

A male sprinter is captured in a low, powerful crouch on a red running track, preparing for a race. He is wearing a blue and yellow athletic uniform with three black stripes on the sleeve. His hands are planted firmly on the track, and his body is angled forward, showing intense focus and readiness. The background is a blurred green field, emphasizing the athlete and his starting position.

THE PSYCHOLOGY OF PLAYING YOUR BEST

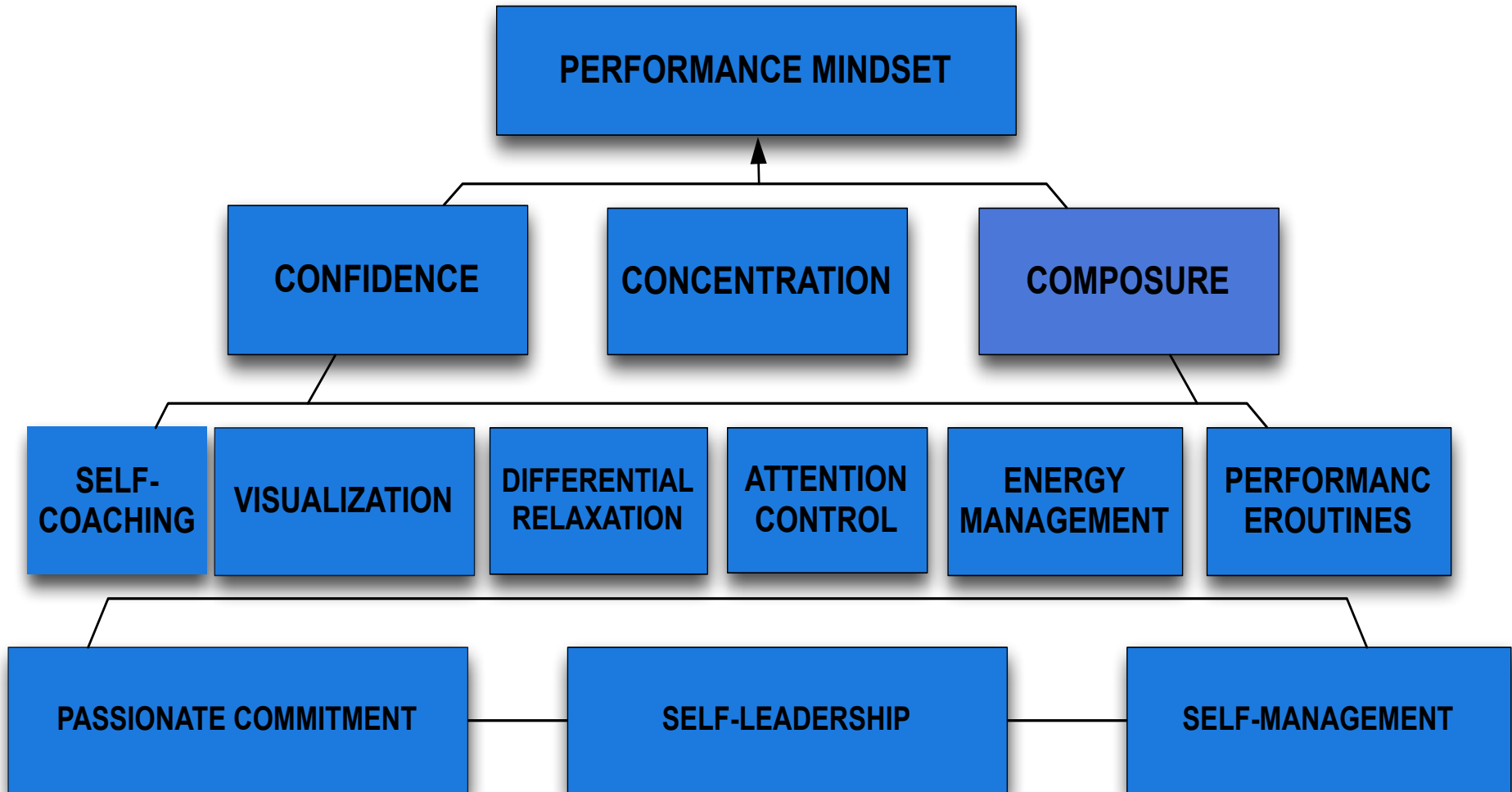
**How would you describe
your best performance?**



