
Mental
Performance:
Lucas Madill- CMPC/CSPA
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HALIFAX
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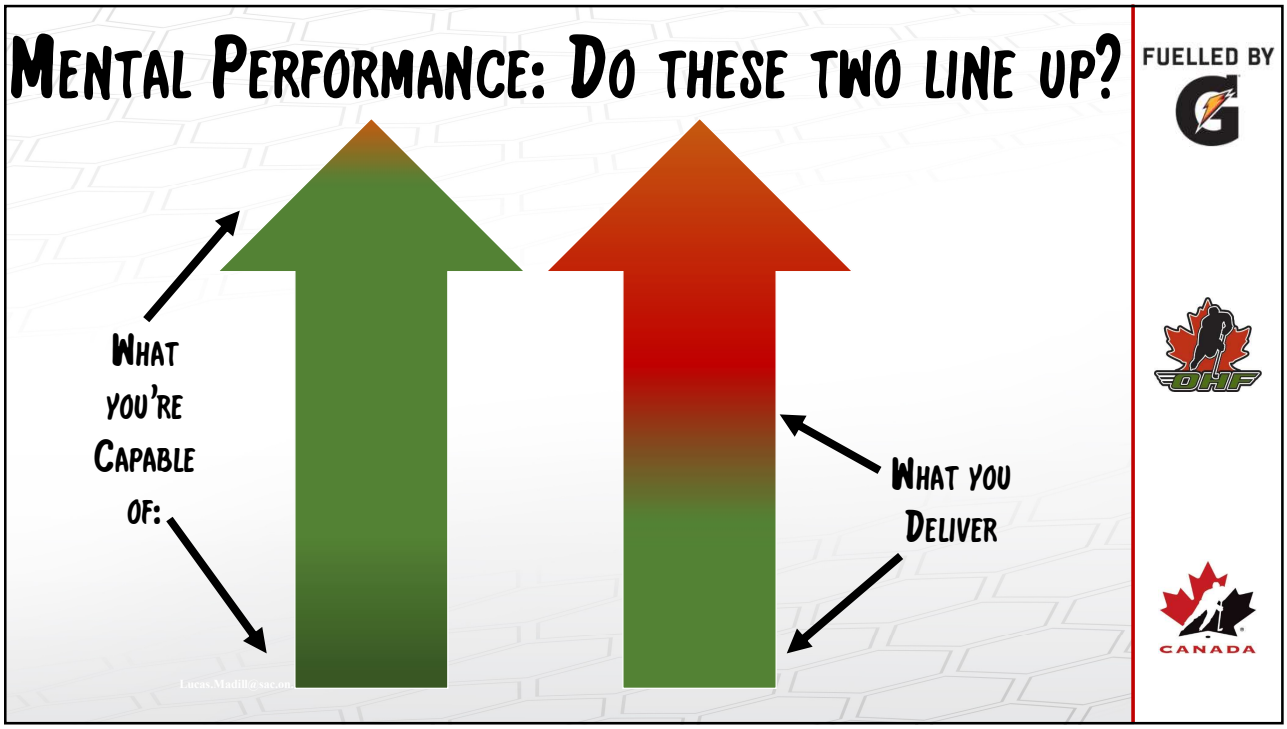
MENTAL PERFORMANCE: DO THESE TWO LINE UP?
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WHAT YOU'RE CAPABLE OF:
WHAT YOU DELIVER
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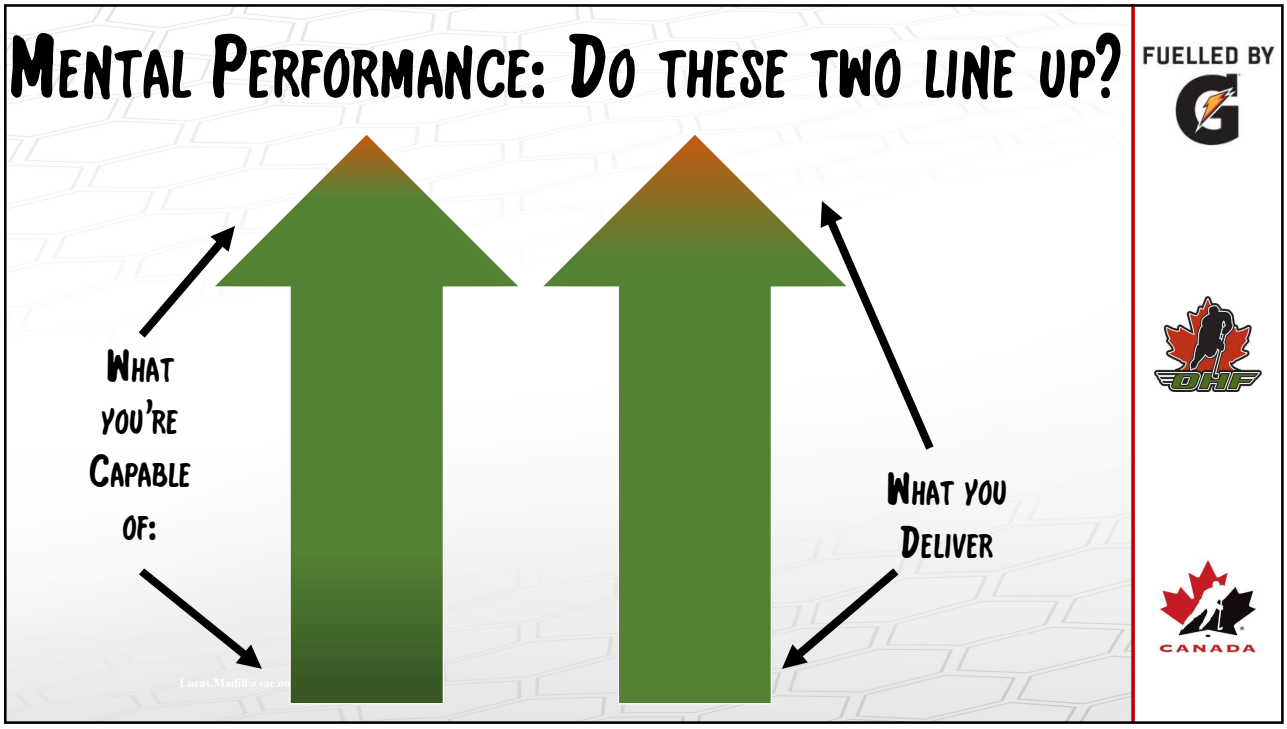
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Basic Mental Skills/Tools to Incorporate

