex. “I can do it!”

Psychological Strategies

Flow:

Complete focussed motivation

State of mental operation in which a person is fully immersed in a feeling of energised focus

Ex. Running downhill with tricky footing

Psychological Strategies

Awareness:

Visualization - this *is* mental toughness

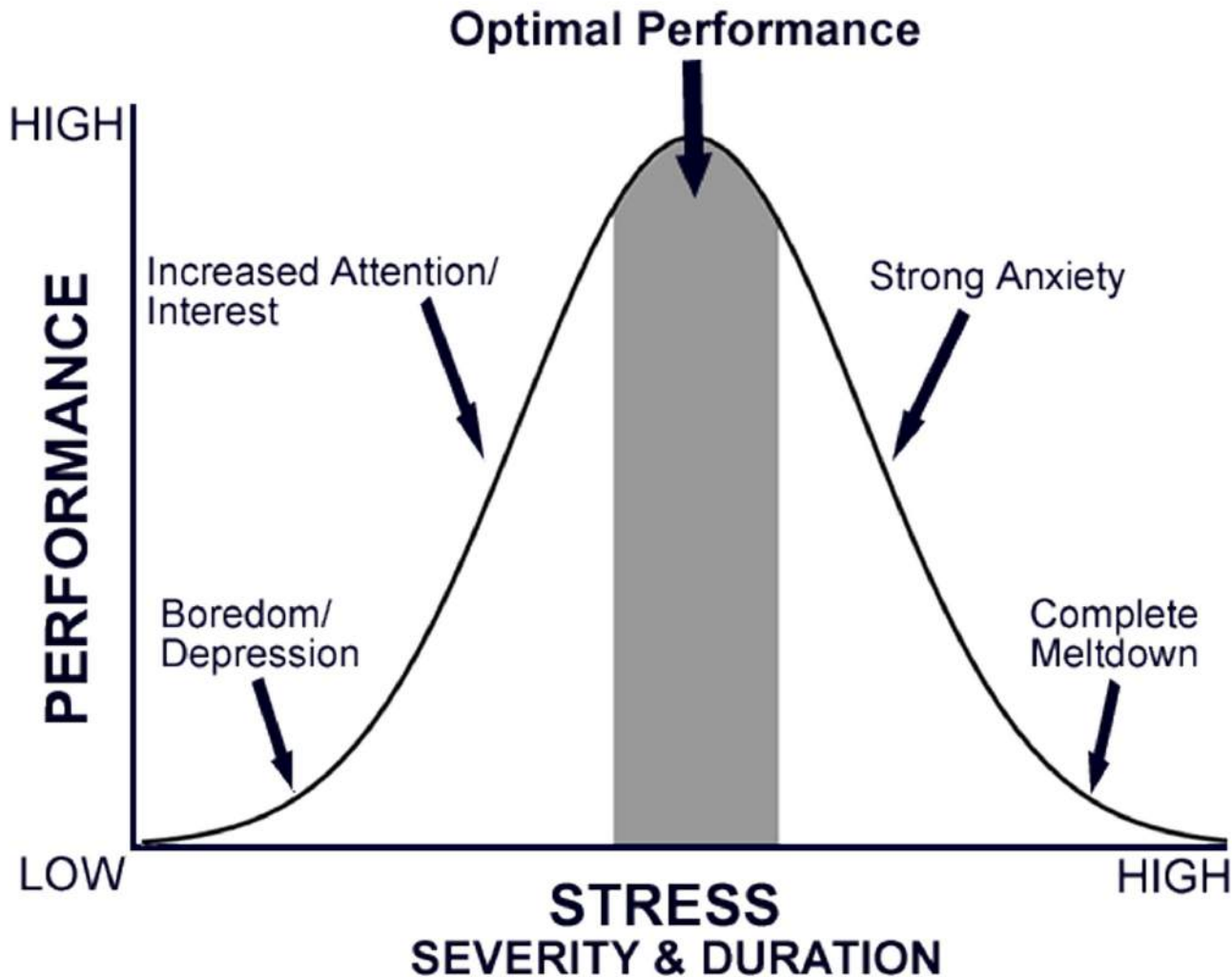
Using all the mind's senses to recreate or create an experience in the mind

Psychological Strategies

Anxiety and Performance:

What are the consequences of failure?

Visualisation, Imagery and Relaxation to get into the right anxiety/ excitement level



Our best performances occur when we have control over the situation but have enough stress to keep us focused

Dealing with Mistakes

- 1) getting into right headspace before start
- 2) Not being afraid of making an error
- 3) Knowing that errors will occur and flexing mental muscles when they do
- 4) Having mindset to relase the error and move directly back to task at hand

Task at Hand

Try to keep focus on what YOU are doing right NOW,

Ignore past, present and competitors

Think About

- planning next leg(s)-
- the present leg
- switching thoughts between planning and the present moment
- moving arms, lengthening stride, placing feet
- teammates = motivation to work hard

Don't think about

- the time you've been out
- other competitors
- negative thoughts
- anything other than orienteering
- Weather/ environmental factors you can't control

Body Language

Many of you have already seen this TED talk:

http://www.ted.com/talks/amy_cuddy_you_r_body_language_shapes_who_you_are?language=en#t-116745



I do a stretch like this before my race to help me prepare mentally