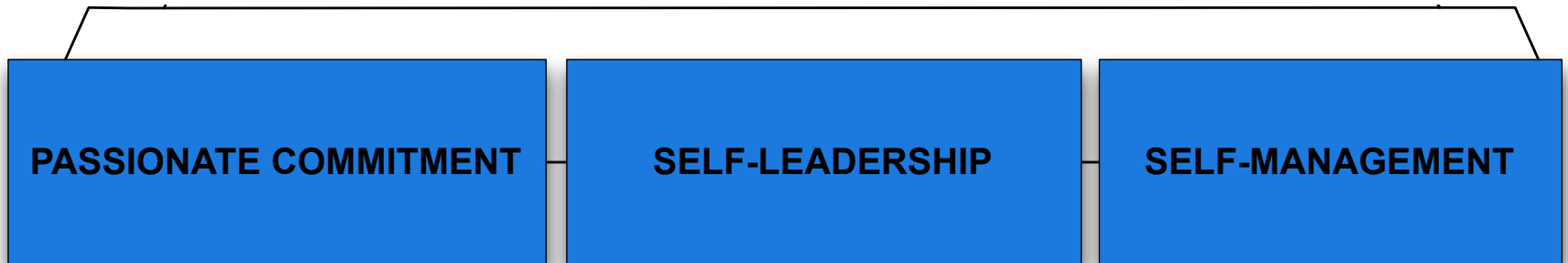
The Performance Elephant



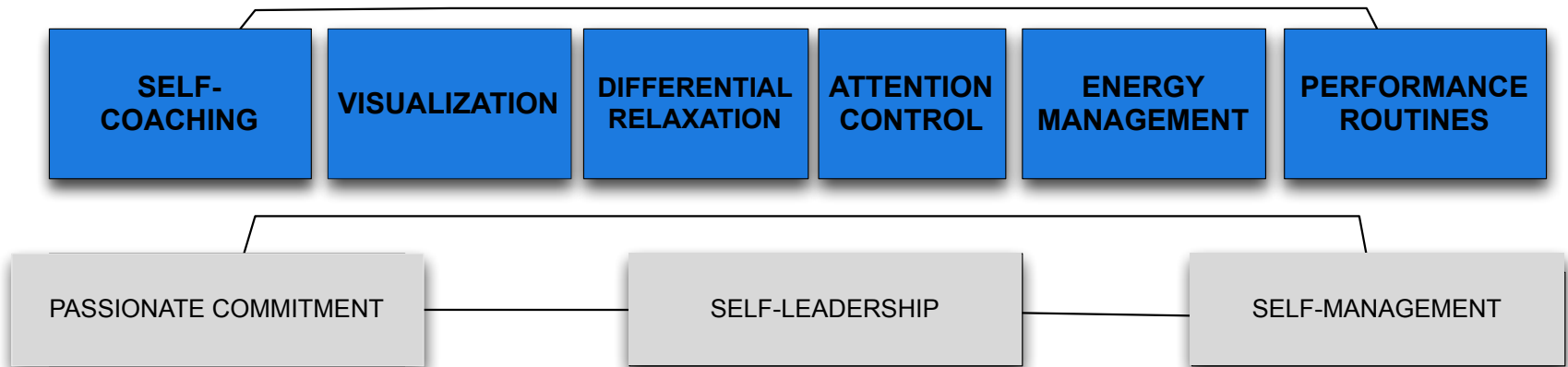
Performance Psychology Model



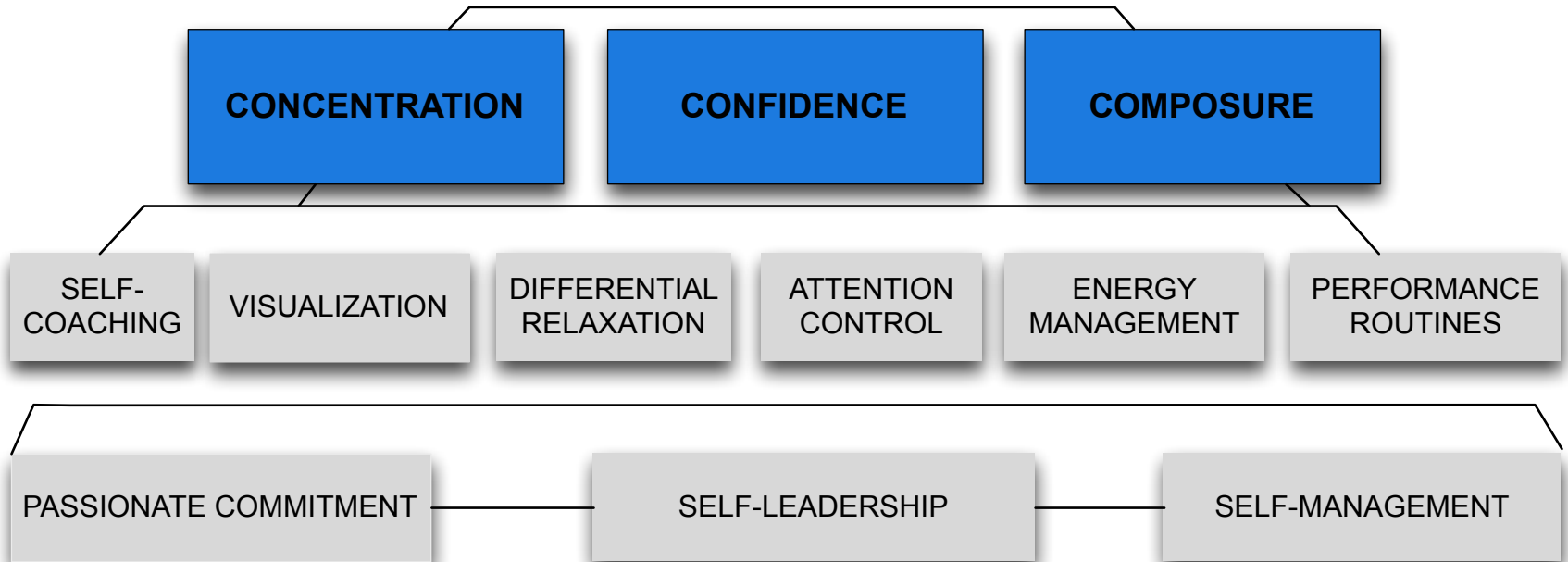
Mental Disciplines



Mental Abilities



Mental Skills



POSITIVE COMPETITIVE MINDSET

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graph BT; CM[POSITIVE COMPETITIVE MINDSET] <--> C[CONFIDENCE]; CM <--> CO[CONCENTRATION]; CM <--> COM[COMPOSURE]; C --- L1[ ]; COM --- L1; L1 --- SC[SELF-COACHING]; L1 --- V[VISUALIZATION]; L1 --- DR[DIFFERENTIAL RELAXATION]; L1 --- AC[ATTENTION CONTROL]; L1 --- EM[ENERGY MANAGEMENT]; L1 --- PR[PERFORMANCE ROUTINES]; L2[ ] --- PC[PASSIONATE COMMITMENT]; L2 --- SL[SELF-LEADERSHIP]; L2 --- SM[SELF-MANAGEMENT];
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CONFIDENCE

