

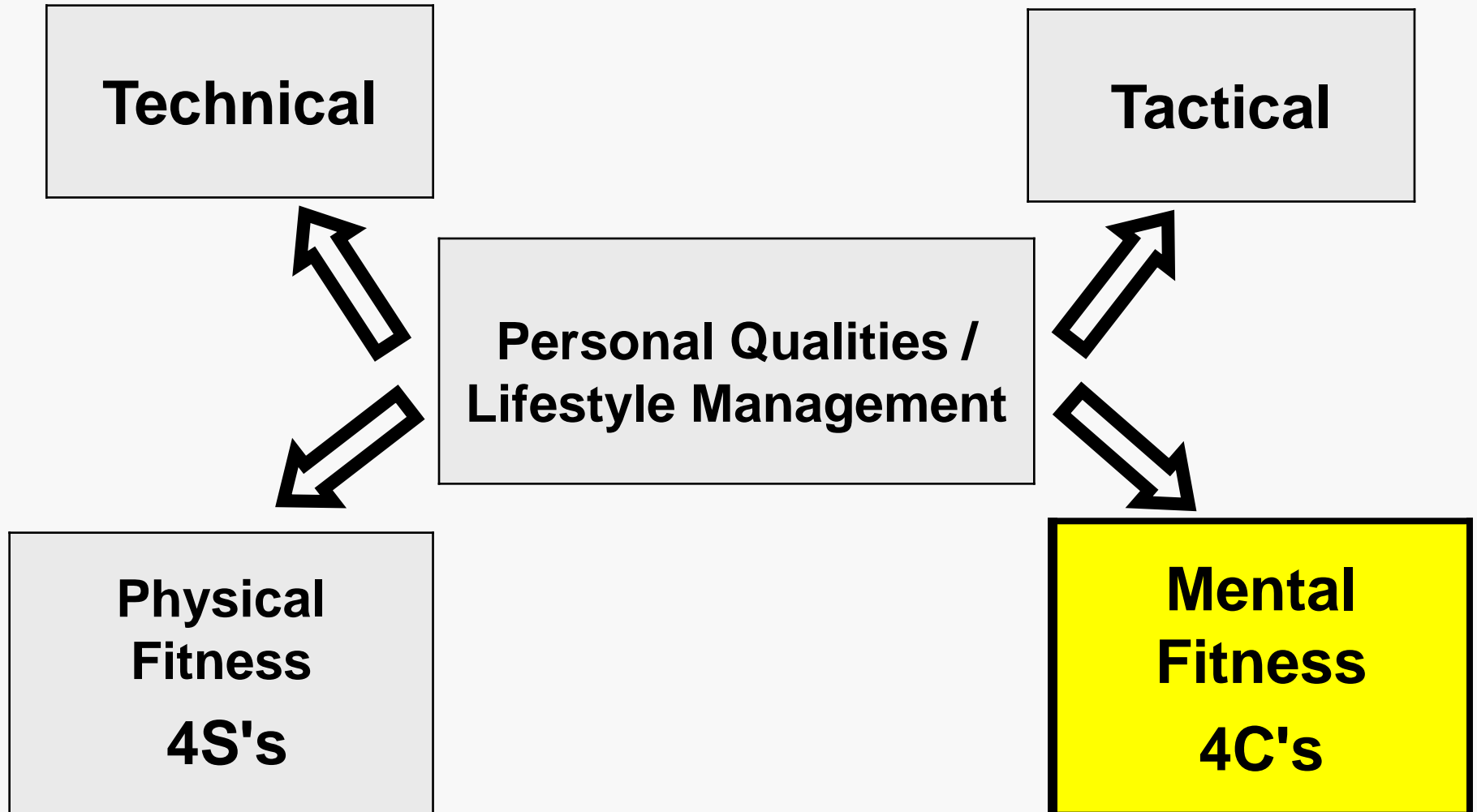
# The Role of Sport Psychology in Performance

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# Sport Psychology

Sport psychology is about helping athletes to use mental fitness techniques to reach peak performance