1. **Goal Setting**
2. Emotional Control / Focusing Techniques
3. Imagery / Visualization
4. Self-talk
5. Deliberate Practice (attention)

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Basic Mental Skills/Tools to Incorporate

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What % of the game is mental?

What % of your practice/ preparation is mental?

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Implementing Basic Mental Skills/Tools With your players:

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What % of the game is mental?

What % of your practice/ preparation is mental?

The Good News:
They don't need to occur exclusively from each other. Work on them at the same time

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Implementing Basic Mental Skills/Tools With your players:

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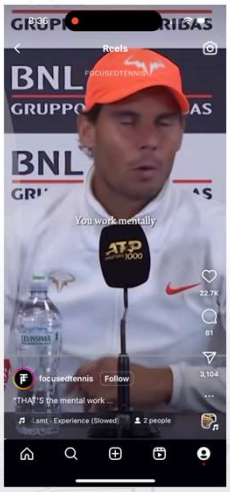

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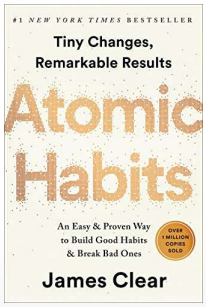
1. Goal Setting



Types of Goals:

Outcome Goal:
Score 30 goals this season

but to get that I have to set a…

Performance Goal:
Get ten shots on net per game

but to get that I have to set a…

Process Goal:
Develop a quicker release. Be able to shoot from more places.

You don't just want to set and achieve goals; you want to develop a habits.

