

Strength
Pride
Passion

COMPETITION PREPARATION

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AGENDA

- Pre competition plan
- Identifying the Ideal Performance State
- Developing and integrating mental skills
- Questions

Pre Competition Plan or Routine

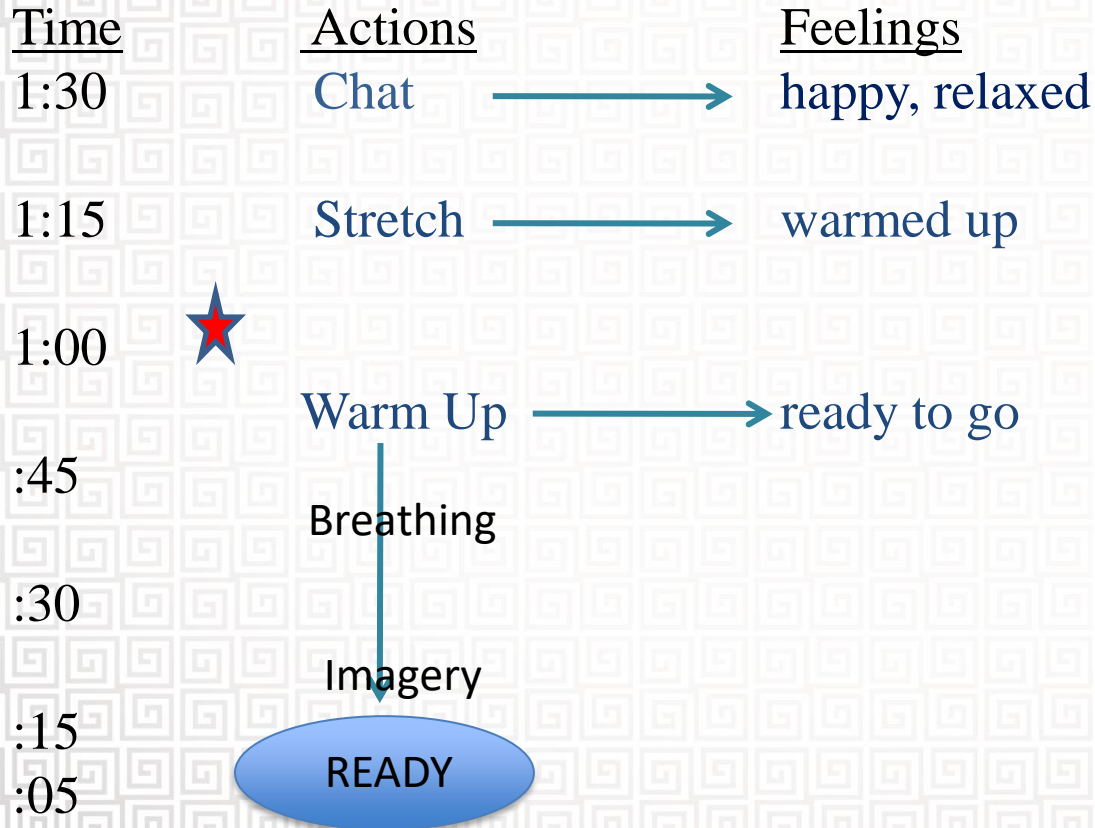
- **To prepare the athlete physically, mentally and emotionally to compete**
- **Pre competition routines facilitate lower levels of stress (see Cotterill, 2010 and Hagan & Schack, 2019 for reviews)**
- **Encourage coaches to have their own Pre Competition routine**
 - A coach's ability to self-manage can be instrumental to an athlete's development, performance success, intrinsic enjoyment and adherence to sport over time (Barnicke & Burton, 2016)



