

- We can look at competition
 - as a Threat
 - Fear of losing
 - as a Challenge
 - Wanting to fight

- Thoughts
- Feelings
- Action (technical)

- Anticipate high satisfaction for the achievements accomplished
 - Before competition
 - During
- After
 - Look for Sensations
 - Anticipate satisfaction
 - Anticipate confidence

SATISFACTION ANTICIPATION

- Satisfaction due to being able to enjoy, to do what you are doing
- Pressure is related to the distance you feel with your goal and what it means to you.
- The commitment of the elite level athlete is to do everything as well as possible, while enjoying what one is doing.
- Satisfaction comes from handling effectively what is under your control.

SATISFACTION

- Thoughts
 - Stable
- Feelings, Emotions
 - Hostility, bad mood.
 - Instability
 - Frustration
 - Lack of satisfaction
- Action
 - No two performances are alike.
 - Instable
- The only thing that can be stable are the thoughts.

- Good pressure (autogenous)
 - Inverse proportion to the distance from the goal.
 - ▶ The closer you are to the goal, the higher the pressure. but also the bigger the chances to reach it.
 - Therefore: Welcome pressure!.
- Reinforce the notion that in competition there are only benefits:
 - You either win or you remain where you are!!
- Remembering past achievements helps you reach the current goals.
- Distinction between responsibility and guilt
 - You do what you can to make things happen and in spite of it things go against you.
 - Guilt is related to intent.

- What is your commitment?
- How can you anticipate satisfaction and confidence?
- What can you do?

Michael Jordan: "The only thing I cannot allow myself is to not try."

- Maximum performance at the time of competition.
- To know if we have done it.
- Improvement for next time

WHAT ARE WE LOOKING FOR?

- Emotional self-regulation
- Self-confidence



- Pre-competition
- Competition
- Performance

Emotional self-regulation

+

Self confidence

+

Competition

=

Performance

- Protective effect over the negative emotional response
- Strengthens self-confidence.



Action Plan

- Approximation and beginning
- Warm-up.
- Visualization of tactical situations.
- Transitions.
- Emotional restructuring
 - Evaluation, rationalization and acceptance.
 - Contextual reevaluation.
- Self Efficacy
 - Relationship DPE and outcome expectancies .
 - Strongest belief in tactical tasks.
 - Commitment to "giving my best".
- Personal stabilizers

The commitment is to give your best. Success is actually doing it.

- Key Questions:
 - Do you work on your PCP?
 - Do you know how you want to react?
 - How do you evaluate your post-competition performance?
 - When do you feel satisfied?