



ELITE PERFORMANCE SERIES

Sports Psychology



PERFORMANCE PLAN SUMMARY

- *Self-talk:* Before the competition, your internal talk should be positive, motivating and instructive. Include cue words that tell you what to do or help bring about a feeling of confidence and state of readiness.
- *Imagery:* Create success-oriented mental images recalling past accomplishments or imagining success in the upcoming competition. Imagery can also be used to rehearse the competition, your competition strategy and your competition focus.
- *Attentional focus:* Direct your focus on the task ahead of you. Use visual reminders or cue words to direct your attention appropriately.
- *Competition goals:* What are you trying to accomplish today? Have control over your goals and commit to striving toward them.
- *Arousal regulation:* Be aware of the arousal level at which you perform best (i.e., relaxed, moderate activation, "pumped up"). Have a variety of strategies you can use to attain this arousal level.
- *Distraction control:* What takes my mind away from good competition preparation? I plan to control this by...
- *Honor your commitment:* Are you ready to stay in the moment and stick with your pre-competition plan when things don't go as expected or desired?
- *The goal of best effort and satisfaction:* sometimes all you accomplish is that you did your very best. If you give it all you have, be satisfied with that. But don't kid yourself. If you only gave 98% you should not be satisfied. Only 100% counts.