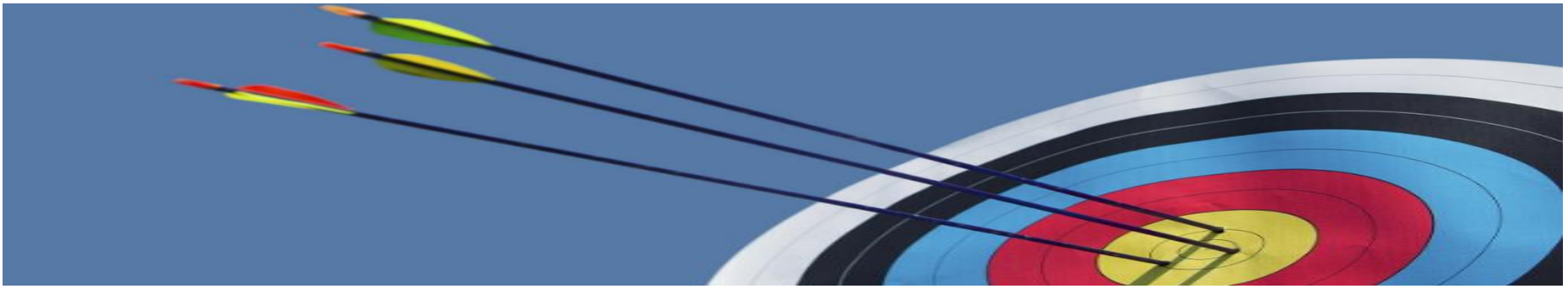


The Psychological Edge in Sports Performance

Prepared By: Laura Hodgson





Aims of the session

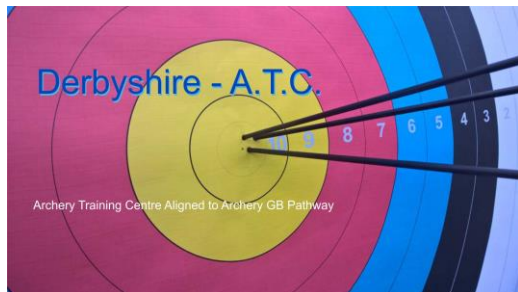
- Introduction to sport psychology
- Mental skills and sports performance

