

Sport Psychology Workshop

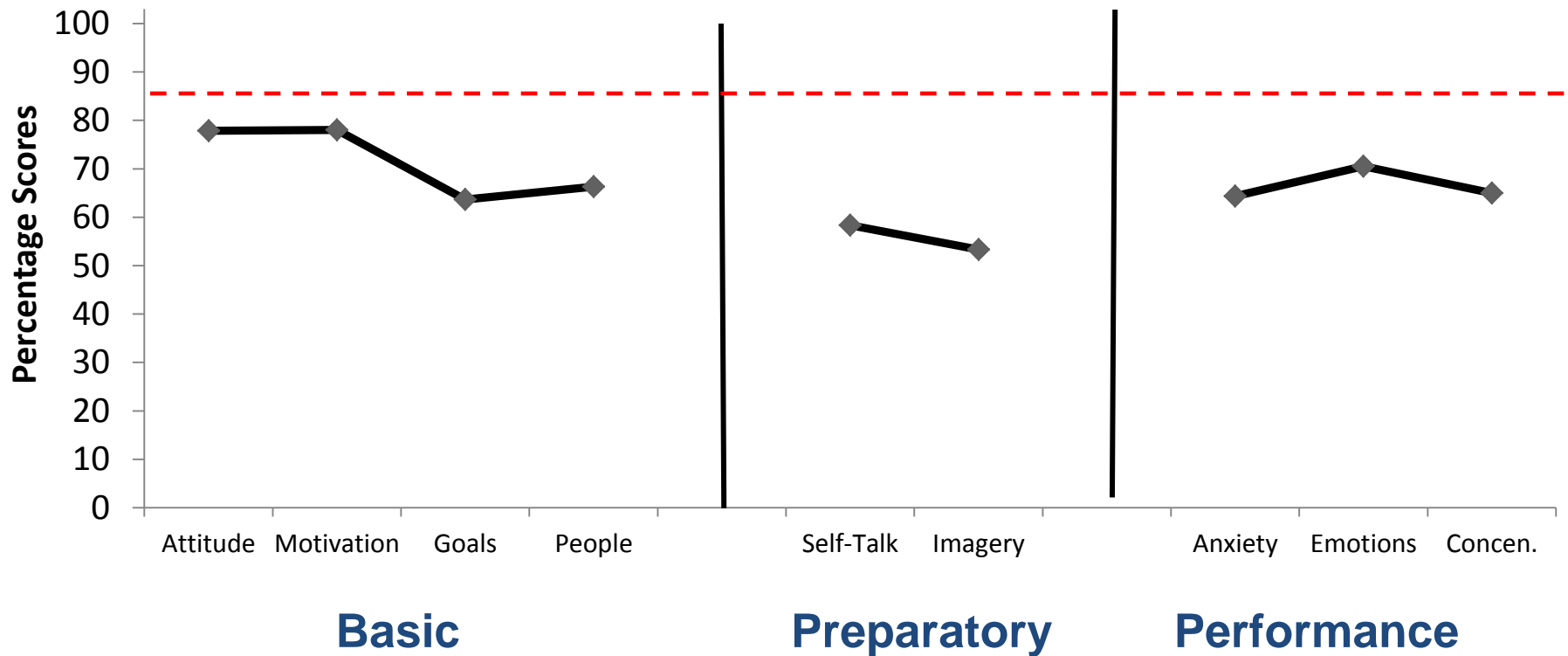


John Coumbe-Lilley, PhD, CC-AASP
Maldron Hotel, Cardiff Lane, Dublin
Wednesday June 24, 2015

