

Stony Brook
MBB MIND GYM

Hypnosis for Free Throw Shooting

Mind Plus Muscle
November 2015

What is Hypnosis

Hypnosis is a unique state of mental functioning (Orienting Response) in which your field of attention narrows and becomes more intensified as you disconnect from other input. In this way hypnosis allows the brain to block out distractions and let you focused only on performing at your best. You can learn to get into a hypnotic (Highly Focused)) state through regular practice of hypnotic training.

Two Different Games of Basketball

Game 1: Floor Play

- Fast Paced
- React to Action

No time to think

- Broad External Focus

Aware of the position of all teammates and opposing players

Game 2: FT Shooting

- Slow and Deliberate
- Self-Paced Action

Time to think and execute

Plan of Action

- Narrow Internal/
External Focus

Aware of internal routine, timing and complete focus on the basket

Hypnosis Sequence

- See and feel foot next to Free Throw Line
 - signal to enter hypnotic Game 2 State
- See flight of ball toward basket
 - signal to exit hypnosis and return to Game 1 State

Goal of Hypnosis for FT Shooting

- Increase ability to shift from Game 1 to Game 2 thinking and feeling
- Narrowing of attentional field to you and the basket
- Block out any internal or external distractions
- Connect to muscle memory of perfect Free Throw shot

Prepare to Perform How You Practice

- Use hypnosis training audio 2 to 4 times/week
- Make time for FT shooting to practice hypnosis routine
- Use in every practice and scrimmage