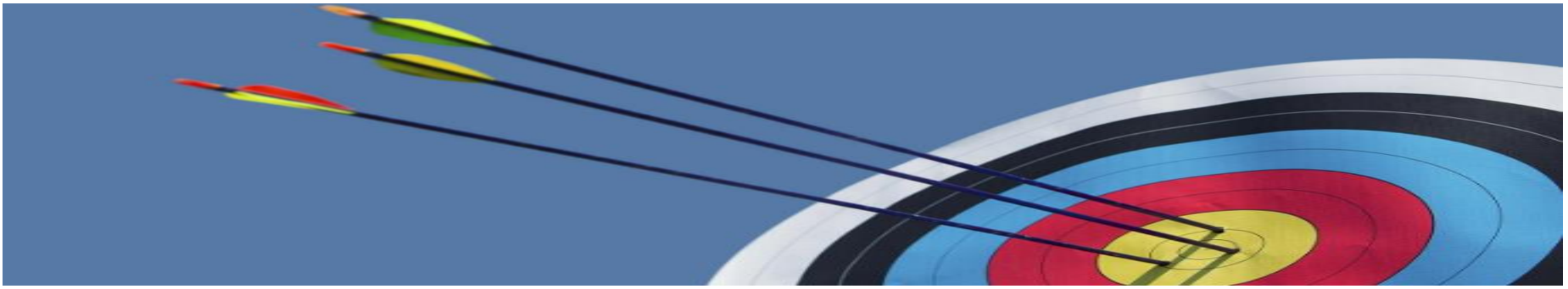




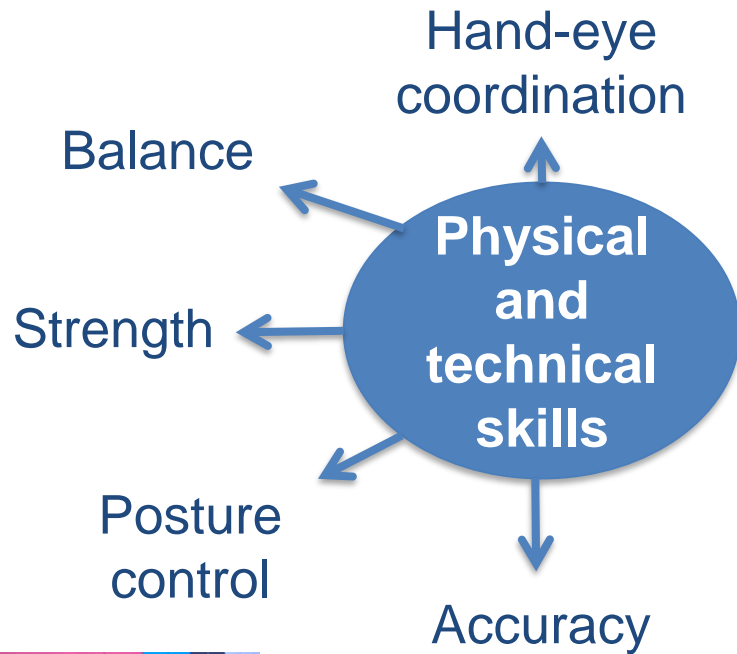
Think about the top athletes in
Archery...

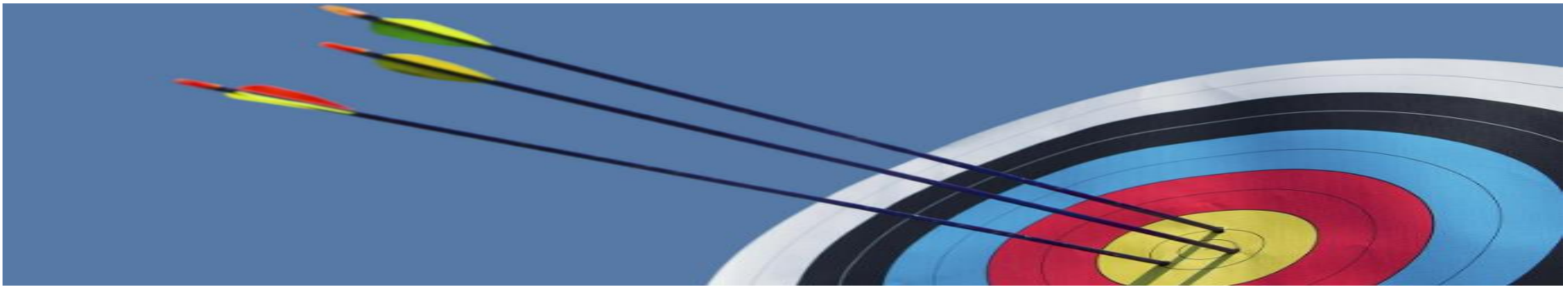
What is it that makes these
athletes great?