CONCENTRATION

COMPOSURE

SELF-
COACHING

VISUALIZATION

DIFFERENTIAL
RELAXATION

ATTENTION
CONTROL

ENERGY
MANAGEMENT

PERFORMANCE
ROUTINES

PASSIONATE COMMITMENT

SELF-LEADERSHIP

SELF-MANAGEMENT

Confidence

from the inside-out

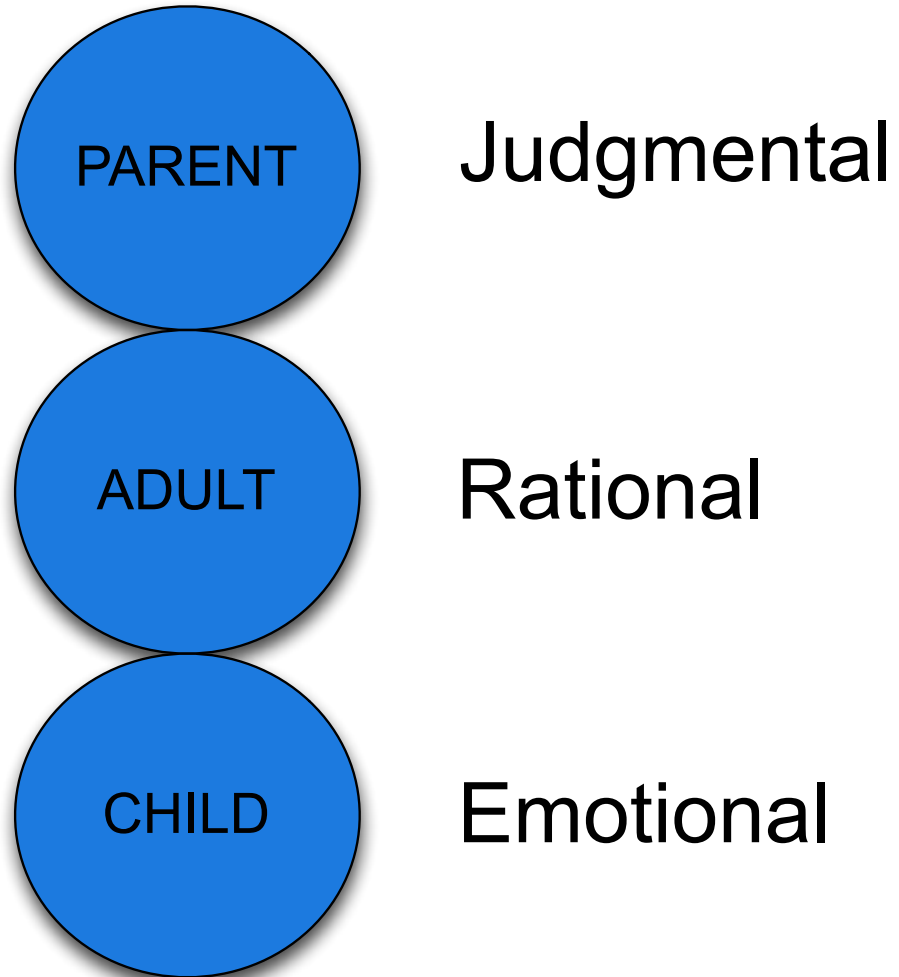


Self-Coaching

The ability to give yourself what you need *mentally and emotionally* to stay positive, focused and fighting throughout a competition.



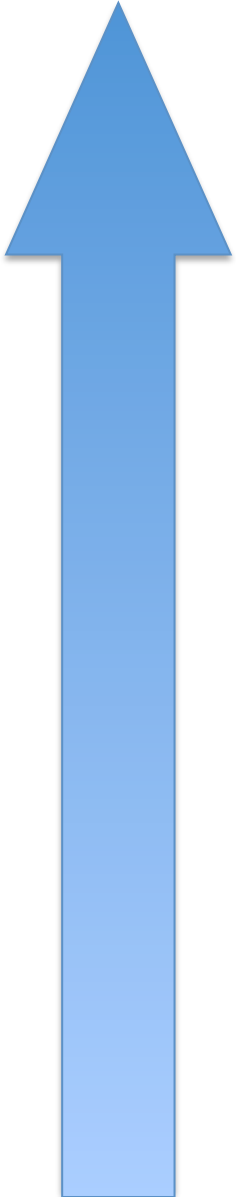
Inner Dialogue



Affirmations

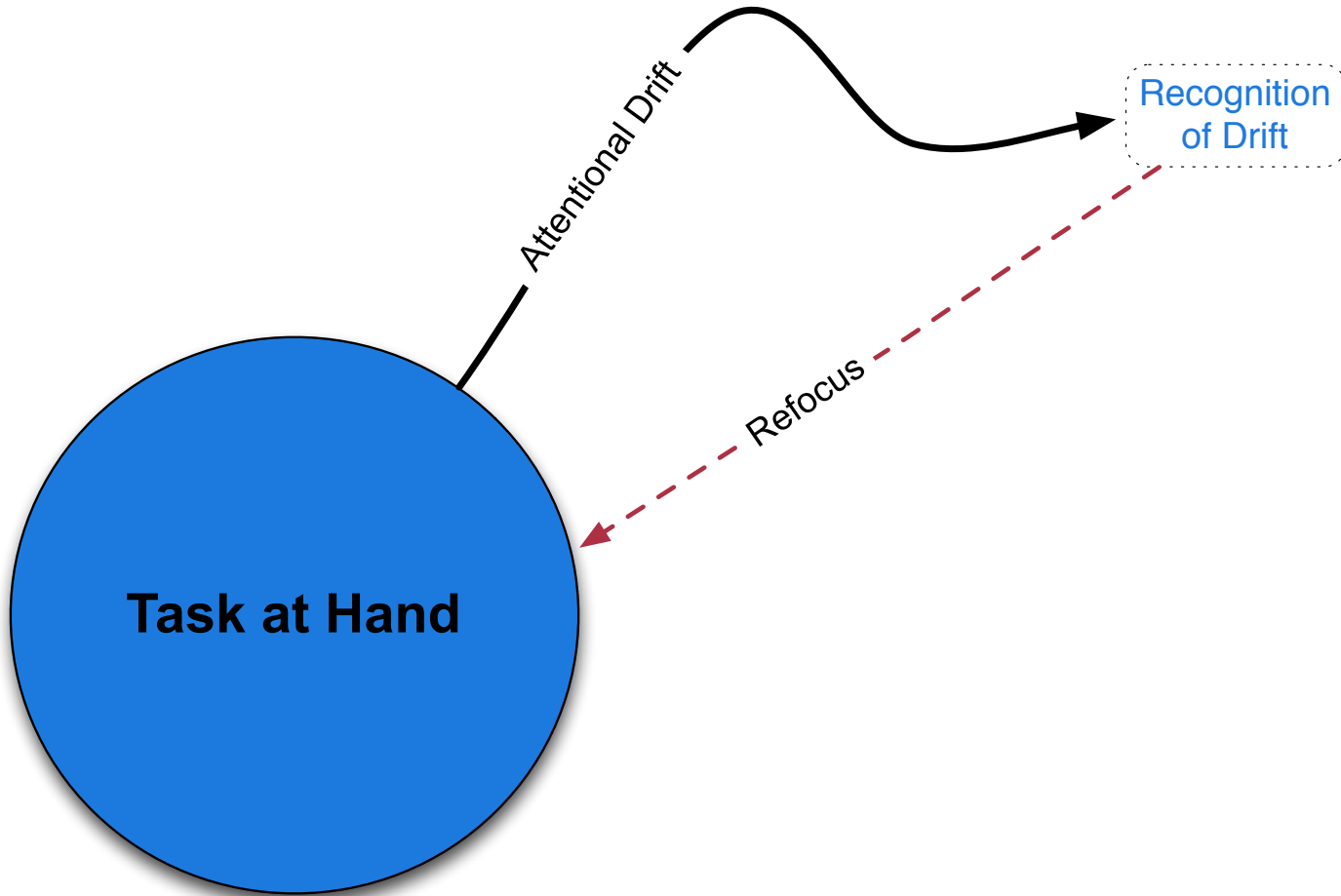
- What I have is good enough, I don't need to do anything special
- Accept and adjust
- Stop, Clear & Replace
- I can do this