Pre competition Plan

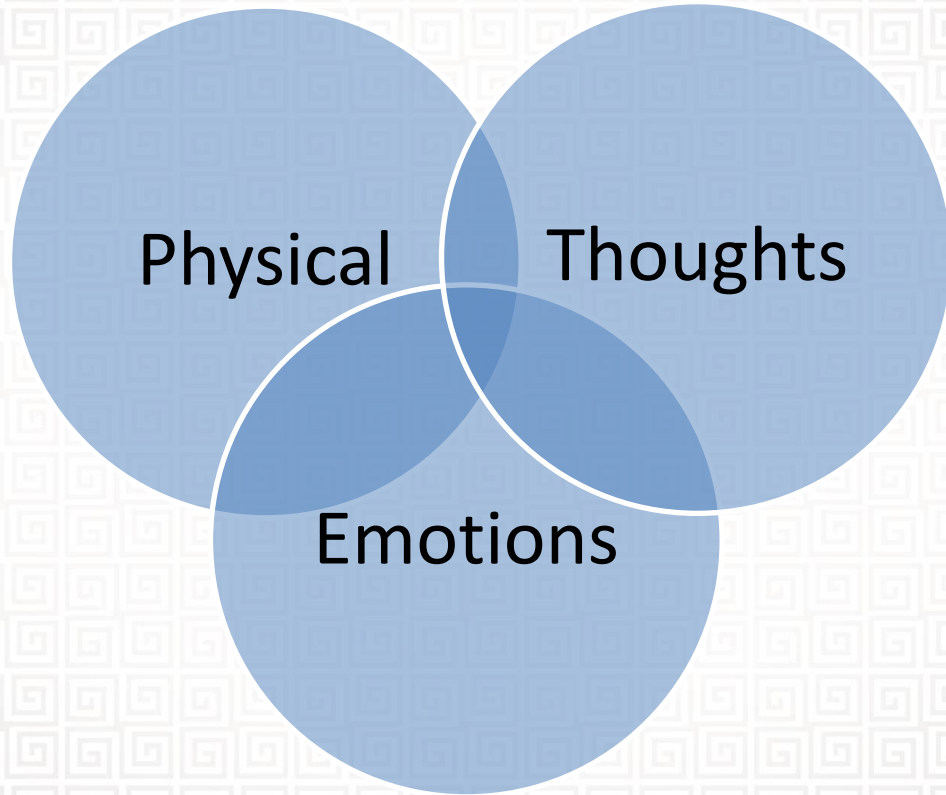
| <u>Time</u> | <u>Actions</u> | <u>Feelings</u> |
|-------------|----------------|-----------------|
| 1:30 | Chat | |
| 1:15 | Stretch | |
| 1:00 | Warm Up ↓ | |
| :45 | | |
| :30 | | |
| :15 | | |
| :05 | READY | |