Factors underpinning performance

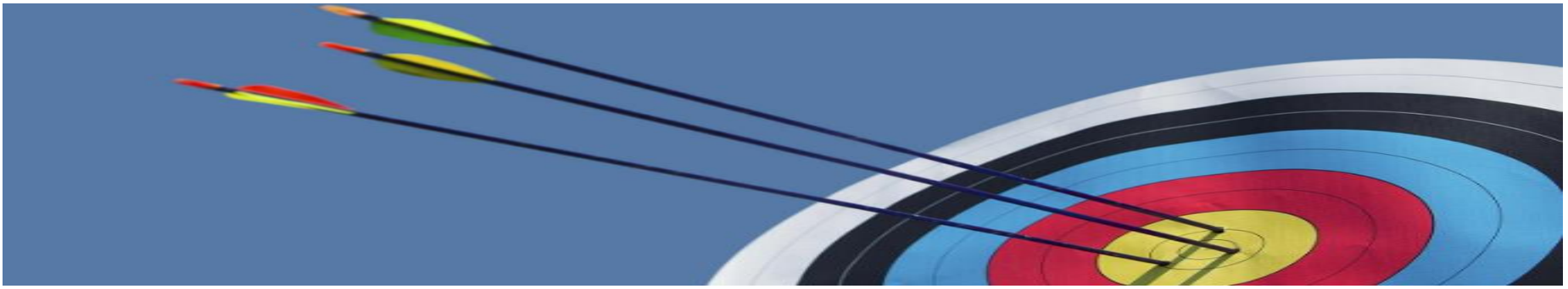




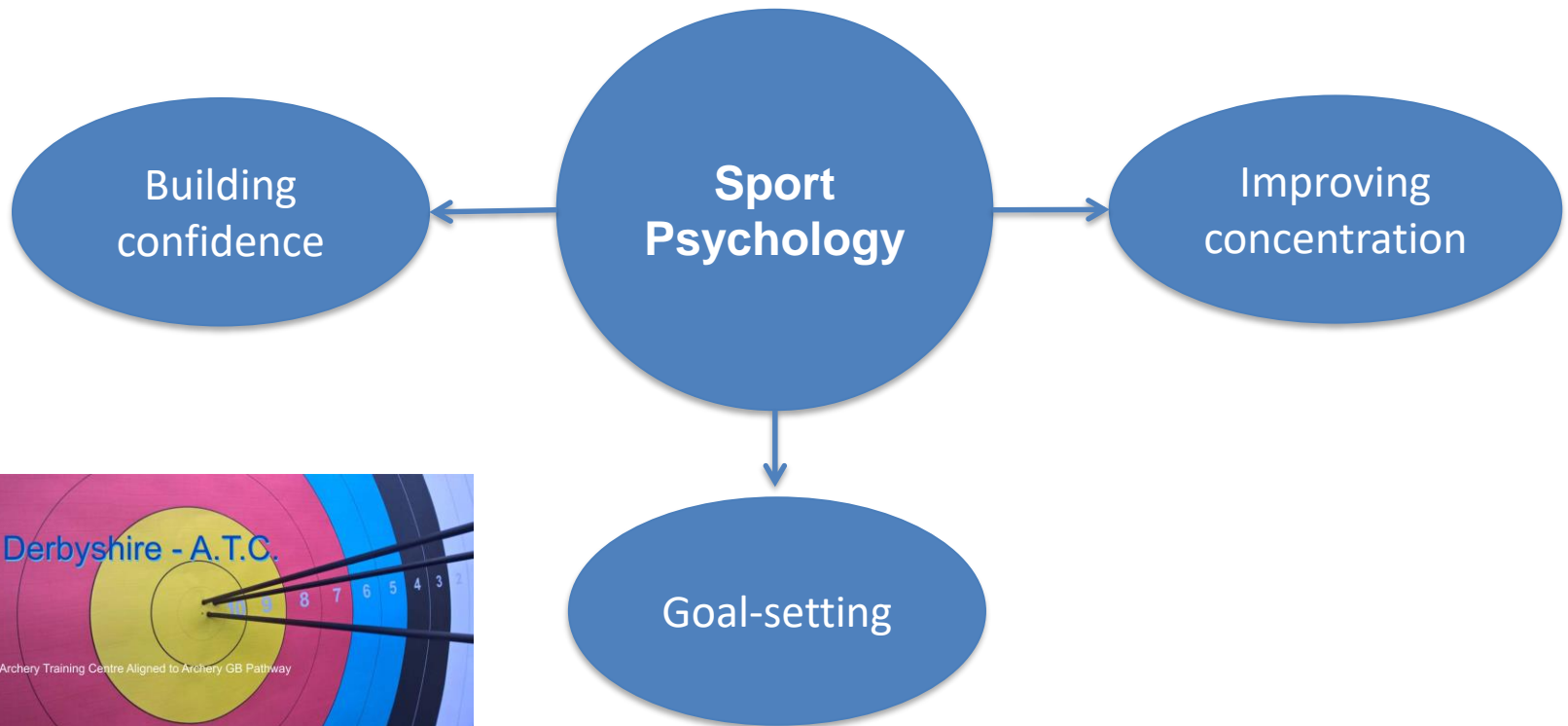
What does a sport psychology do?

