

Mental Preparation for Training and Competition

Set goals - Short and long Term

Never sell yourself short, Reach for the stars, Dream

The Challenge - "Dare to be better"

NOTHING IS EVER ACHIEVED THAT STAYS IN A DREAM, **TAKE ACTION!**

Set your priorities - Winning vs. Success

How well we do at gaining from ourselves ALL that we are capable of delivering!

Setting a sound training schedule that enables us to improve and get stronger, faster, and better. You must have confidence in it!

A. SUCCESS = Ability x Preparation x Effort x Will

Ability - some inherited, varying degrees of it, talent, not enough

Preparation - sound training schedule, practice, commitment

Effort - giving of ones self

Will - draw upon an inner strength, will power, give even more than you thought you ever could

If you have done this, regardless of the outcome you are a SUCCESS!

B. BUILDING SUCCESS

- ❑ The development of the desire to strive whole-heartedly toward excellence.
Keyword-DESIRE
And however good that is, it is good enough!
No one ever finds that excellence without striving for it.
Learn from mistakes or setbacks
- ❑ The development of the realization that nothing of any real value is ever achieved without hard work and dedication
"Real value" what is that? Awards, pride
Failed repeatedly to start, and had to bounce back and become even better prepared
Memories, sense of pride, the experience
- ❑ The development of a healthy attitude toward competition
Win or lose, Too competitive
- ❑ The development of a spirit of cooperation
Caring, sharing, and giving

Feel good about yourself

- ❑ The development of self-confidence through the use of one's own decision-making capabilities.
- ❑ The development of the desire to have FUN!
 - They are likely to...
 - Be great competitors, anxious to test their abilities, strategies, and preparations against another, free from fear of self-doubt of risking the loss of self-respect.
 - Gain greater personal strength from an attitude of respect, caring, sharing, giving, and helpfulness toward others: and
 - Be willing to make tough decisions when they count the most, confident that their preparations and committed investments will allow them to deliver the very best effort of which they are capable.

DEVELOP THE DESIRE TO HAVE FUN!

C. The Composition of Confidence

"I'd like to", "I'll try", "I can", "I commit"

Confidence before competition:

- ❑ Recent success
- ❑ Good week of training (practice)
- ❑ Like site of competition (flat, hilly)
- ❑ Weather was in their favor
- ❑ Positive comment from coach or friend prior to
- ❑ Competed well here before
- ❑ Great warm-up

How to develop internal confidence.

- ❑ Belief in Method (Training)
- ❑ Positive self talk
- ❑ Positive Visualization
- ❑ Trust (no doubt)
- ❑ Mapmaking (goal setting)

D. Setting personal goals

- a. Set specific goals that can be measured.
- b. Set challenging but realistic goals
- c. Adjust your goals to meet the circumstances.
- d. Set short range as well as long range goals
 - Short-immediate stimulus for self-confidence and motivation.
- e. Set performance, not outcome goals.
- f. Set goals for workouts/races

- g. Set positive, not negative goals.
- h. Set target dates
- i. Identify ways to achieve goals
- j. Write down your goals. Place them where you can see them everyday.
- k. Evaluate your goals
- l. Get help if needed – coach, objective individual

Problems in setting goals

- a. Too many goals too soon.
- b. Too general
- c. Not modifying unrealistic goals
- d. Not setting performance goals.

Goal setting worksheet/list

E. Concentration

Concentration during competition is critical

Internal and External Cues

Physical and Mental routines

- Eating the same
- Same warm-up
- Evening pre-race meal
- Favorite shoes

Mental phases:

- Observation (external information)
- Strategy (plan or course of action)
- Visualization (performance is visualized)
- Belief Cue (cue word or phrase, ex. Feel strong, Relax)

Confidence is a Consequence of Concentration!

Anticipate the distractions and obstacles, which you may be faced with.

Anticipation and preparation is the key to mental toughness

