

SPORT PSYCHOLOGY

GOAL SETTING

Specific

A personal best by 1 second in the 100m breast

Measurable

How you know when you achieve this goal?

Attainable

What is reasonable, but exciting

Relevant

Relates to training & is personal

Time-bound

Get a regional qualifying time by February

Process Goals

What gets you to your end result?

3 dolphin kicks ea. wall

*More day-to-day control

vs

Outcome Goals

The end result.

Personal best in 200 IM

*Less day-to-day control

Keep goals visible & up-to-date!

SELF TALK

INSTRUCTIONAL:

Aid technical execution
("elbows high")

Help concentration
("focus")

MOTIVATIONAL:

Regulate arousal & anxiety
("I am calm")

Build confidence
("I am strong")

Shorten to
cue words

PRE-PERFORMANCE ROUTINE

Identify what needs to happen on race day:

Practice and adapt this routine. What if something goes wrong?

At the hotel?

At the pool?

Behind the blocks?

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IMAGERY

If you imagine your ideal response beforehand, you are more likely to respond in preferred way. Find a quiet place: You can sit still, or move around

Let's Practice!

Walking to your front door

- What could you see? Smell? Hear?
- 1st person or 3rd person?

Your best event?

- What lane were you in? Could you smell the chlorine?
- Can you feel the excitement or anxiety?
- Imagine again, but this time your goggles break. What do you do?

RELAXATION

- Begin by finding a comfortable position either sitting or lying down in a location where you will not be interrupted.
- Tense each muscle, going head to toe, in turn for about five seconds, and then release the tension and feel the muscle relax.
- It may help to visualise the muscles tensing and a wave of relaxation flowing over them as you release that tension.
- Allow your attention to focus on your body. If your mind wanders, bring it back to the muscle you are working on.
- Remember to keep breathing throughout.