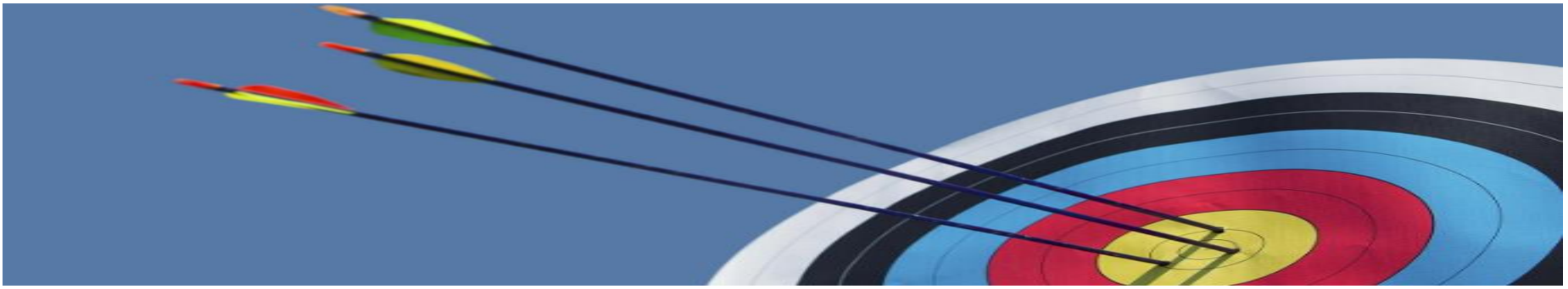
- Help athletes to learn how they can develop their mental skills for performance
- Help athletes to become consistent performers





Key mental skills

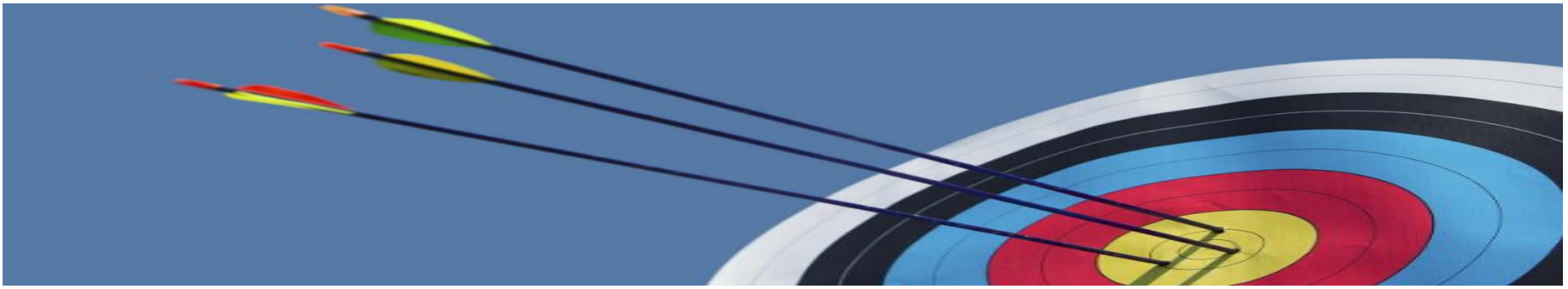




Confidence

- What is confidence?
 - A belief in yourself that you can achieve anything
 - What does a confident archer do? What do you see?
- What makes you confident?
- What can take away your confidence?