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Process Goal:

Process Goal: *Develop a quicker release. Be able to shoot from more places.*
Plan: *Avoid stickhandling when I cross the blue line on a shooting drill in practice. Shoot from above the top of circles in practices.*

Process Outcome

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Process Goal:

Process Goal: *Develop a quicker release*
Plan: *Improve my shot/release so I can get it off from anywhere, accumulate more shots.*

Process

↓

Outcome

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Process Goal:

Process Goal: *Develop a quicker release*
Plan: *Improve my shot/release so I can get it off from anywhere, accumulate more shots*

Process

↓

Outcome

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Process Goal:

Process Goal: *Develop a quicker release*
Plan: *Improve my shot/release so I can get it off from anywhere, accumulate more shots*

Process

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Outcome

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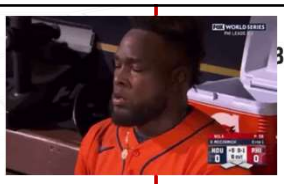
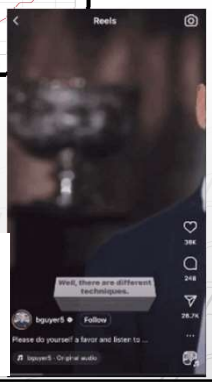
2. Emotional Control/ Focusing Techniques:



Christian Javier, World Series 2022 No Hitter

Justin Thomas' heart-rate data proves importance of his pre-shot routine

Justin Thomas' final round at TPC Sawgrass was a testament to stress management. The 14-time Tour winner faced test after test on the front nine while trying to stay in contention against one of the toughest fields in golf. Link to article



CBS News
https://www.cbsnews.com › video › novak-djokovic-60-...
Novak Djokovic: The 2023 60 Minutes Interview - CBS News

Tennis genius **Novak** Djokovic is no longer chasing records; he's creating them. Ahead of the Australian Open, Djokovic explained how ...

CBS News · CBS News · Dec 10, 2023

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2. Emotional Control/ Focusing Techniques

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As he strolled up the final fairway on Sunday, with a mob of fans sprinting in his rearview mirror, Mickelson made a concerted effort to control his breathing. It's a meditative practice that dates back millennia but is also backed up by modern physiology.

"When you focus on your breathing—say, breathe in on a three-count, hold it for two, then very slowly breathe out—you saturate your red blood cells with oxygen," says Sean Foley, the noted swing instructor who takes a holistic approach to improvement. "When this happens, the primal part of our hardware is tricked into believing that everything is calm and under control. When our breathing hastens and we don't have enough oxygen in our red blood cells, our brain begins to detect a threat. This activates our sympathetic nervous system, which regulates our "fight or flight" response."

Feedback

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2. Emotional Control/ Focusing Techniques

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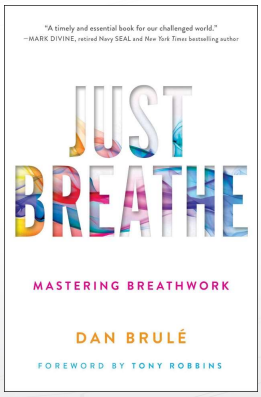
2. Emotional Control/ Focusing Techniques:

The SNS VS The PNS



We want to avoid the SNS staying in control for too long

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2. Emotional Control/ Focusing Techniques:

"When my brain says this…
I tell myself, DON'T Fall for it!"
Tony Romo on analyzing his tendencies

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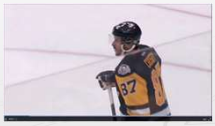

"When my brain says this…
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Tony Romo on analyzing his tendencies

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2. Emotional Control/ Focusing Techniques:

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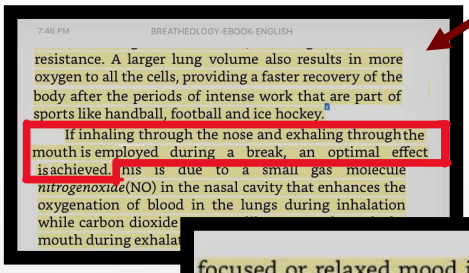
*"Any time you're not actively playing, you're **recovering**. No matter what."*
~Lebron James- Tim Ferriss podcast



When a positive, focused or relaxed mood is linked to the breath, it will be a great resource if the mind or "nerves" fail. You have created a new mental anchor.

