



FOCUS: EXERCISE #2

Concentration Exercise: Switching Focus dimensions

Use the situations in exercise #1. Consider the transition from this situation to the next aspect of the performance/game/race.

Change of focus drill:

Focus on the cues you have identified as necessary and important in the hypothetical situation. Now consider the other dimensions of focusing attention. For example, if the situation requires you to focus on a wide variety of external cues what role does narrow internal focus play? Does it have any place in the scenario? Change the focus to each of the dimensions, one at a time. Give yourself sufficient time to fully focus in that dimension.

For example, if you are an alpine skier, you might switch your focus among the following three areas:

Broad External: What is the light like in the section I am coming into? Which way does the course turn after the next bend in the trail?

Narrow External: Judge where the takeoff point is on the jump

Narrow Internal: How much pressure do I have against the front of the boot; how much can I feel my ski-snow contact through my feet?

Broad Internal: Am I holding my breath? Breath!

In the space below, note the other areas that contribute to effective use of the dimensions of focus for each scenario:

1. _____

2. _____

3. _____

4. _____



ELITE PERFORMANCE SERIES

Sports Psychology



5. _____

Again using the scenarios and the transitions to new conditions mentally rehearse and practice switching from one dimension to another and back again. Use enough time to get the situation firmly in mind and then switch again.

Training:

Take this switching exercise to the training hill. Recreate a competitive situation in practice. Start with the dominant attentional requirement and switch to other dimensions over the course of practice. Record what are effective and ineffective focal points. Also practice and record switches. This might be just becoming aware of switches unless these are leading to distractions.