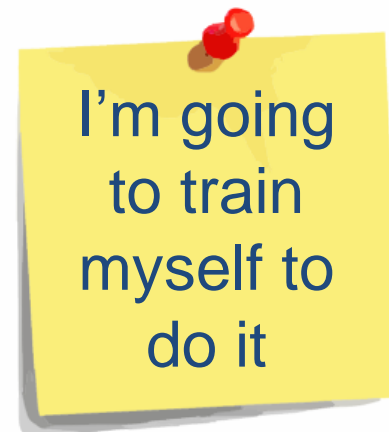
Building confidence

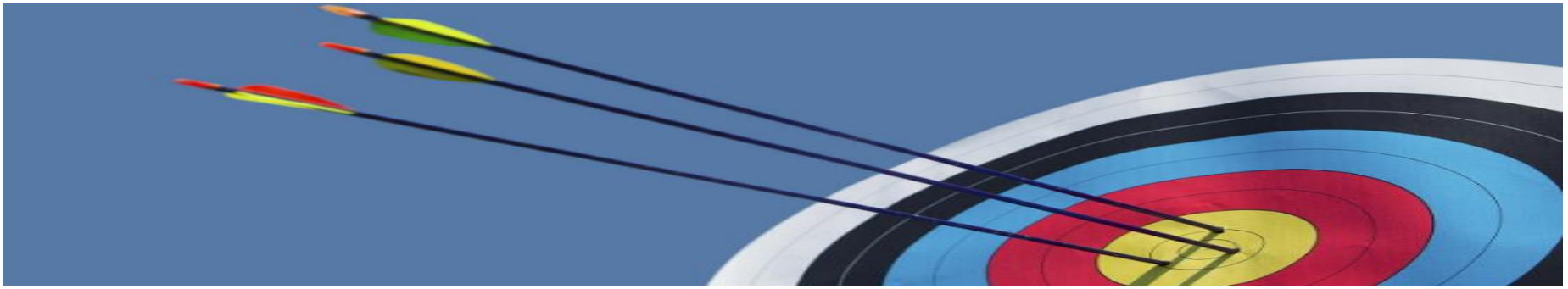
- Use positive self-talk

Negative



Positive





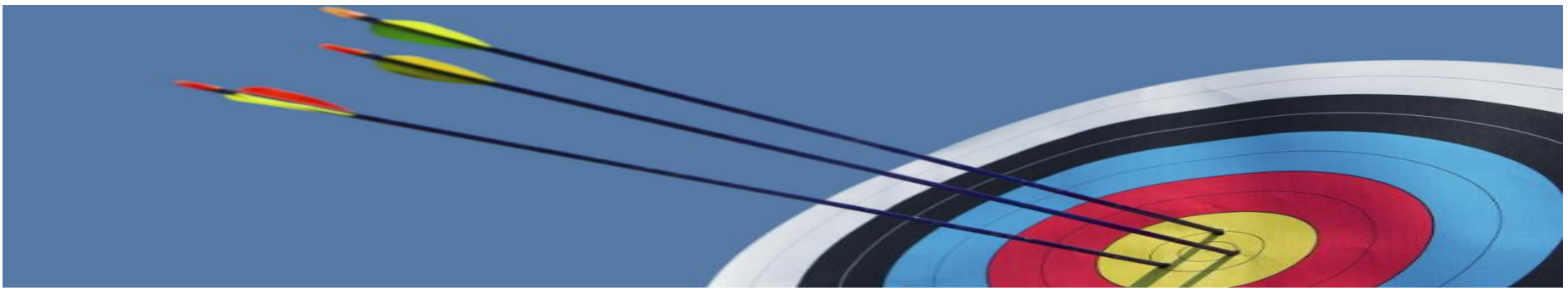
Building confidence



Top trumps

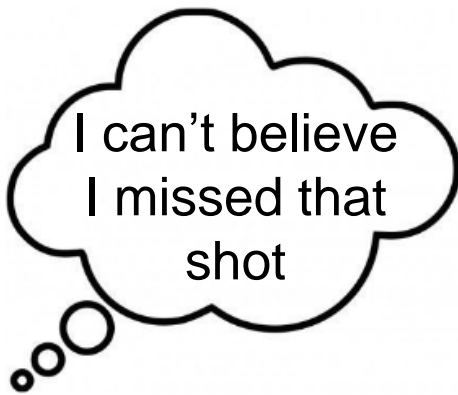
- Know your strengths
- Do you have a super power?