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2. Emotional Control/ Focusing Techniques:

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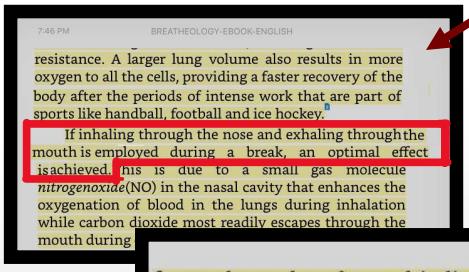

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mental anchor.

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Breathing Resources

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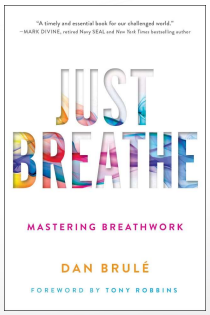

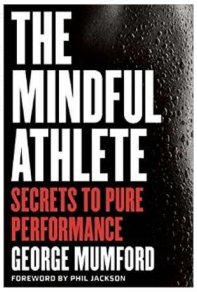

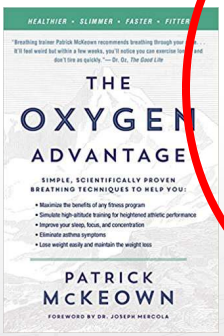

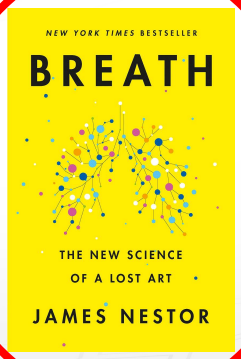

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3. Imagery / Visualization (14 sec mark):

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"I never hit a shot, not even in practice, without having a very sharp, in-focus picture of it in my head. It's like a color movie. First I 'see' where I want it to finish, nice and white and sitting up high on the bright green grass. Then the scene quickly changes and I 'see' the ball going there: its path, trajectory, and shape, even its behavior on landing. Then there is this sort of fadeout, and the next scene shows me making the kind of swing that will turn the previous images to reality."

~JACK NICKLAUS

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3. Imagery/ Visualization:

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- Imagery: **A dynamic state during which a subject mentally stimulates a given action** (Decety, 1996)
- Used before and during competition to:
  - help fix improper techniques
  - eliminate negative thoughts
  - increase concentration/focus
  - Increase motivation / confidence

- It is even used as a supplement to physical practice
- Traditionally, it has been performed in a relaxed, undisturbed state.
- But, it now much more common to see it used in other places (PETTLEP model- examples to follow)

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3. Imagery/ Visualization:

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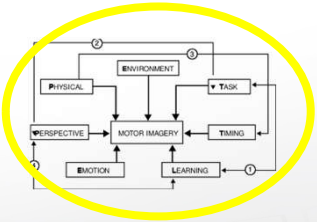

Christian Javier, World Series 2022 No Hitter

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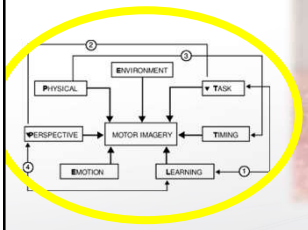
Example: Imagine Getting stung...



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Imagery for Skill Development

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Imagery for Skill Development

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Imagery for Skill Development

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Imagery for Skill Development

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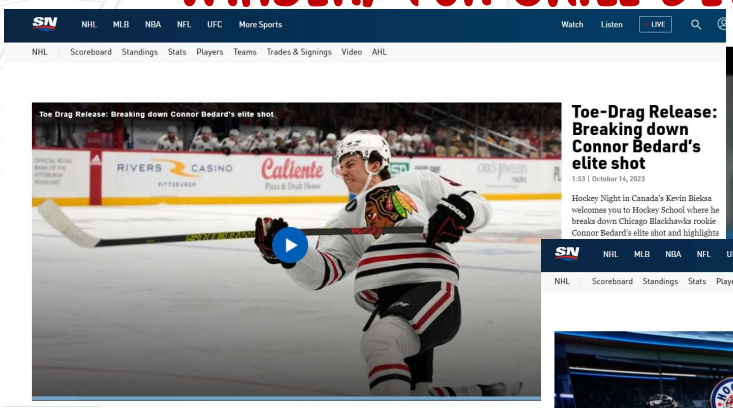
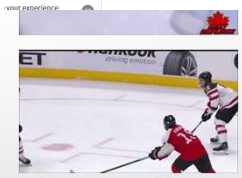