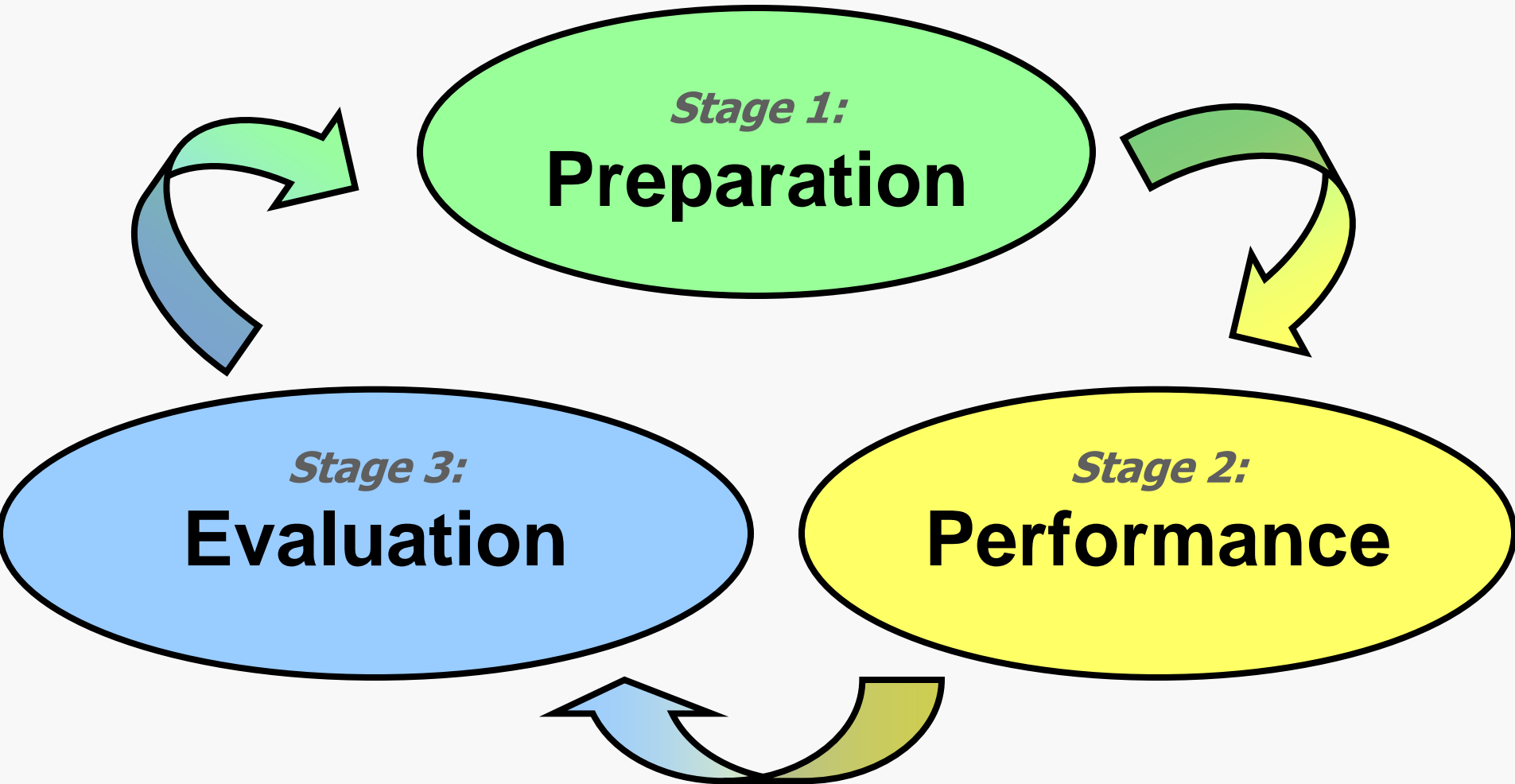
# ATHLETE SPORTS PARTICIPATION MODEL



# Mental Fitness

- Confidence
- Control
- Commitment
- Concentration

# The 3 Stages of Performance



# Preparation

- Training (tapering)
- Rest & Recovery
- Nutrition
- Pre performance strategy
- Mental ????

# Why Mentally Prepare?

- **To be confident**
- **To be focused**
- **To be positive**
- **To be in control**
- **To be ready**

**IDEAL  
PERFORMANCE  
STATE**

# Being Confident

- Remember your great performances / training
- Become aware of your self talk
- Visualise yourself performing
- Expect to perform well
- Be relaxed

# Being Focused

- Focus on preparation
- Focus on routines
- Have key performance targets
- Focus on the process NOT winning

# Being Positive

- Having positive expectations impacts on performance
- Positivity leads to relaxation which leads to less pre performance anxiety
- Smile & look forward to competition

