



SPORT SCIENCE WORKSHOP

MENTAL SKILLS



Mental Skills –Goal Setting

S.M.A.R.T

Specific

Measurable

Attainable

Relevant

Time-based

Outcome Goals

Related to winning;
overcoming opponents

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

Performance Goals

Within your control; To
monitor/evaluate
progress

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

Process Goals

Things you need to do to
achieve performance
goals

*"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)