Toe-Drag Release: Breaking down Connor Bedard's elite shot

1:53 | October 14, 2023

Hockey Night in Canada's Kevin Bieksa welcomes you to Hockey School where he breaks down Chicago Blackhawks rookie Connor Bedard's elite shot and highlights



Toe-Drag Release: Breaking down Connor Bedard's elite shot

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Hockey Night in Canada's Kevin Bieksa welcomes you to Hockey School where he breaks down Chicago Blackhawks rookie Connor Bedard's elite shot and highlights how he's able to generate incredible power with his wrister.

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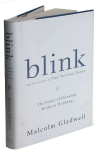
Imagery for Skill Development



questions about why and how they play the way they do, and invariably he comes away disappointed. "Out of all the research that we've done with top players, we haven't found a single player who is consistent in knowing and explaining exactly what he does," Braden says. "They give different answers at different times, or they have answers that simply are not meaningful." One of the things he does, for instance, is videotape top tennis players and then digitize their movements, breaking them down frame by frame on a computer so that he knows, say, precisely how many degrees Pete Sampras rotates his shoulder on a cross-court backhand.

One of Braden's digitized videotapes is of the tennis great Andre Agassi hitting a forehand. The image has been stripped down. Agassi has been reduced to a skeleton, so that as he moves to hit the ball, the movement of every joint in his body is clearly visible and measurable. The Agassi tape is a perfect illustration of our inability to describe how we behave in the moment. "Almost

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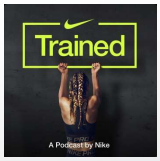
4. Self-talk



- The verbalization or statements **athletes** repeat to themselves prior to or during skill execution (Begley, 2012).
- Avoid words like "should" and "need" and replace with "will" and "have").
  - If a player wouldn't say it about a teammate, they shouldn't say it to themself.
- Mantras should be concise "mentally tight, physically loose"
- According to Ethan Kross, author of Chatter, using 2nd and 3rd person statements helps create emotional distance.

Athletes and coaches believe that self-talk is an intervention that enhances sporting performance and various psychological states, such as confidence (Vargas-Tonsing, Myers, & Feltz, 2004; Wang, Huddleston, & Peng, 2003).

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4. Self-talk

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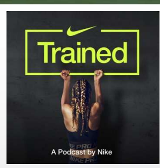

Key Takeaways:
-Mentally "flip it"- refer to your past memories
-Small Goals, *"don't have to do everything at once*
-Jerry Rice- *I can catch/ 1 first down*
-Mantra- *"Physically loose, mentally tight"*
-Result is a **byproduct** of everything else
- Self talk "never use the word "should"
- Breath control (Today's focus)

Effects of Negative Self-Talk

When you experience the effects of negative thoughts – such as thoughts that create the emotional states of fear, anger, anxiety, guilt, shame, or regret:

- The muscles in your body actually become weaker.
- Your stress levels go up.
- You experience changes in your biochemistry and hormone levels, and you may even suffer from gastrointestinal or digestive problems among other physical symptoms.

Effects of Self-Talk: A Systematic Review

Assessing the Effectiveness of Self-Talk Interventions on Endurance Performance

Dr. Jim Afremow @goldmedalmind · Mar 9
"Negative thinking is almost 100% effective."
—Dr. Bob Rotella #TheChampionsMind 🏆
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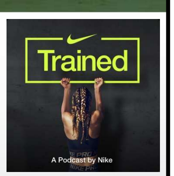

The Neurophysiology of Negative Self-Talk

So what happens when we have these ongoing conversations with ourselves?

1. Stress combined with negative self-talk increases the release of catecholamines such as dopamine, epinephrine, and norepinephrine. Catecholamines are hormones that are released by your adrenal glands.
2. These substances act as neuromodulators in the central nervous system and as hormones in blood circulation.
3. These will elevate when there is perceived danger or threat, but also are affected by negative self-talk.
4. Cortisol, a stress hormone, is also elevated as a byproduct of stress and negative thoughts or self-speak.
5. Elevated cortisol, especially if chronic, can decrease the actual volume of the left pre-frontal cortex of the brain, which is the part of the brain associated with positive emotions.

