

Playing Out of Your Mind

Psychological Skills Training

John J. Bowman, Ph.D

How Important
Are Mental Skills in
Determining Performance
and Success

2010 Survey of NCAA Div. I Coaches

Mental Training is absolutely
the missing link in
providing our dedicated
student-athletes with the most
comprehensive performance
support system

Psychological Skills Training

The systematic and consistent practice of mental skills for the purpose of enhancing performance, increasing enjoyment, or achieving greater self-satisfaction

Basic Psychological Needs of an Athlete

Control	Self Determined Goals Performance/Mastery Goals
Competence	Execute Skills Effectively Establish Learning Set
Connectedness	Connect to Important Other Feel Cared For/Supported

Benefits of PST Training

- Increased Self Confidence
- Improved Self-Regulation of Arousal/Stress
- More Positive Self-Talk
- Improved Imagery Skills
- Increased Focus and Concentration
- Builds Mental Toughness

Mental Toughness

Mental toughness is an athlete's ability to focus, rebound from failure, cope with pressure, and persist in the face of adversity. It is a form of mental resilience.

Self-Regulation

Self-regulation is the ability to work toward one's short-term and long-term goals by effectively monitoring and managing one's thoughts, feelings, and behaviors.

The Ultimate Goal of PST

- Self-Regulation
- Mental Toughness

Problems Coaches Reported in Doing Mental Training

- Lack of Knowledge and Comfort with Teaching Mental Skills
- Prohibitive Costs
- Lack of Time

PERFORM LIKE A STAR

John J. Bowman, Ph.D.
Mind Plus Muscle

Mental Skills Assessment

Never

Sometimes

Almost Always

I regularly set goals for things I want to do in practice and competition

I know how to think and what to say to myself to build confidence

I am able to view bad performances as a challenge to bear down and perform even better

If I feel anxious I am able to relax to an appropriate level

I am able to concentrate under pressure and not be distracted

I use imagery to improve my performance in practice and competition



Discussion of Mental Aspects of Success in Life and Sport

- Create a Dream Goal
- Focus on Hard Work and Commitment
- Control and Direct your Emotional Energy
- Mental Toughness in the Face of Adversity



PERFORM LIKE A STAR

BASIC Intro to Mental Skills Training

BRIEF Description & Application

BENEFICIAL Improves Performance

PERFORM LIKE A STAR

Goal Setting

What do I want to happen (Ideal Outcome)?

What do I need to do to bring this about?

PERFORM LIKE A STAR

Types of Goals:

GOAL

Outcome

SETTING

Performance

Process

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Positive-Effective Thinking

Is what I am thinking something I would say aloud to a friend or teammate?

Can I find something useful or beneficial in difficult or challenging situations?

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POSITIVE

Identify Negative Self Talk

EFFECTIVE

Create Positive Mindset

THINKING

Optimistic Re-Appraisal

Build Mental Toughness

PLS Follow Up Assignment

PERFORM LIKE A STAR

Positive, Effective, Thinking

We all talk to ourselves. When we talk to ourselves positively we help build our confidence and improve our performance. But sometimes when we are under pressure or in a challenging situation we may slip into Negative Self-Talk. We call this Stinkin' Thinkin'. This usually produces self-doubt and lowers confidence, resulting in poor performance. Use this exercise to "Beat Stinkin' Thinkin'".

Describe a situation in which you tend to think/talk negatively to yourself.

Identify the negative statement(s) you say to yourself.

How are these thoughts hurting your performance?

List positive statements you can use to replace negative, harmful thoughts. Think of what you have been doing well and how hard you have trained.

Think of a critical moment in a competition that goes against you. What can you say to yourself to see this as a challenge to bring your game up a level and play at your best?

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For they learned that true safety was to be found in long previous training and not in eloquent exhortations uttered when going into action.

Thucydides