Concentration

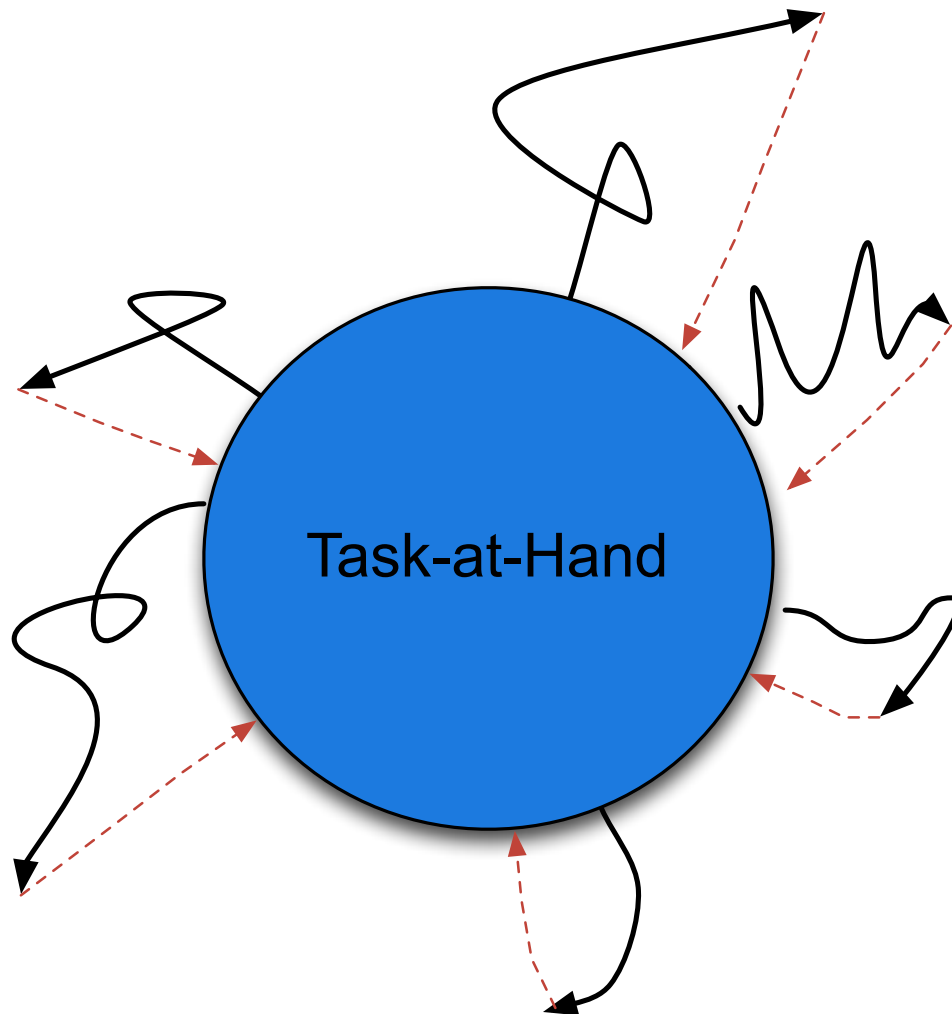


Managing Attentional Focus

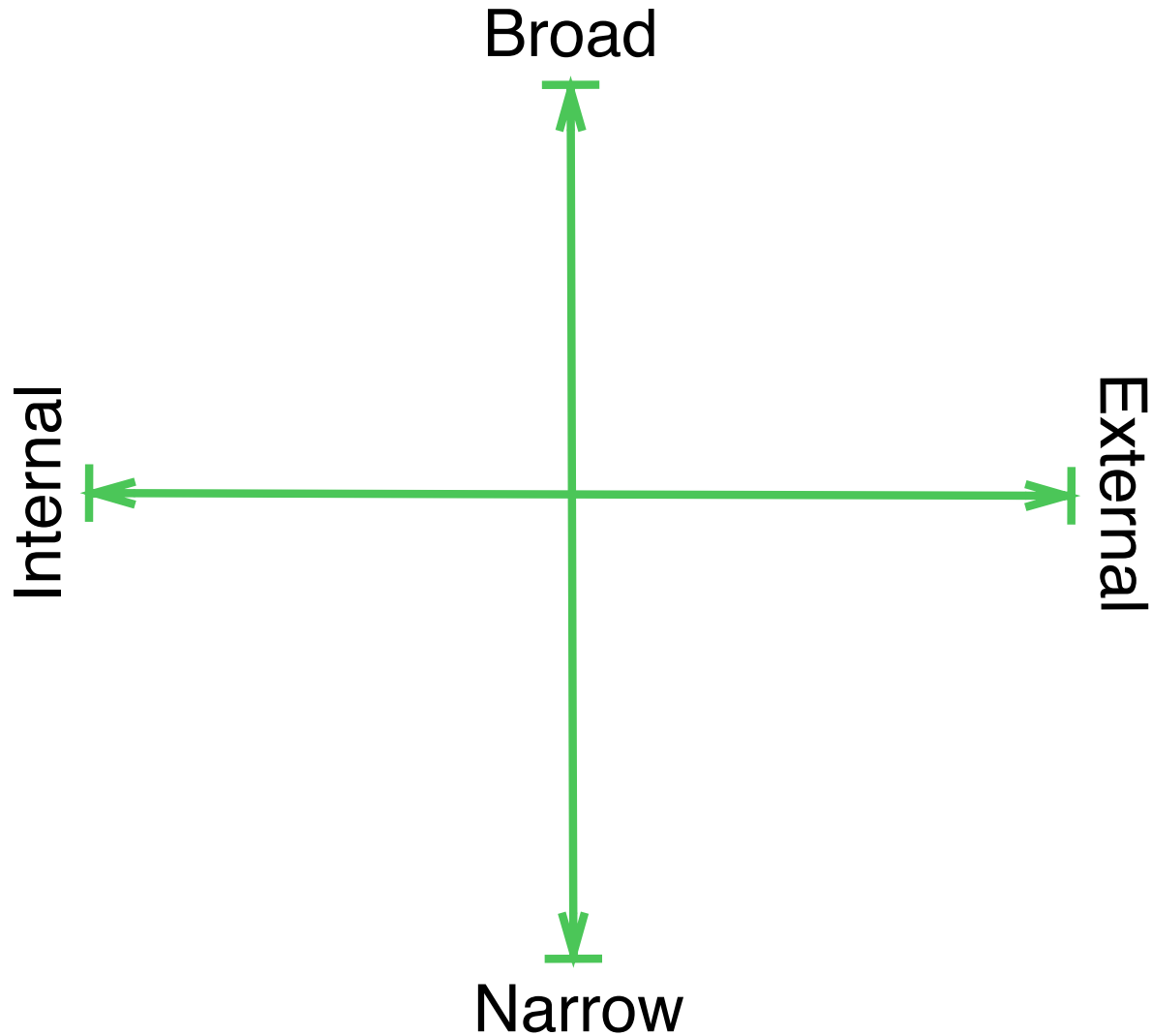
Refocusing Attention



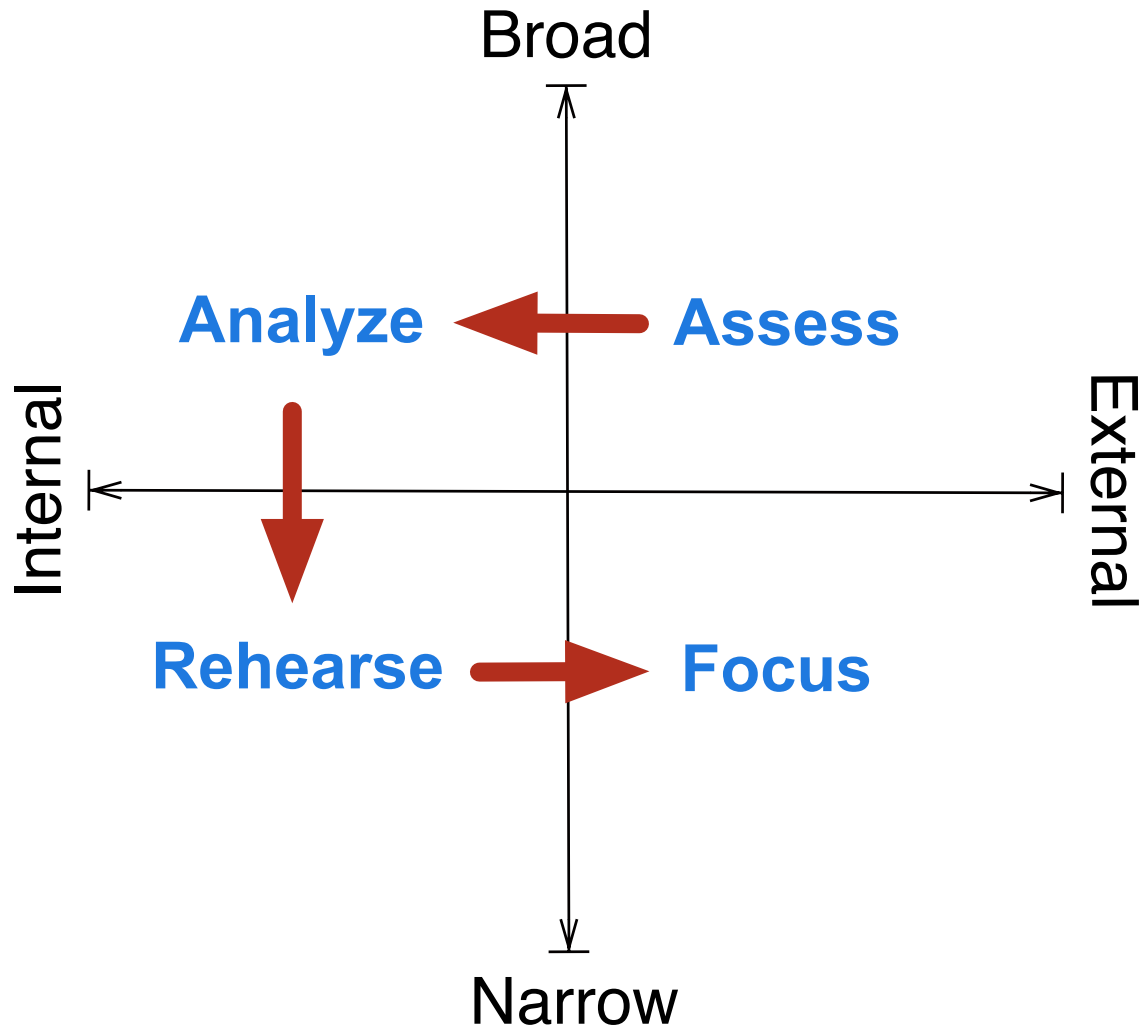
Concentration Muscle



Shifting Focus

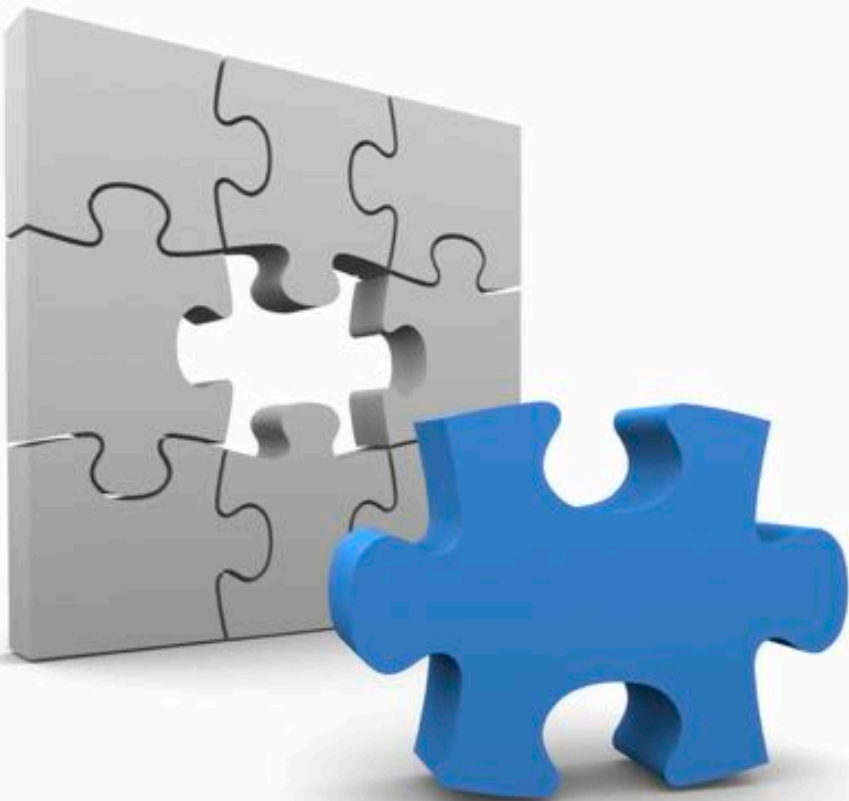


Shifting Focus in Golf

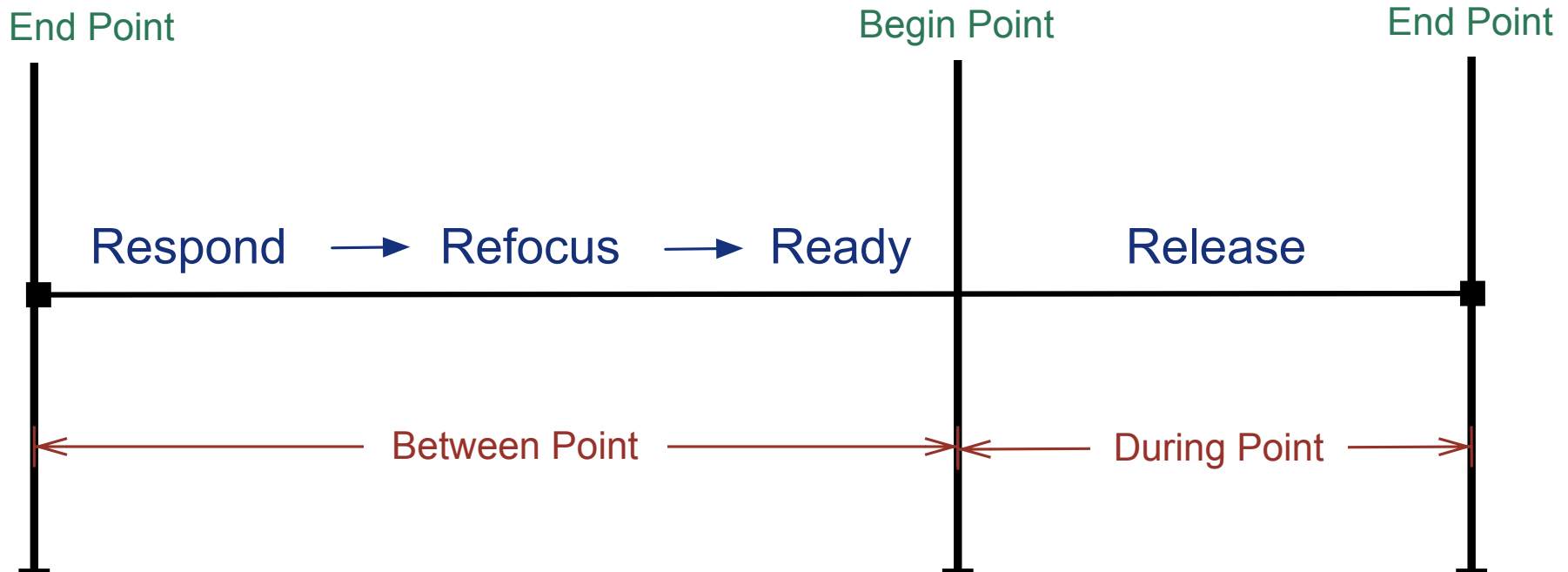


Focus Plan

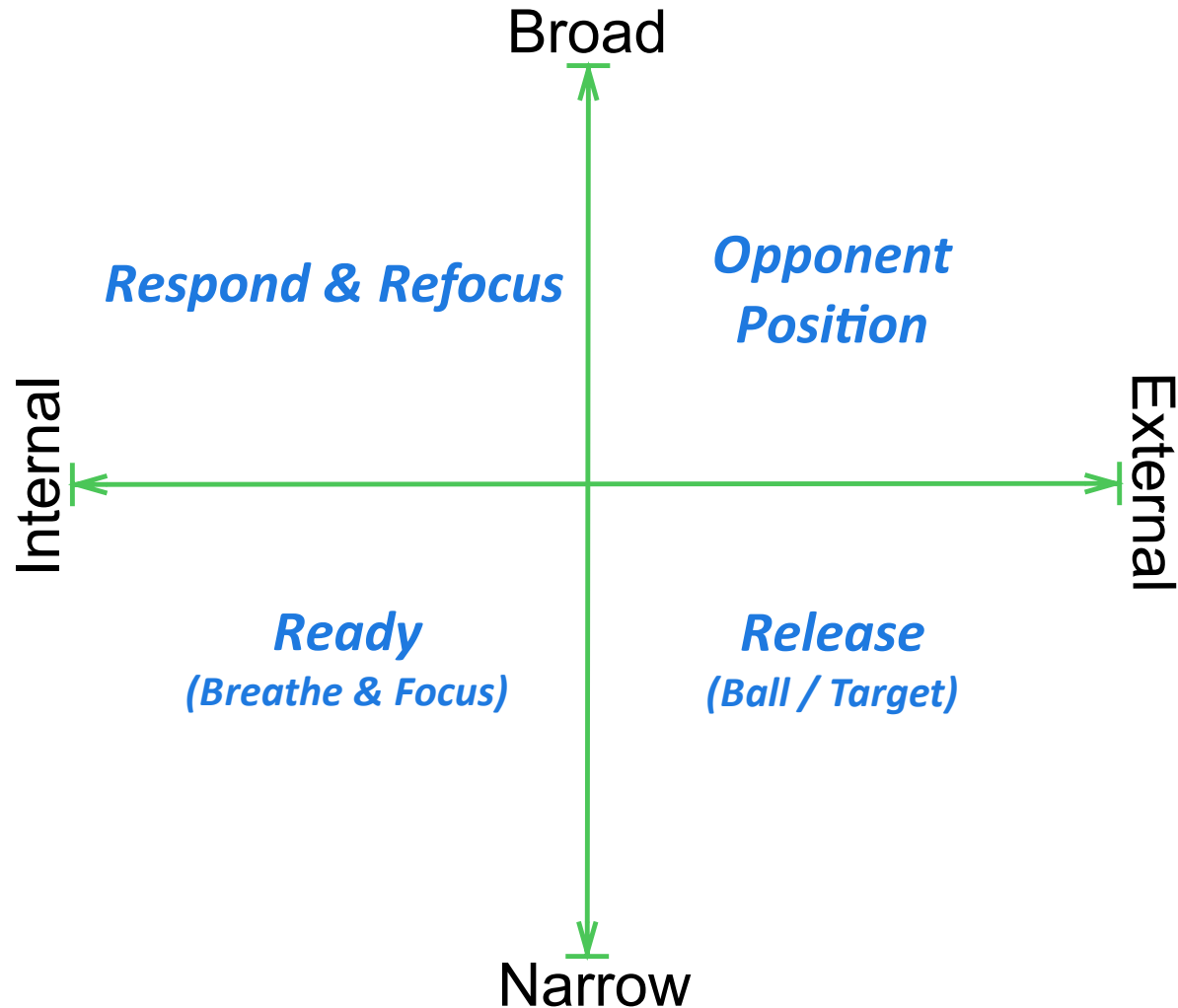
Map of Attentional Shifts



Tennis Focus Plan



Attentional Shifts in Tennis