Just thinking or talking to yourself, either positively or negatively, has an effect on all physical structures in our body, not just our mood or emotions. Circulating neurotransmitters and hormones create a feedback loop, impacting cardiovascular health, digestion, weight management, along with mood, motivation, anxiety, interest and drive.

From: https://brainspeak.com/how-negative-self-talk-sabotages-your-health-happiness/

Effects of Self-Talk: A Systematic Review

Assessing the Effectiveness of Self-Talk Interventions on Endurance Performance

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4. Self-talk

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Aaron Donald

Donald with the Rams in 2015

No. 99 – Los Angeles Rams

Position: Defensive Tackle

3 Time NFL Defensive Player of the Year
2017, 2018, 2020

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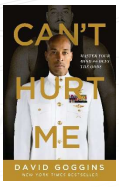
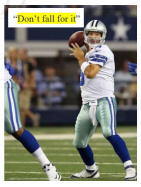
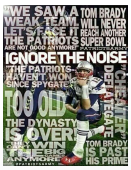




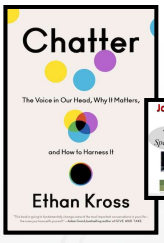


LaBradford Franklin, guard: If he was grabbing a rebound, he'd say, "Give me that" or "Board man" or "Board man gets paid."

Coach Hutson: If I heard it once, I heard it 50 times. "Board man. I'm a board man." That's what he said. Absolutely. "I'm a board man. Yeah, I'm a board man. Board man gets paid." He spoke in phrases like that.

What can your mantra be?

Resource:



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Simple

Repeated

Constructive

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Self- talk: Body Language

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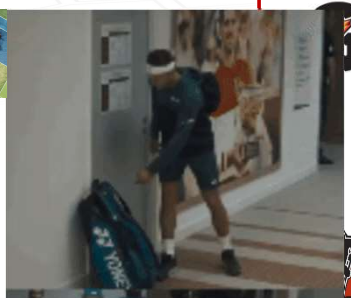



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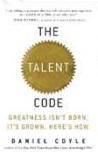
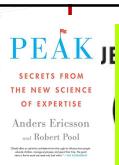
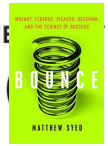
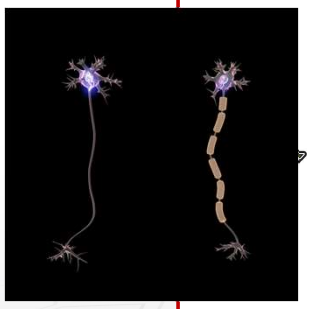
5. Deliberate Practice:

- ***Purposeful and Systematic Practice that is monitored for feedback.***
- The [deliberate practice] revolution is built on three simple facts:
- Every human movement, thought, or feeling is a precisely timed electric signal traveling through a chain of neurons—a circuit of nerve fibers.
- Myelin is the insulation that wraps these nerve fibers and increases signal strength, speed, and accuracy.
- The more we fire a particular circuit, the more myelin optimizes that circuit, and the stronger, faster, and more fluent our movements and thoughts become. (Coyle, 32).
- Myelin quietly transforms narrow alleys into broadband, lightening-fast super-highways. P41.