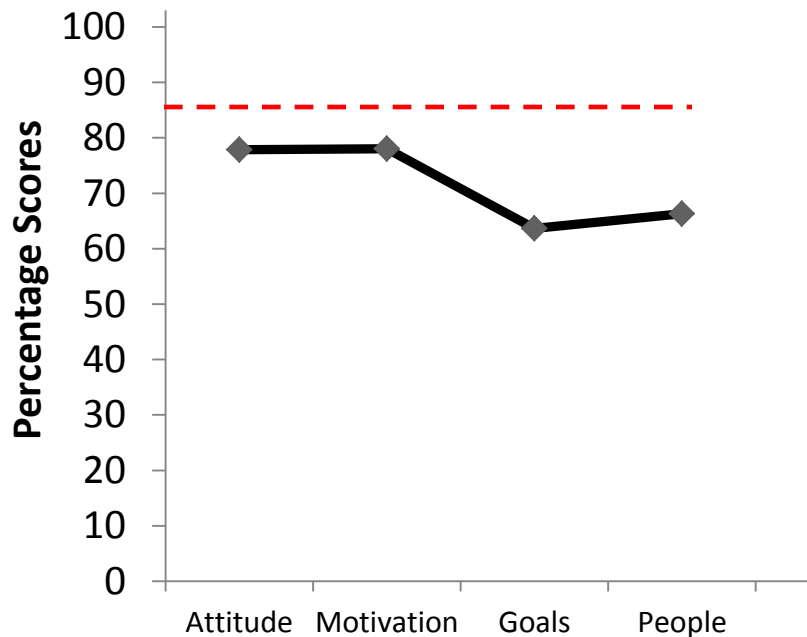
Agenda

- Introductions
- Club Profile
- What Does My Profile Mean?
- How Can I Use This Profile?
- How Can I Get Started?
- Wrap-up

Nine Mental Skills of Successful Athletes Piranha Triathlon Club, June 2015



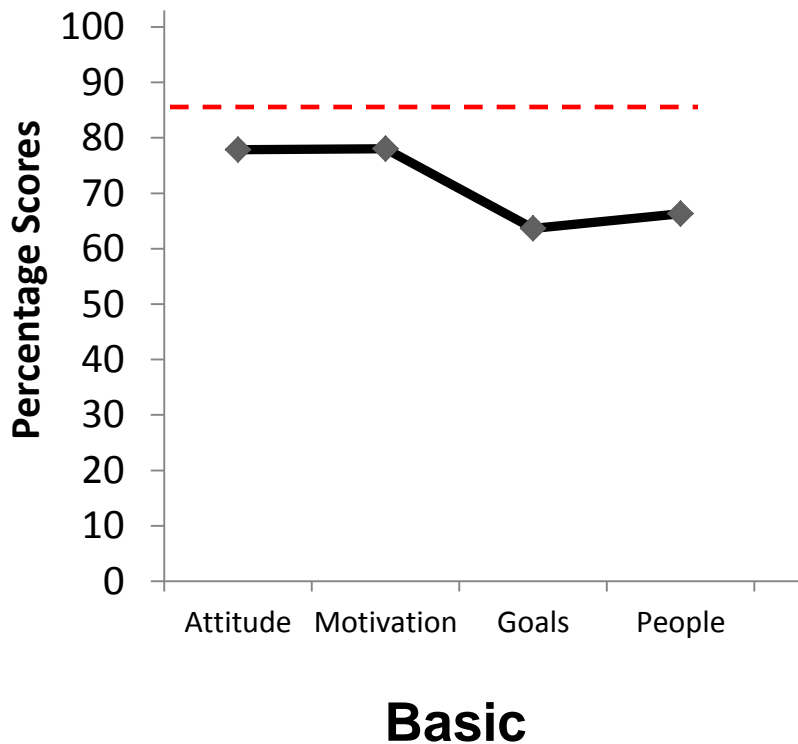
Attitude



Basic

1. _____ I realize that attitude is a choice.
2. _____ I choose an attitude that is mostly positive.
3. _____ I view my sport as an opportunity to compete against myself and learn from my successes and failures.
4. _____ I pursue excellence, not perfection, and realize that I, my coaches, teammates, officials, and others are not perfect.
5. _____ I maintain balance and perspective between my sport and the rest of my life.
6. _____ I respect my sport, the other participants, coaches, officials,