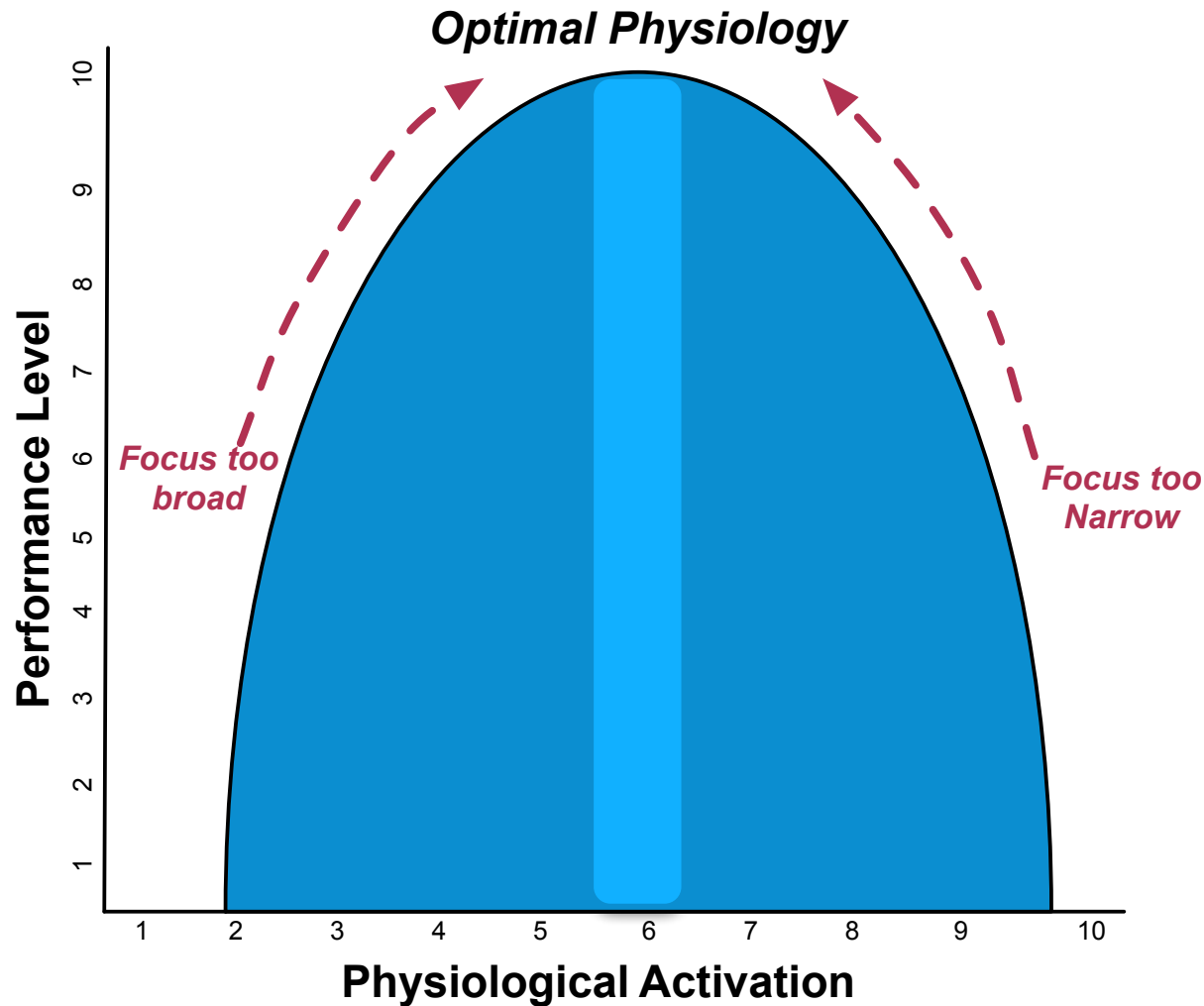


Composure

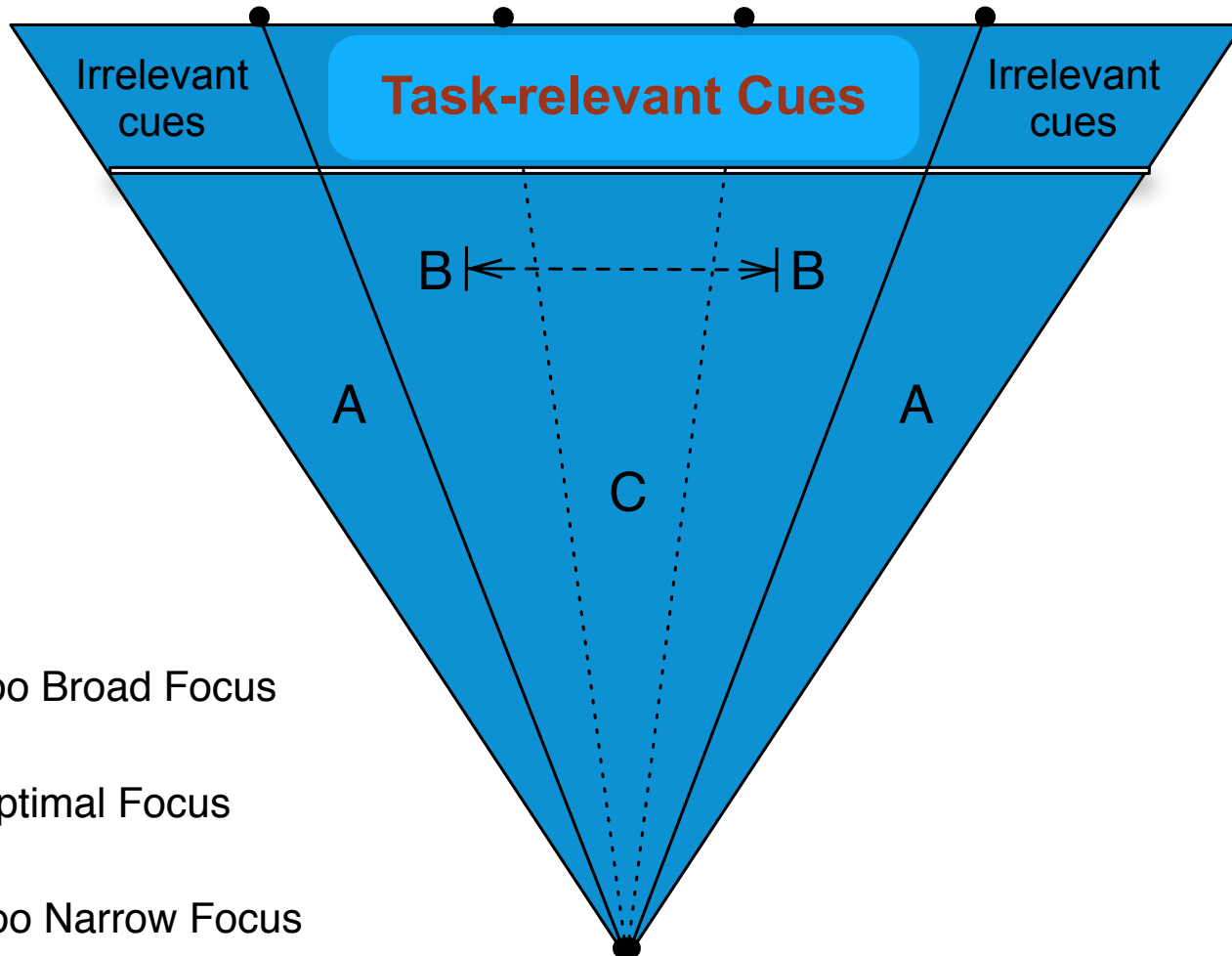
Managing emotional energy
before and during competition



Energy Management



Emotions and Focus



A = Too Broad Focus

B = Optimal Focus

C = Too Narrow Focus

Management During Performance

- Get physiology under control
- Use performance affirmations
- Act “As if”

Preparing For Battle

- Game day plan

- Pre-match walk through

- Warm-up Routine

- Locker room ritual