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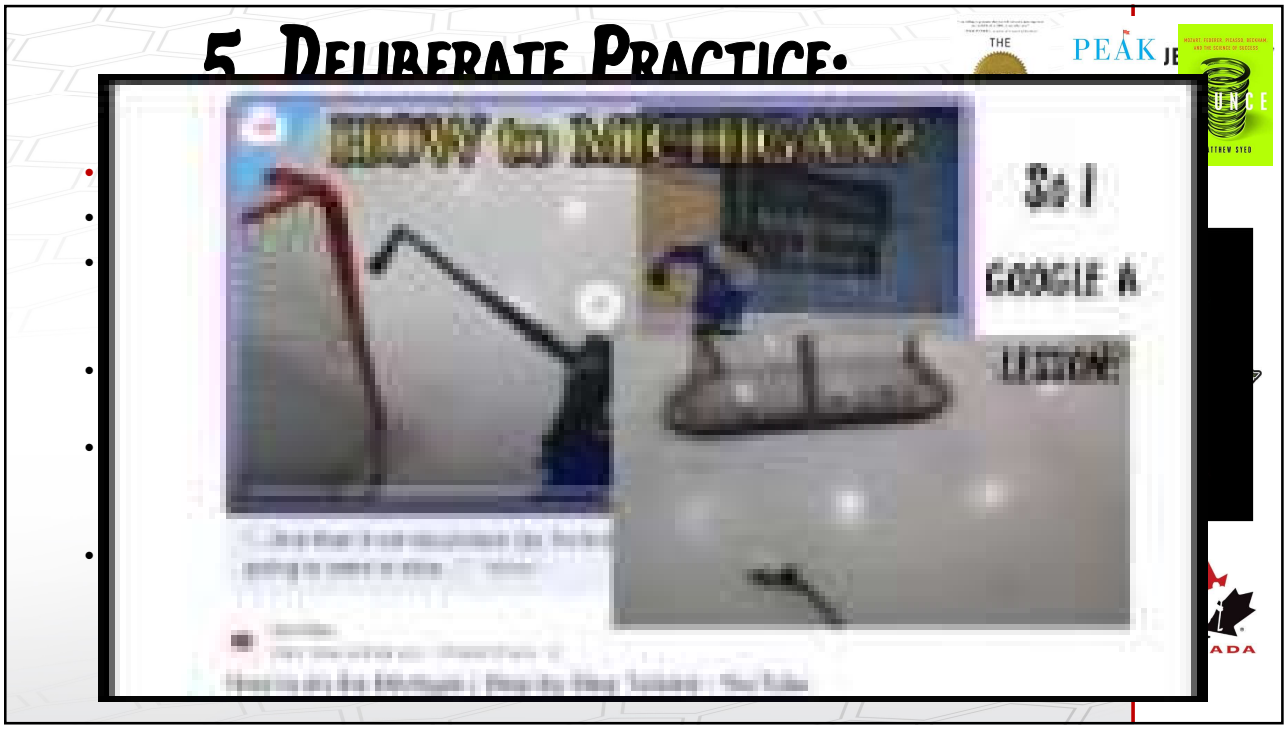
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5. Deliberate Practice:

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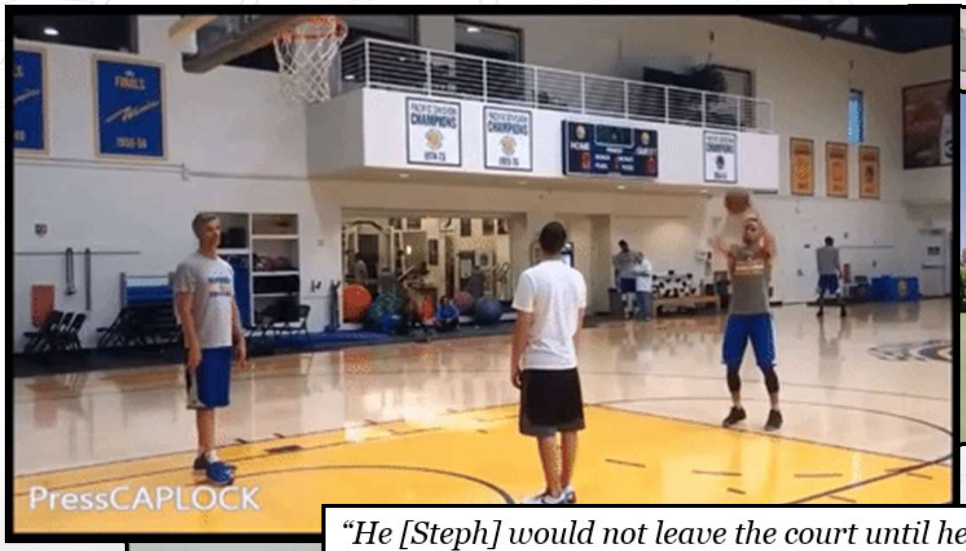

"He [Steph] would not leave the court until he swished five free throws in a row." ~Alan Stein Jr.

