



SPORT SCIENCE WORKSHOP

MENTAL SKILLS

STUDENT DEVELOPMENT & ALUMNI AFFAIRS SPORTS EDUCATION

TEMASEKPOLY



Mental Skills-Goal Setting

S.M.A.R.T Specific Measurable Attainable Relevant Time-based

Outcome Goals Related to <u>winning</u>;

overcoming opponents

Performance Goals

Within your control; To monitor/evaluate progress

Process Goals

Things you need to do to achieve performance

goals

"I want to win the gold medal at the POL-ITE Games"

"To achieve a first serve percentage >70% in all Tennis games"

"To work on my serves 4 times a week for 20mins each time"

Tips for Effective Goal Setting

- 1) Write your goals down
- 2) "Compete" with yourself
- 3) Evaluate your progress
- 4) Reward yourself

Mental Skills – Visualization

Mental "videotape" of your actual performance

Conditions your brain for successful outcomes Overcome the unknowns that causes competitive anxiety

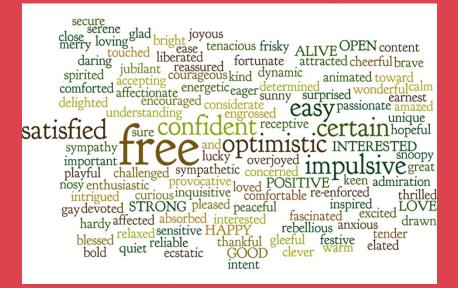
Basic Steps to Visualization

- 1) Get relaxed and comfortable; Remove all distractions
- 2) Adopt first-person perspective; "See" yourself performing in competition using as many senses as possible
- 3) Visualize positive performances (i.e. error-free)
- 4) Practice, practice, practice! (Hundreds of times)



Mental Skills – Self-Talk

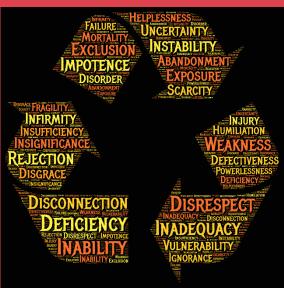
Your "inner voice"



Positive Improves self-confidence, focus & performance Changes habits Initiates actions

Say this.. Relax.. Hold the ball tight..

Stay calm.. Remember my strategy.. I've practiced hard and getting better...



Negative Affects performance

Instead of this.. Don't be nervous.. Don't drop the ball.. I've got to win today.. I can't seem to beat her..

The Power of Positive Self-Talk

Weinberg, R. S., & Gould, D. (2007). Foundations of sport and exercise psychology (4th ed.). Champaign, IL: Human Kinetics.