Game Day Plan

- 6:45 Wake up, brush teeth, contacts, etc., **read script**
- 7:30 Breakfast with family and coach
- 8:30 Leave for practice courts
- 9:15 Practice and **read script**
- 11:30 Leave for Lunch
- 12:45 Shower/Dress/hair/makeup Locker room
- 1:45 Warm up with coach
- 2:30 Leave for locker room, **read script**
- 3:00 Match Begins
- 6:30 Leave for P.F. Chang's
- 8:30 Return to hotel. **Write in Journal.**

A photograph of an outdoor tennis court with a green surface. In the foreground, a tennis net is stretched across the court. Behind the net, there is a wooden bench. The court is surrounded by a chain-link fence, and trees are visible in the background. The text "Improving Mental Skills" is overlaid on the right side of the image.

Improving Mental Skills



MENTAL JOURNALS

JOURNAL **FORMAT**

Practice Journal

Performance Journal



Performance Journal

— Performance goals

— Game day plan

— Performance script

— Performance notes



Performance Journal

Best aspects

Best solutions

Most proud of

Most enjoyable

Things to remember

Daily Practice Journal

Best aspects

Best solutions

What am I thankful for today

Goals for tomorrow

Weekly key points

**HARNESSING PLAYER'S
PASSION TO COMPETE**



REFRAMING YOUR PERSPECTIVE

- What am I afraid of?
- What's worst that can happen?
- How can I make this an adventure?
- How is this situation an opportunity?