# Being In Control

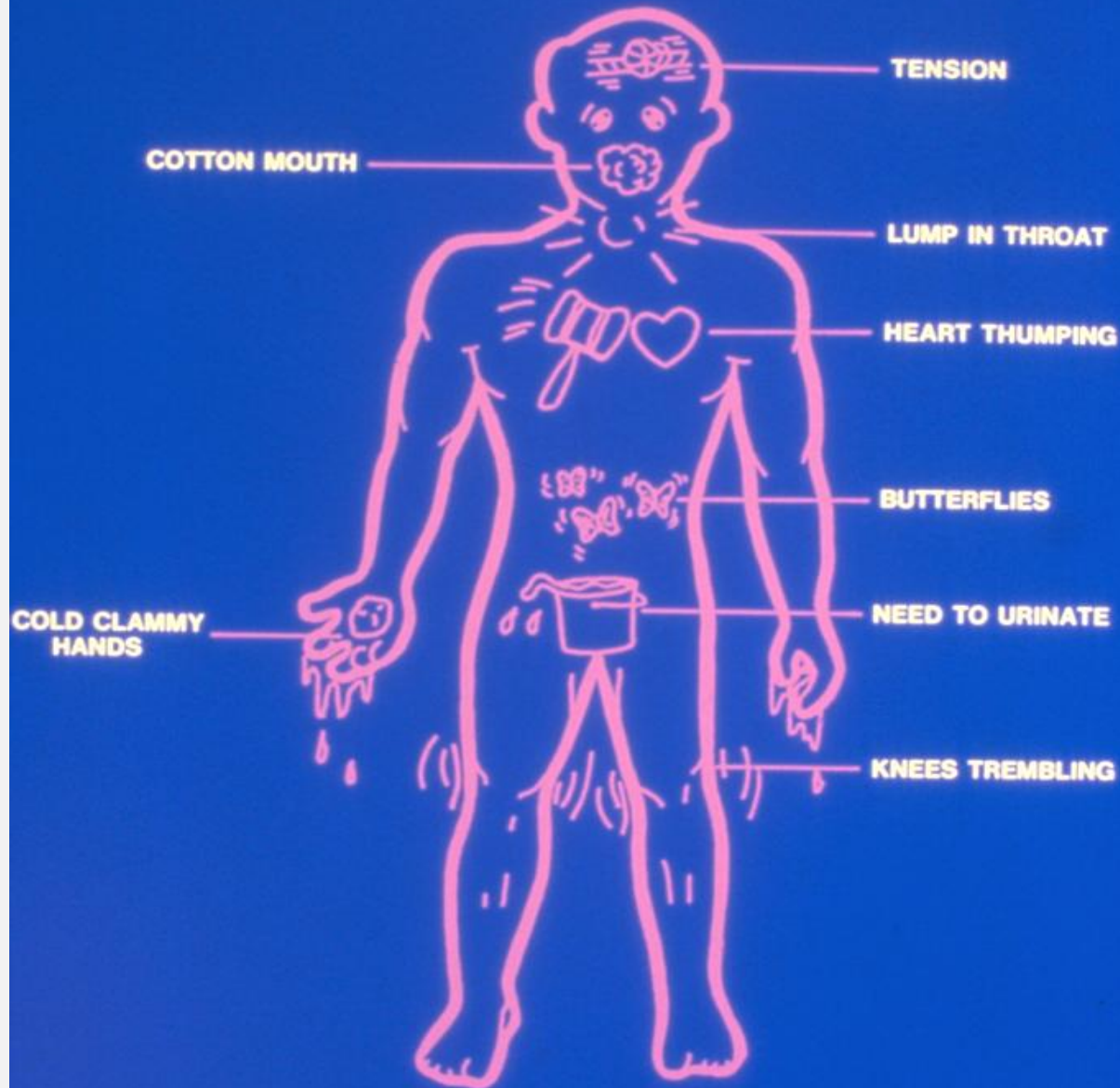
- Control your breathing
- Control your self talk
- Control your thoughts
- Control the controllables

# Mental Preparation

- **To be confident**
  - Positive Self Talk
  - Remember your last great performance
- **To be focused**
  - Key performance targets
  - Focus on process NOT result
- **To be positive**
  - Expect to do well
  - Smile & look forward to competition
- **To be in control**
  - Control your breathing
  - Control your thoughts / mind

# **Pre Performance Anxiety**

# PHYSICAL SYMPTOMS OF STRESS



# Physical

- Relax
- Deep breathing
- Distraction
- PMR
- Centering
- Accept that physical excitement is normal and can help performance

# Mental

- Be confident
- Do NOT engage with negative thoughts
- Remember previous performances
- Doubt your Doubts!!!!

