

COMPETITION PREPARATION

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Pre competition plan

Identifying the Ideal Performance State

Developing and integrating mental skills

Questions

AGENDA

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)





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?

Physical Thoughts

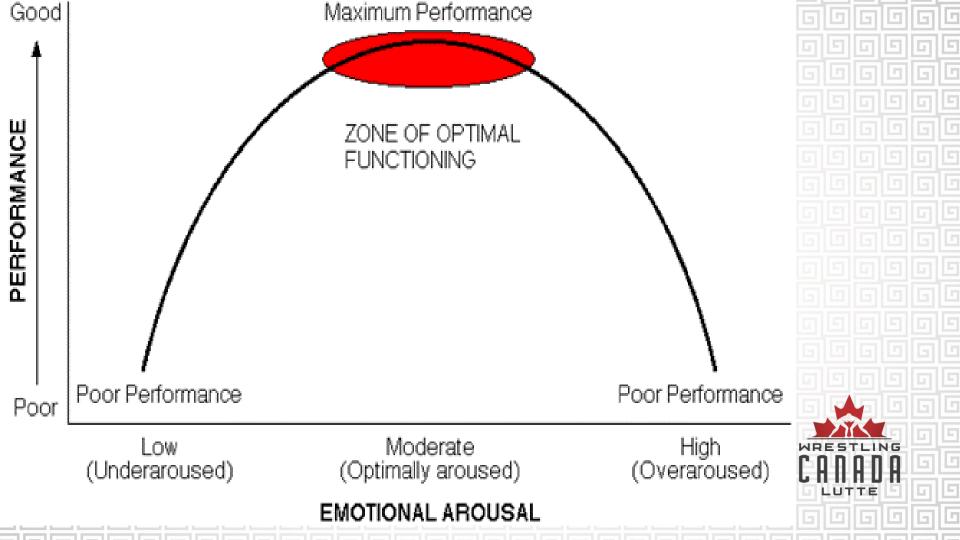
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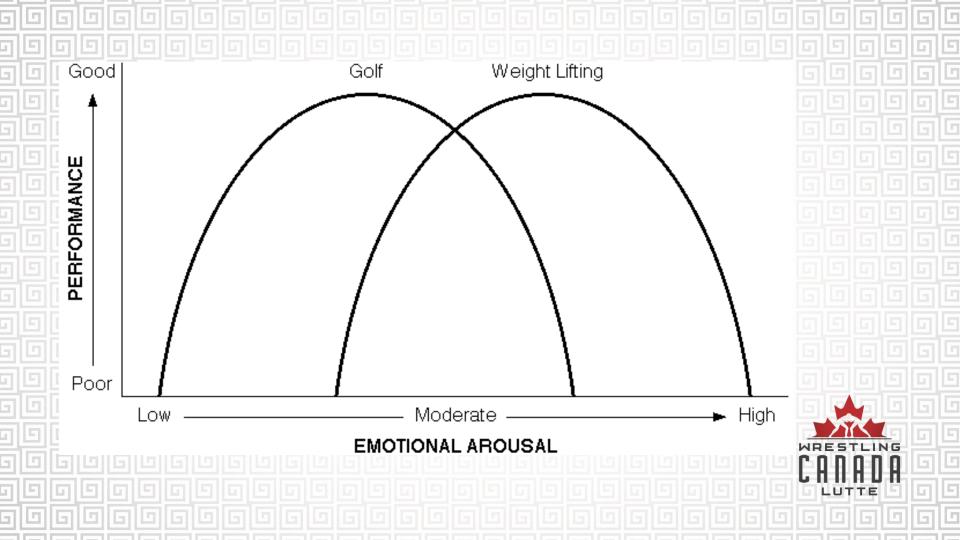
Emotions

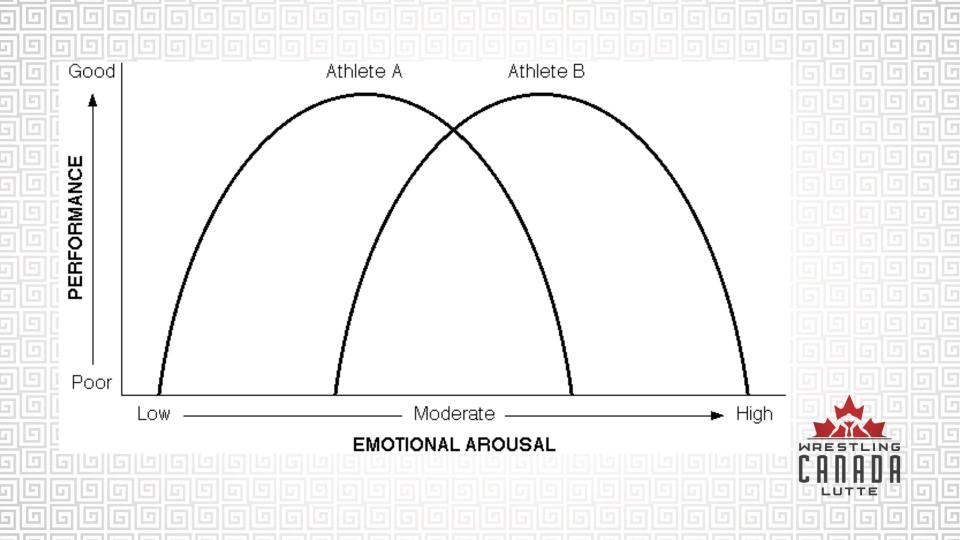


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Ideal Performance State

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

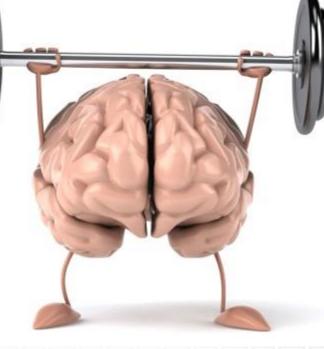
Emotions - nervous, anxious, worried, fearful, not as confident, don't want to be here

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



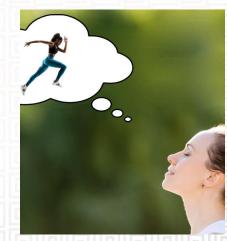


What is the purpose of using imagery in the Pre Comp Plan? Where and how can you integrate it into training? How else can the athlete use it?

Imagery

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 Preparation

Where and how can you integrate it into training?



- 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

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- 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

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