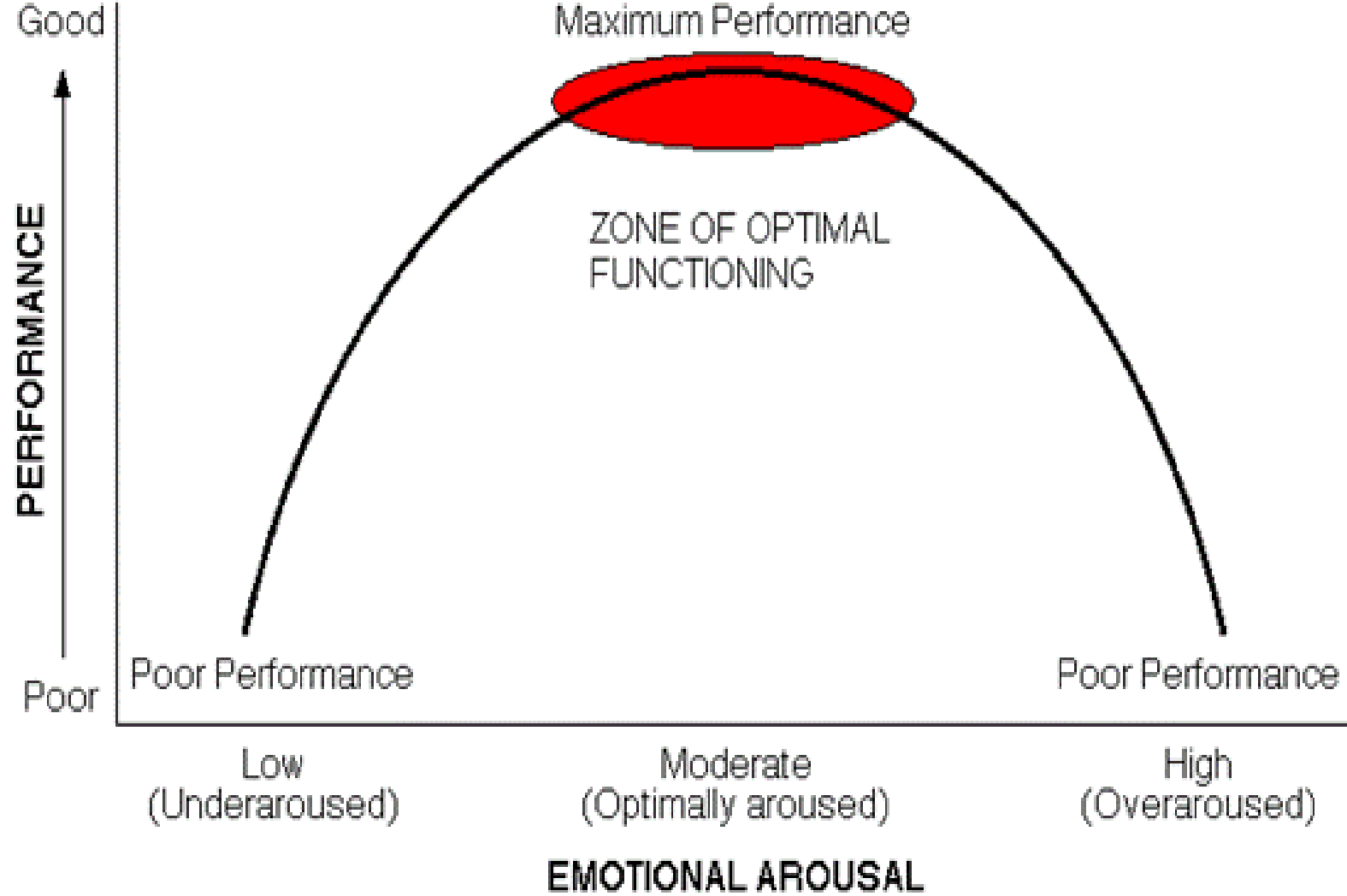
Pre competition Plan

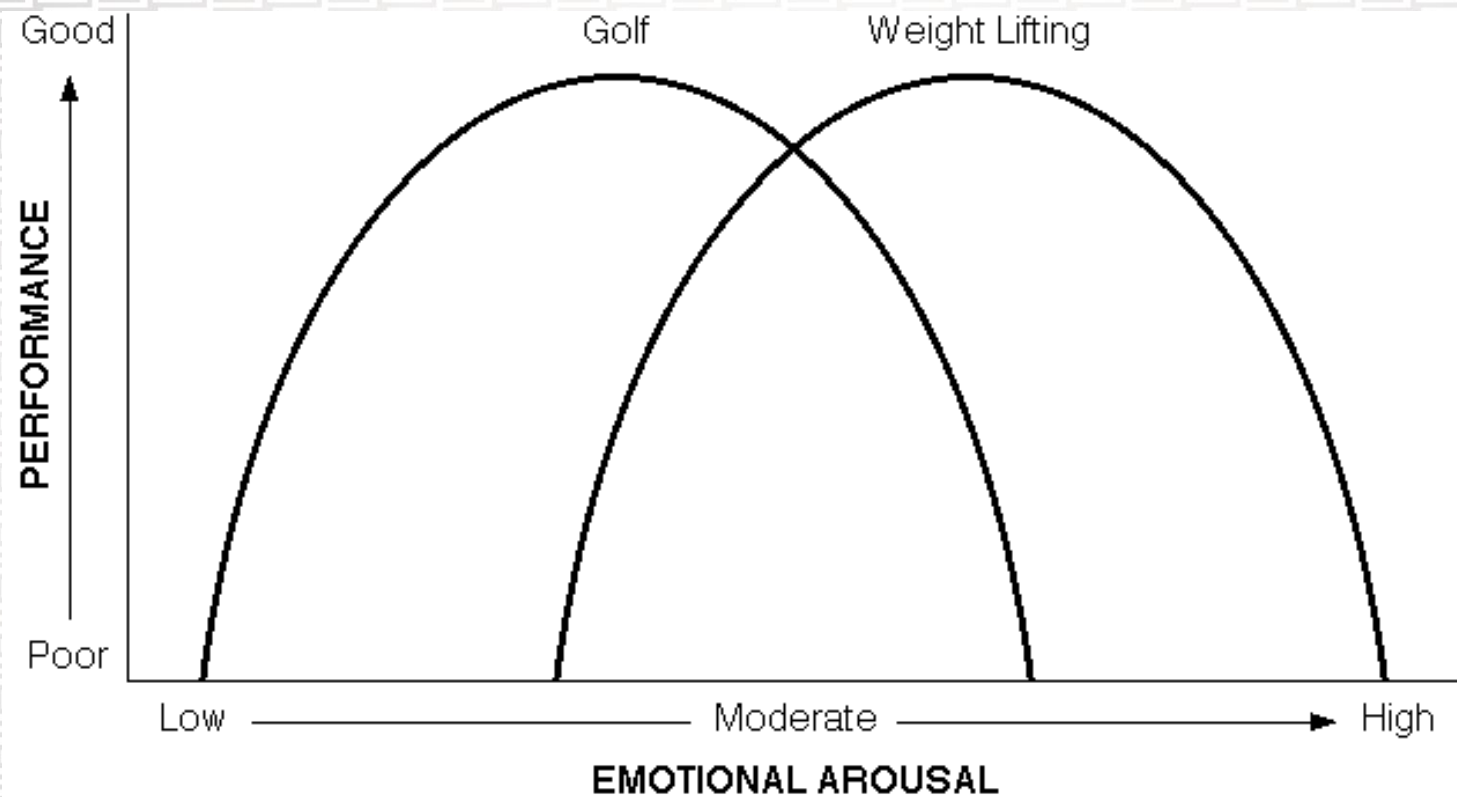


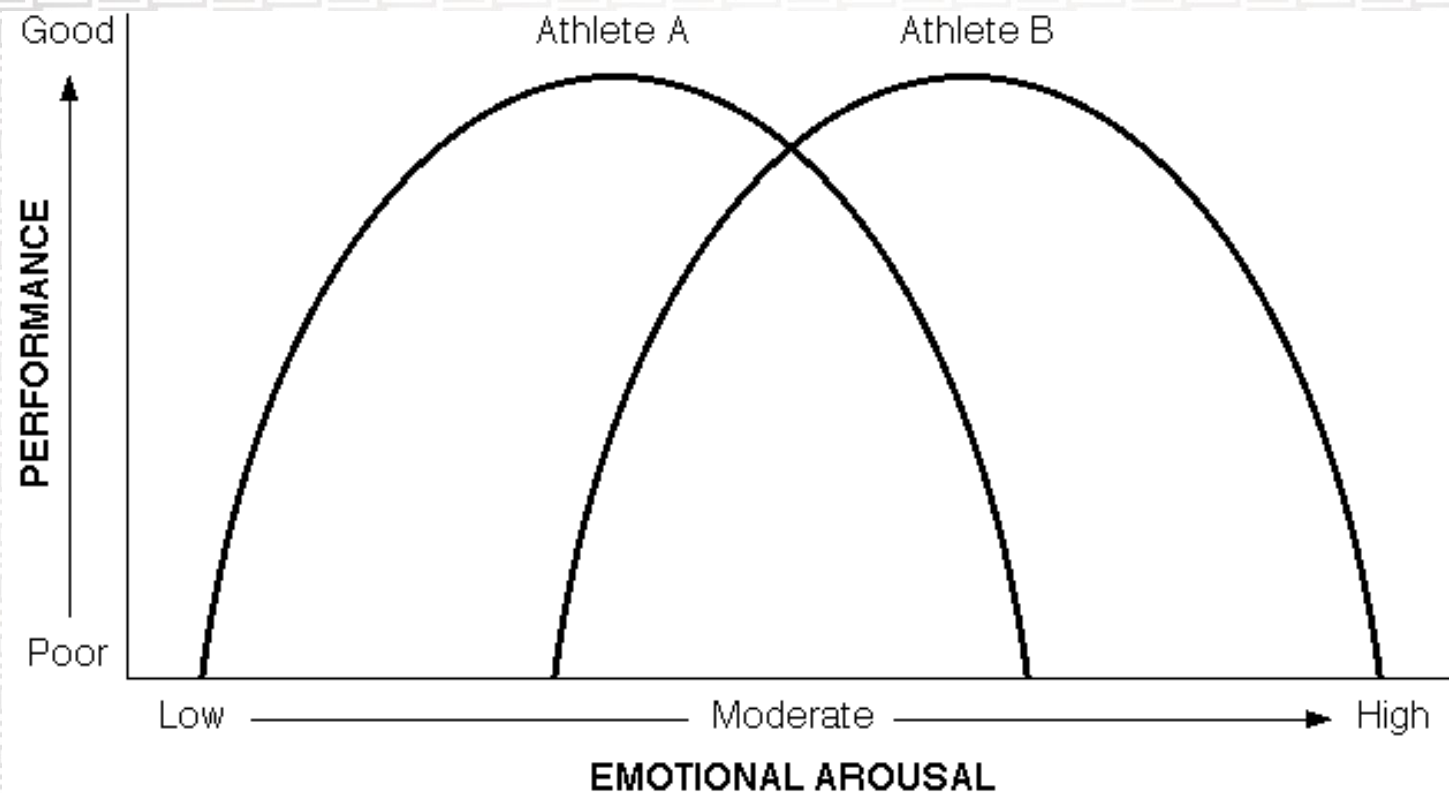
Identify that “Ready” state

- Often referred to as the Ideal Performance State (IPS)
- IPS is the optimal technical, physiological and psychological level for maximizing competitive performance
- Made up of physical, thoughts and emotions
- How do you help your athlete to identify what that state is?









Good Performance