# The 3 Stages of Performance

## Challenges of Stage 2:

How to stay confident

How to maintain focus

How to stay in control

How to commit 100%

Stage 2:

**Performance**

# Competition Challenges

- Exhaustion
- Dealing with Negative Self Talk
- Poor performance
- Setbacks
- Pain
- Self Doubt

# What is The Champion's Mindset in Competition?

Successful athletes do these things better than unsuccessful athletes:

- Are More Determined & Committed
- Are More Confident
- Have More Positive Thoughts & Images
- Control Their Nerves and Emotions
- Have Better Concentration and Focus
- Focus on Performance, Not Results

**ALL OF THESE SKILLS CAN BE LEARNED!!**

# The 3 Stages of Performance

*Stage 3:*

**Evaluation**

# Typical Post Competition Review

- Focusing on the bad
- Being overly focused on the result
- Beating yourself up
- Anger & Frustration
- Not recorded
- Leads to a drop in motivation

## Likely Impact

Repetition of poor play & no learning or development on pathway to improvement

# Post Competition Evaluation

- Recorded on Paper
- Start with the positives
- Focused on learning
- Commitment to improve

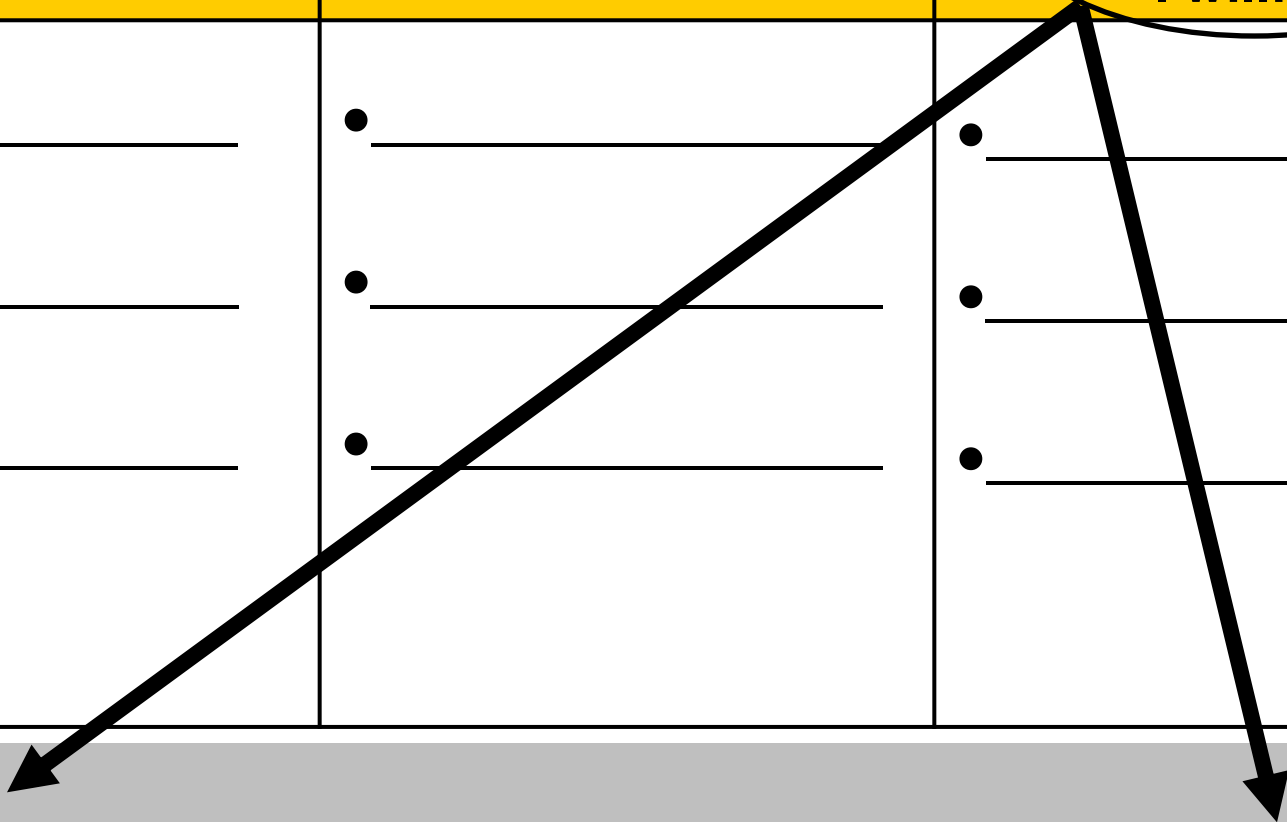
# Conducting a Positive Evaluation

Positive evaluation consists of asking yourself three basic questions:

- **WHAT DID I DO WELL?**
- **BASED ON THE RESULTS, WHERE DO I NEED TO IMPROVE?**
  - Preparation
  - Fitness
  - Strategy
  - Physical or Technical Training
  - Mental Skills
- **HOW CAN I CHANGE MY TRAINING REGIMEN or PRACTICE HABITS TO IMPROVE?**

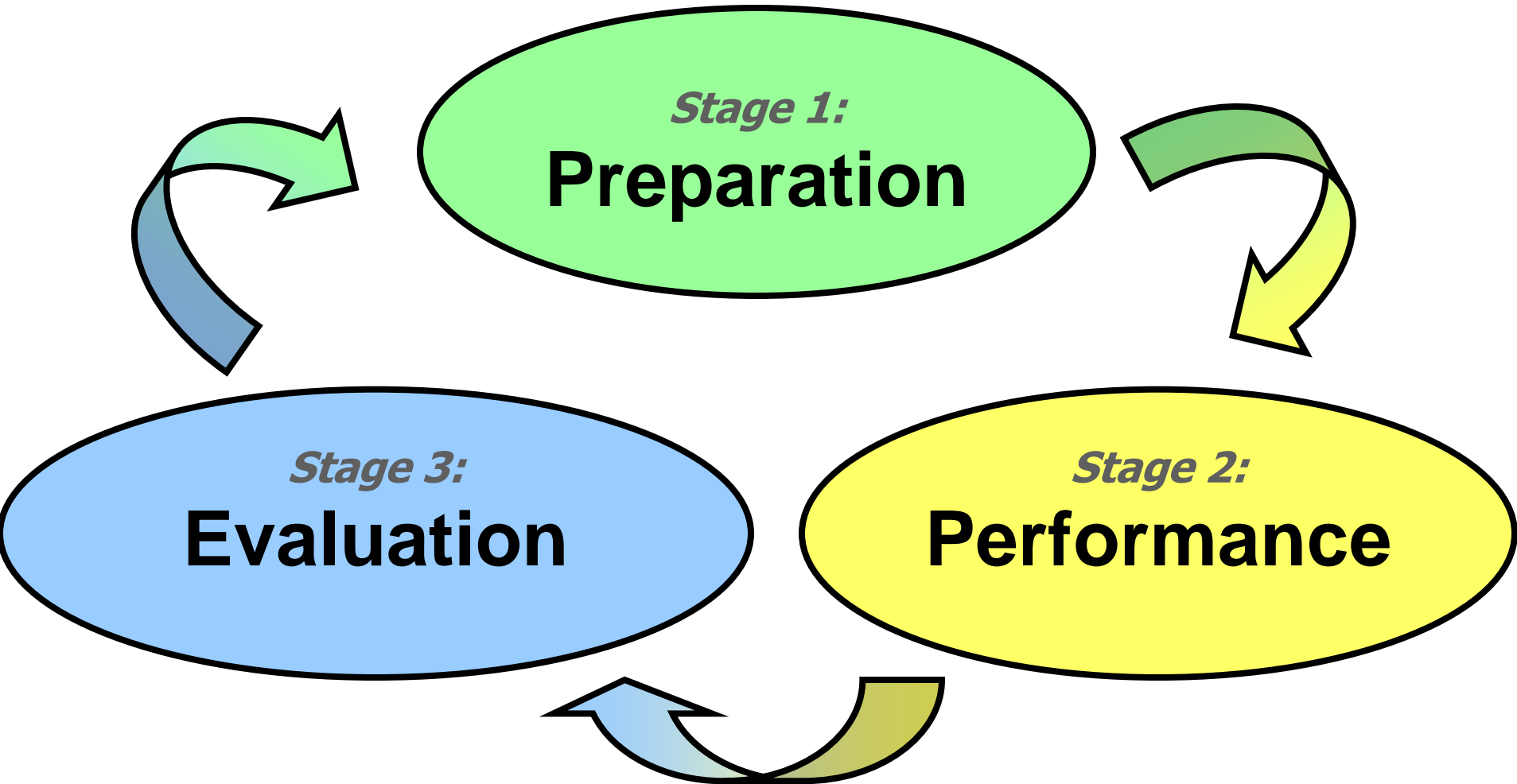
# Key Questions

What was done well?	Things I learned.....	Next Competition I will.....
<ul style="list-style-type: none"><li>• _____</li><li>• _____</li><li>• _____</li></ul>	<ul style="list-style-type: none"><li>• _____</li><li>• _____</li><li>• _____</li></ul>	<ul style="list-style-type: none"><li>• _____</li><li>• _____</li><li>• _____</li></ul>