Motivation

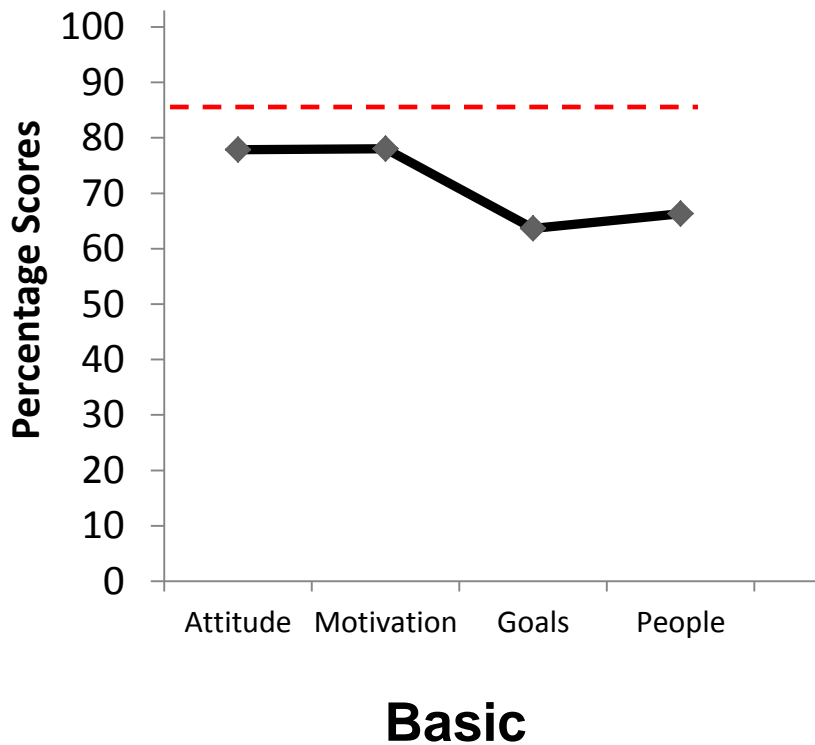


7. _____ I am aware of the rewards and benefits that I expect to experience through my sports participation.

8. _____ I am able to persist through difficult tasks and difficult times, even when these rewards and benefits are not immediately forthcoming.

9. _____ I realize that many of the benefits come from my participation, not the outcome.

Goals

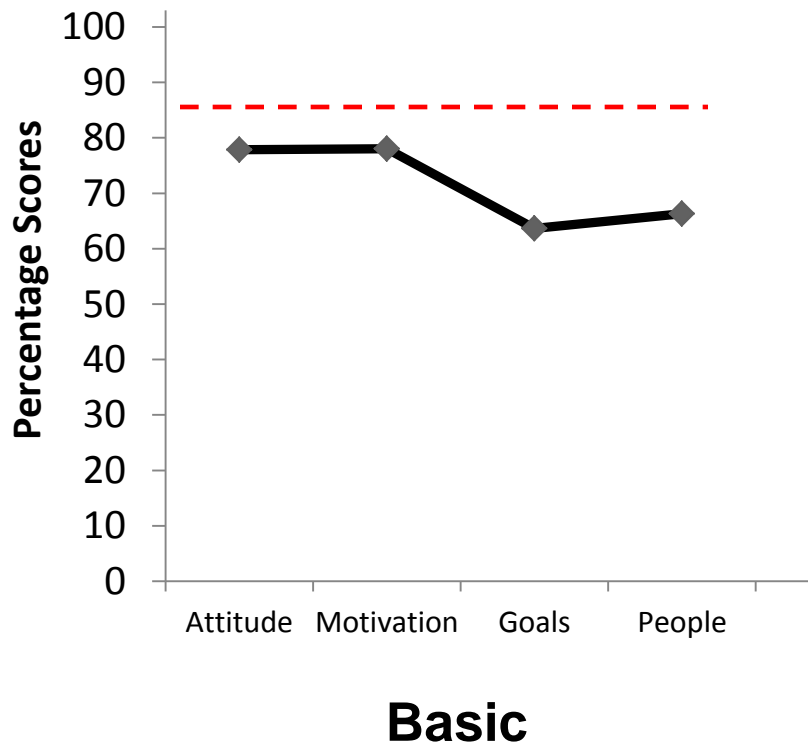


10. _____ I set long term and short-term goals that are realistic, measurable, and time-oriented.

11. _____ I am aware of my current performance level and have developed specific, detailed plans for attaining my goals.

12. _____ I am committed to my goals and carrying out the daily demands of my training program.