5 minutes prior to performance

Physical

Thoughts

Emotions

Not so Hot Performance

5 minutes prior to performance

Physical

Thoughts

Emotions



Ideal Performance State

Good Performance

Body - strong, loose muscles, energy, few butterflies, warm

Thoughts - focused on specific tasks, in control of thoughts, positive thoughts, prepared

Emotions - little nervous, confident, ready to go, want to get out there, calm, aggressive, excited, happy



Ideal Performance State

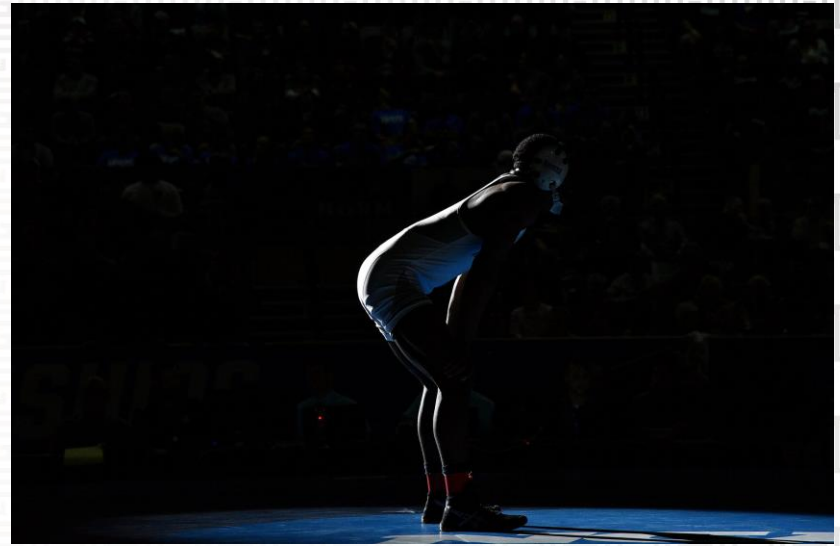
Not So Hot Performance

Body – tight, tense muscles, lots of butterflies, cold

Thoughts - distracted, more negative thoughts about the outcome, not completely in control of thoughts, feeling not prepared

Emotions - nervous, anxious, worried, fearful, not as confident, don't want to be here

Self Awareness



- How does the athlete's practice and training states differ?
- What can they do to change their level of activation?