Technical / Tactical / Physical / Mental

# The 3 Stages of Performance



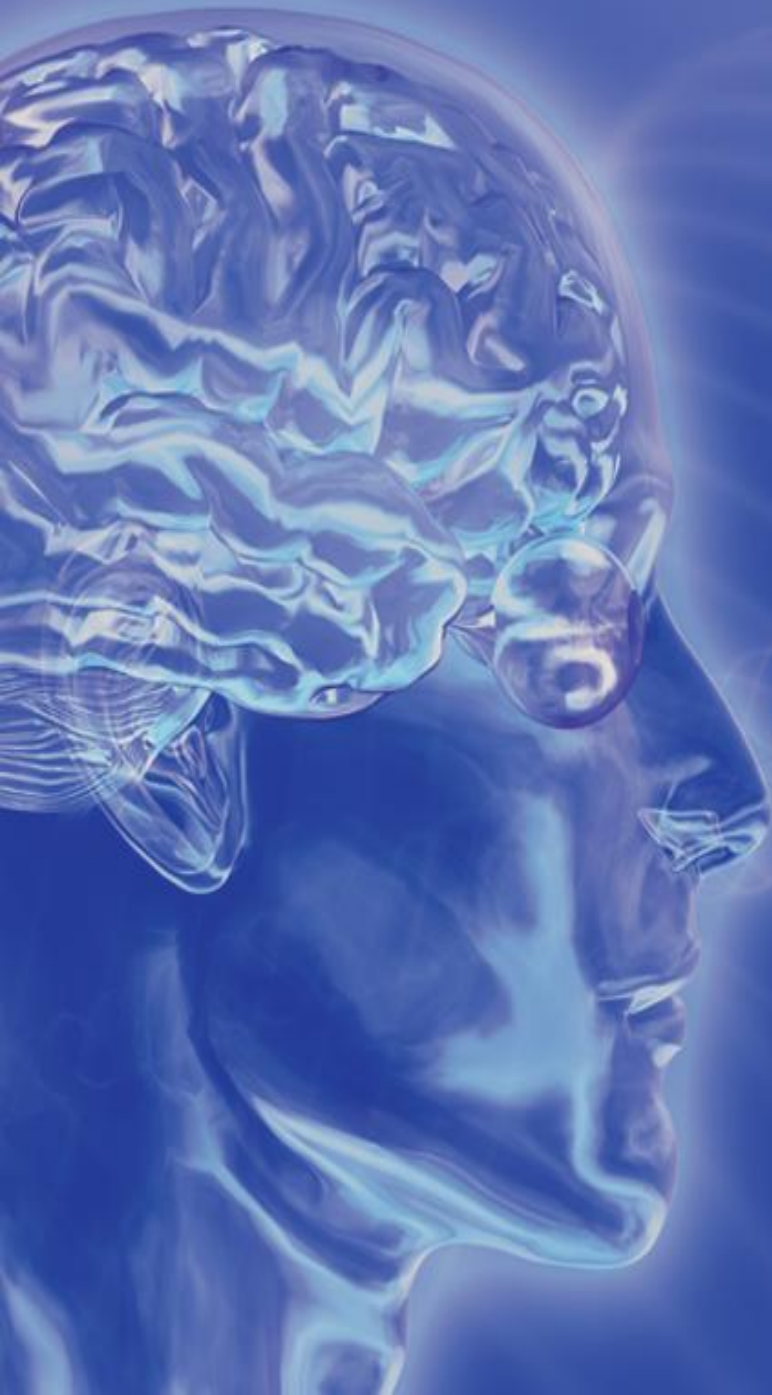
# The 3 Stages of Performance

High level performance will  
ONLY be achieved on a  
consistent basis when all  
**3 Stages** are performed  
well on a consistent basis

# Kenyan Saying

**Train Hard**

**Race Easy**



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