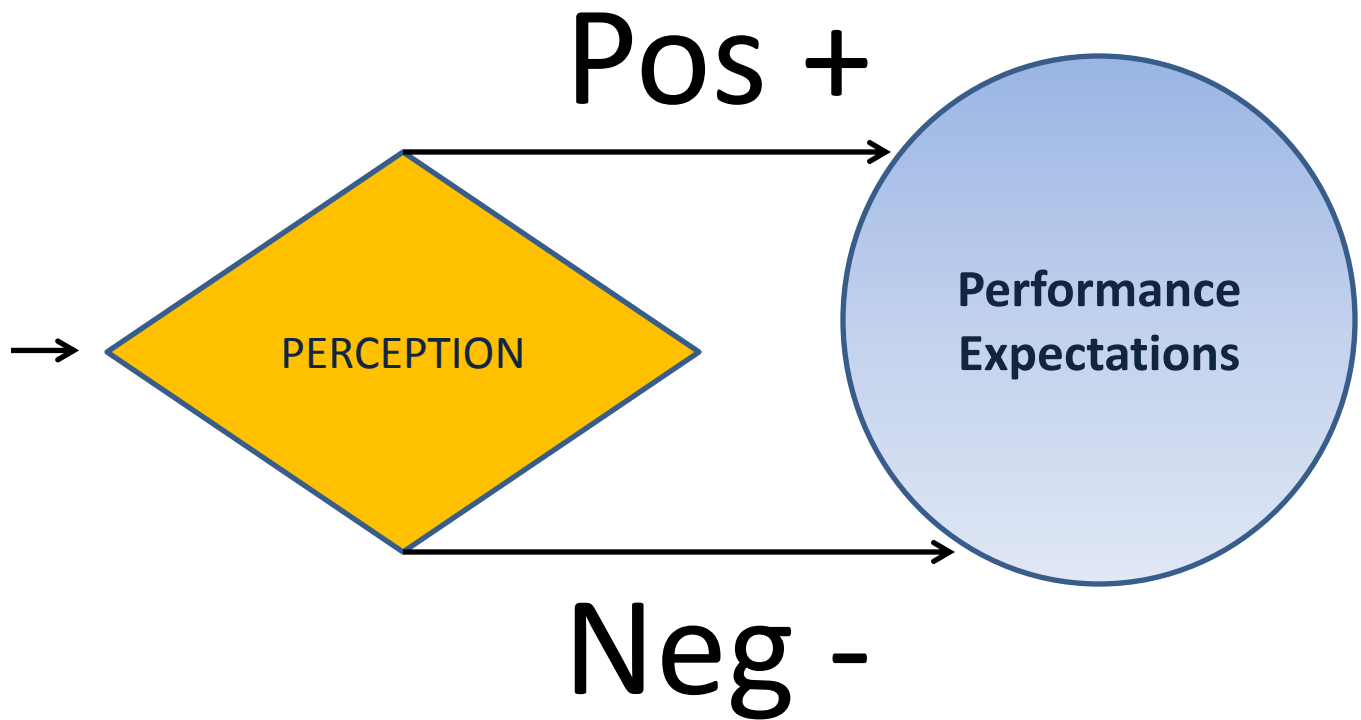
People



13. _____ I realize that I am part of a larger system that includes my family, friends, teammates, coaches and others.