Mental Skills

- **Goal Setting**
- **Imagery or Visualization**
- **Self Talk**
- **Emotional Regulation**
- **Attentional Control**



Mental Skills

- Teaching the basics of mental skills (what they are, how to use them, when to use them)
- Monitoring mental skills development for your athlete
- Integrating mental skills into on mat training
- Monitoring effectiveness of the mental skills
- Integrating mental skills into competition



Pre competition Plan



Imagery

- **What is the purpose of using imagery in the Pre Comp Plan?**
- **Where and how can you integrate it into training?**
- **How else can the athlete use it?**
- **How are you going to monitor practice and effectiveness?**

Imagery

What is the purpose of using imagery in the Pre Comp Plan?

- **Keep the athlete focused on key technical elements**
- **Build the athlete's confidence**
- **Help to prepare the athlete to compete**



Imagery

Where and how can you integrate it into training?



Technical Elements

- Give athlete time after demonstration to run an image
- Talk the athlete through running an image
- Ask questions about what they are sensing when running image
- Provide video feedback

Imagery

Where and how can you integrate it into training?

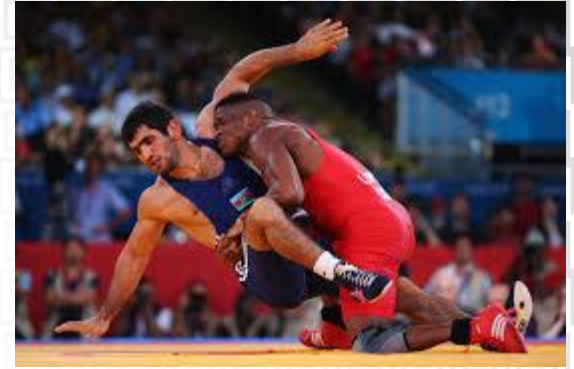


Confidence

- After success, provide the athlete opportunity to run image
- After mistake, provide the athlete opportunity to run image
- Watch video of successful performances
- Help athlete to problem solve

Imagery

Where and how can you integrate it into training?



Preparation

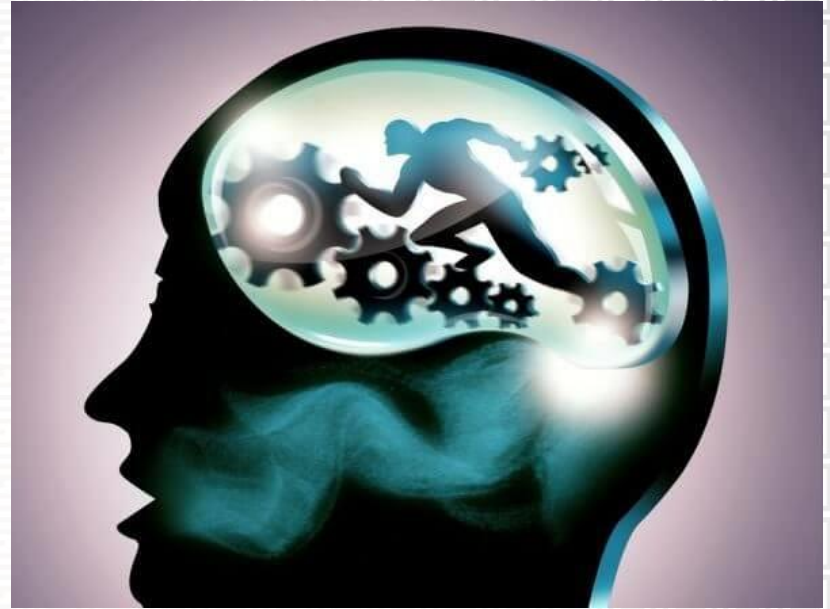
- Athlete can imagine competition preparation routine
- Athlete can generate feelings of activation in imagery
- Athlete is allowed to practice parts of preparation within training

Imagery

Monitor effectiveness and practice

Qualities of Good Imagery

- External or internal perspective
- Uses all the senses
- Clear and vivid image
- Control the image
- Use correct technique
- Use proper timing
- Incorporate thoughts and emotions



Practice Planning

How much time do coaches invest in planning and preparation

- Writing workouts
- Developing drills
- Planning the physiological AND psychological loading
- Integrating mental skills into practice
- Cognitive demands