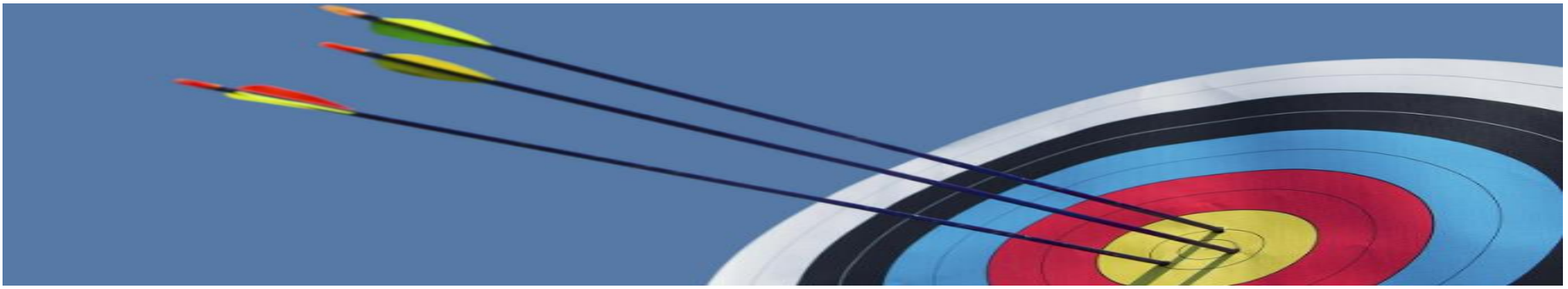




Concentration

- What is concentration?
 - Focusing on the task at hand and not getting distracted
- What can distract you?





Improving concentration

- Pre-performance routine

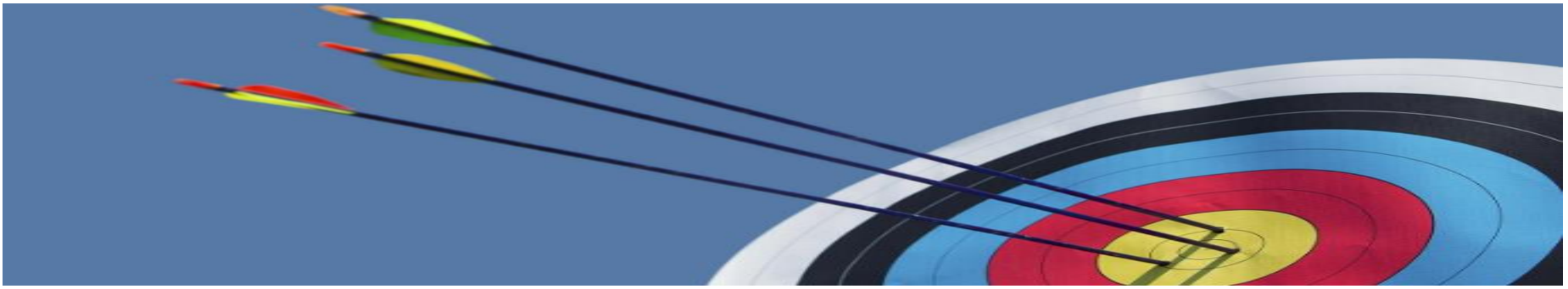
Step 1
Imagine

Step 2
Positive
self-talk

Step 3
Breathe

Step 4
Perform





Goal-setting

- Over to Nigel.