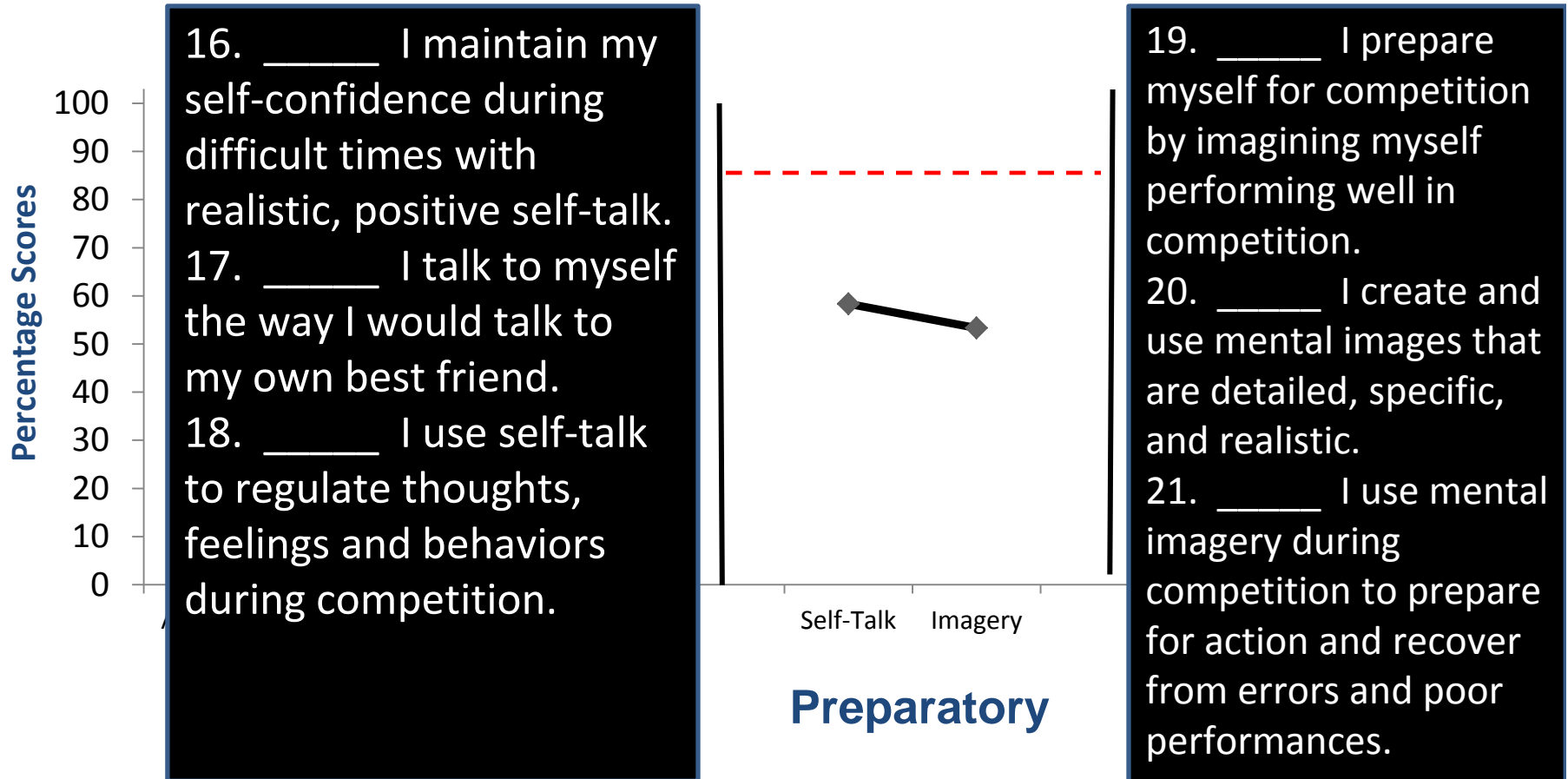
14. _____ When appropriate, I communicate my thoughts, feelings, and needs to these people and listen to them as well. 15. _____ I have learned effective skills for dealing with conflict, difficult opponents, and other people when they are negative or oppositional.

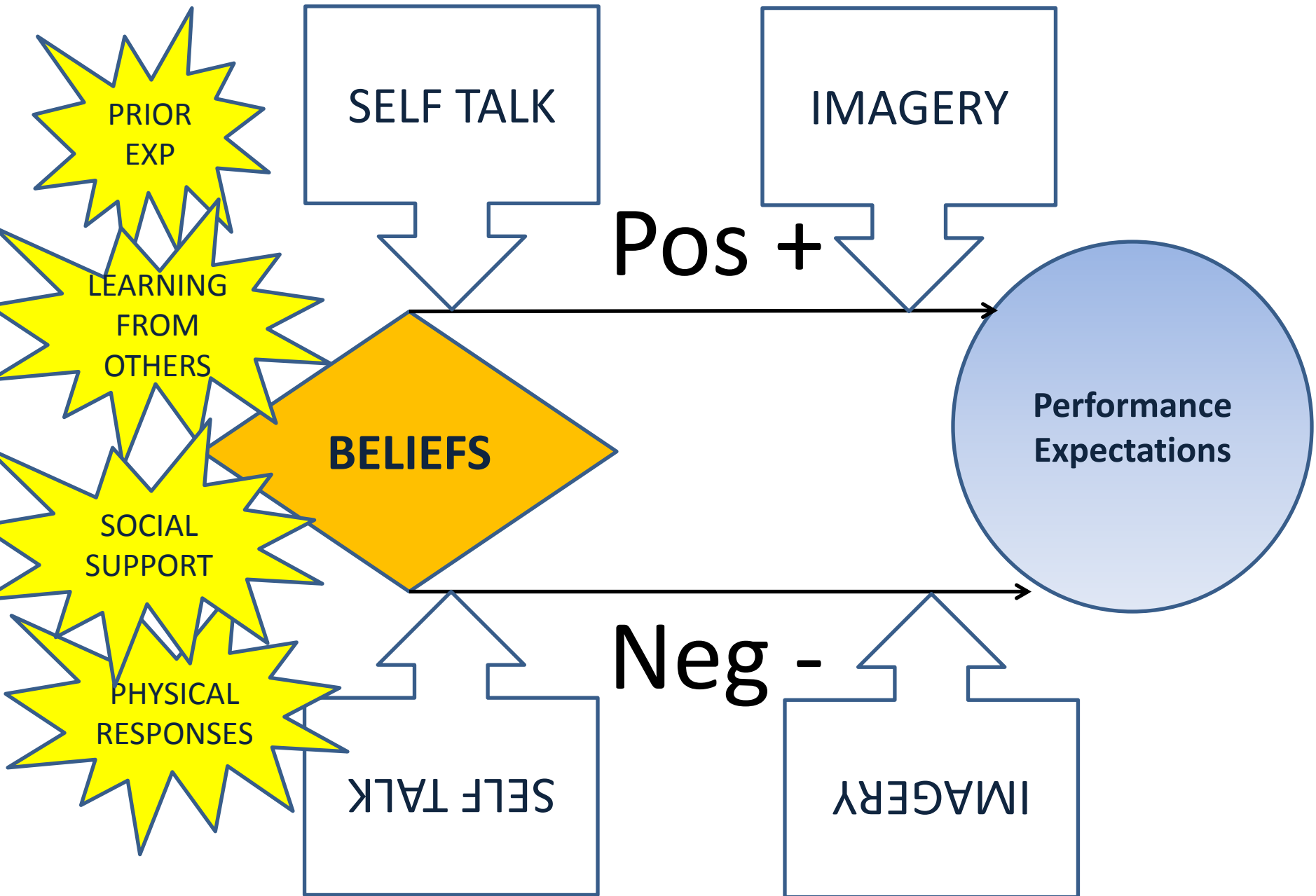
DEGREE OF SELF-AWARENESS
DEGREE OF CONTROL
DEGREE OF DESIRE
DEGREE OF EFFORT
DEGREE OF PERSISTENCE
DEGREE OF DIRECTION
DEGREE OF PROCESS ORIENTATION
DEGREE OF COMMITMENT



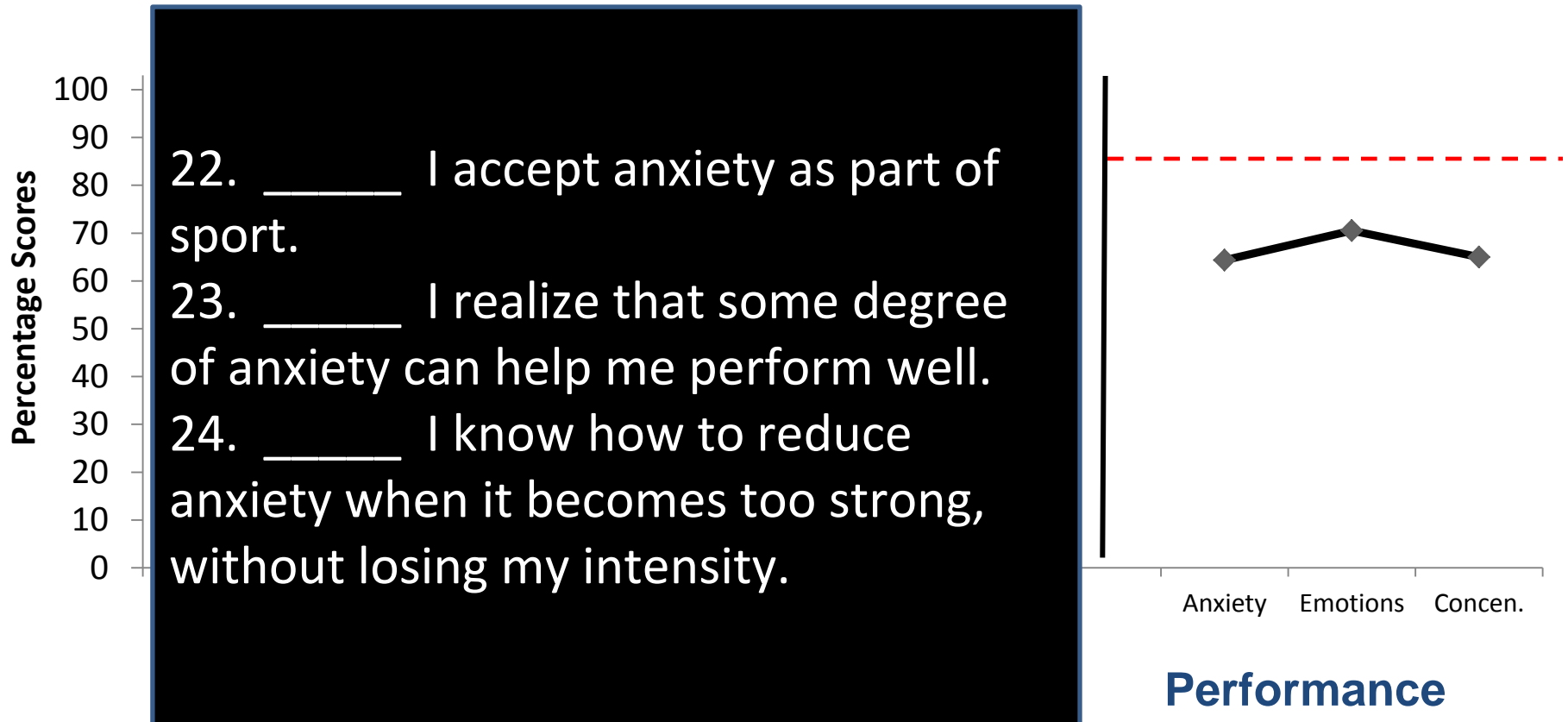
Self Talk

Imagery

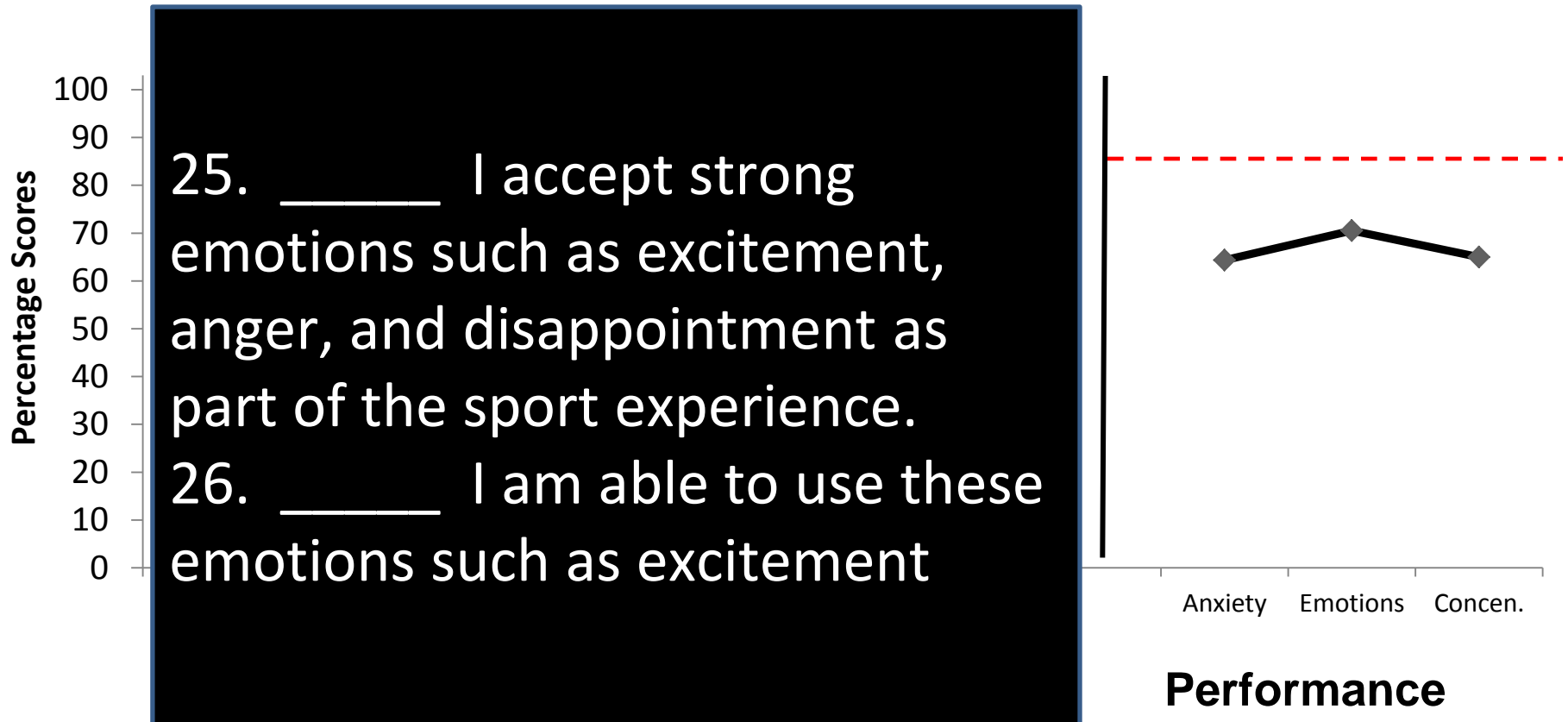




Anxiety



Emotions



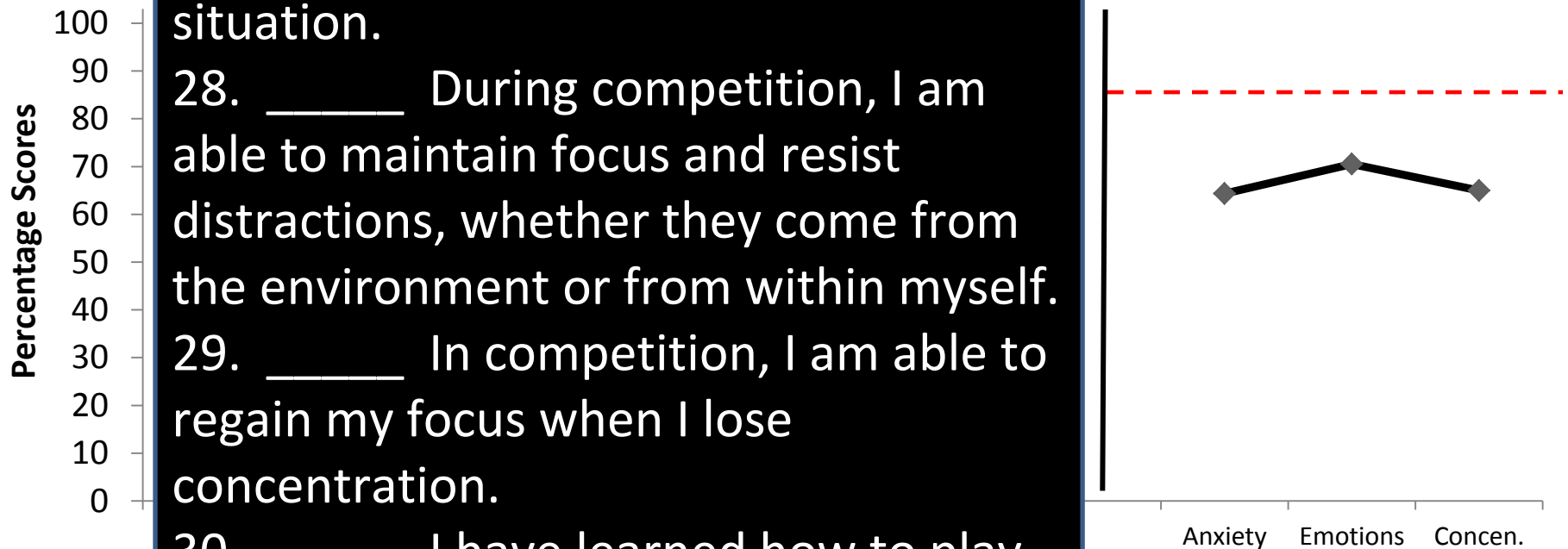
Concentration

27. _____ I know what I must pay attention to during each game or sport situation.

28. _____ During competition, I am able to maintain focus and resist distractions, whether they come from the environment or from within myself.

29. _____ In competition, I am able to regain my focus when I lose concentration.

30. _____ I have learned how to play in the “here and now”, without regard to either past or future events.



Performance

Periodization of Mental Skills Themes

Preseason	Early season	Mid-season	End of season
<p>Self motivation Concentration Imagery Leadership</p>	<p>Self-confidence Imagery</p>	<p>Self-reflection Self-confidence Self-motivation Imagery Concentration Communication</p>	<p>Self-reflection Self-motivation Self-confidence Concentration Positive mood</p>

Periodization of Mental Skills Themes

	Preseason	Early season	Mid-season	End of season
Mental	Basic and Preparatory	Basic Preparatory Performance	Preparatory and Performance	Performance
Strategic	Pacing	Pacing Pursuit	Pacing Protect Preserve	Pacing
Technical	Form, posture	Power mechanics	Maintenance	Power mechanics
Physical	Base strength	Speed	Endurance	Speed

“Okay John, that’s grand. Now what?”