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5. Deliberate Practice:

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"I hit three-foot putts until I make 100 in a row. Ten golf balls. Ten times around the circle. 100 golf balls. But if I miss, I have to start all over again." ~ Phil Mickelson

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5. Deliberate Practice:

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If Crosby missed a scoring chance one night, he would replicate the situation the next day in practice. "*He'll do it 100 times, until it becomes second nature.*"
~Pascal Dupuis

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5. Deliberate Practice:

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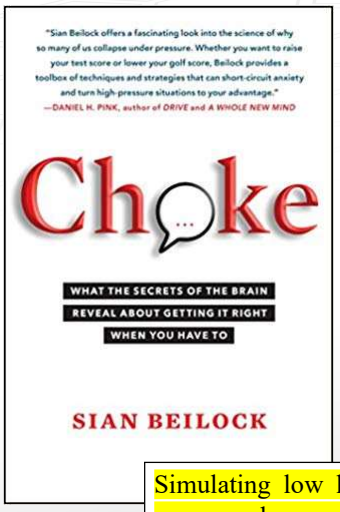
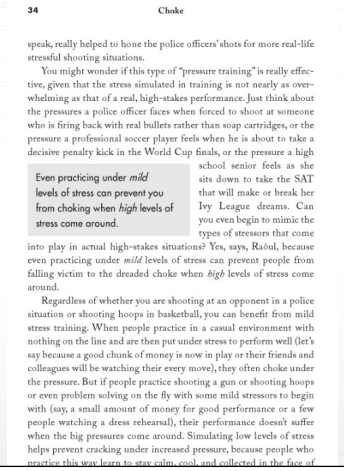
5. Deliberate Practice:





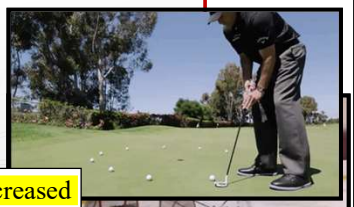
34 Choke

speak, really helped to hone the police officers' shots for more real-life stressful shooting situations.

You might wonder if this type of "pressure training" is really effective, given that the stress simulated in training is not nearly as overwhelming as that of a real, high-stakes performance. Just think about the pressures a police officer faces when forced to shoot at someone who is firing back with real bullets rather than soap cartridges, or the pressure a professional soccer player feels when he is about to take a decisive penalty kick in the World Cup finals, or the pressure a high school senior feels as she sits down to take the SAT that will make or break her Ivy League dreams. Can you even begin to mimic the types of stressors that come into play in actual high-stakes situations? Yes, says, Raôul, because even practicing under *mild* levels of stress can prevent people from falling victim to the dreaded choke when *high* levels of stress come around.

Even practicing under *mild* levels of stress can prevent you from choking when *high* levels of stress come around.

Regardless of whether you are shooting at an opponent in a police situation or shooting hoops in basketball, you can benefit from mild stress training. When people practice in a casual environment with nothing on the line and are then put under stress to perform well (let's say because a good chunk of money is now in play or their friends and colleagues will be watching their every move), they often choke under the pressure. But if people practice shooting a gun or shooting hoops or even problem solving on the fly with some mild stressors to begin with (say, a small amount of money for good performance or a few people watching a dress rehearsal), their performance doesn't suffer when the big pressures come around. Simulating low levels of stress helps prevent cracking under increased pressure, because people who practice this way learn to stay calm, cool, and collected in the face of



Simulating low levels of stress helps prevent cracking under increased pressure, because people who practice this way learn to stay calm, cool and collected in the face of whatever comes their way.

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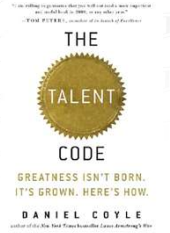
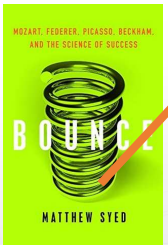
5. Deliberate Practice:





List A	List B
FAHTER FOOTBLAL DCOTOR OUTCOEM TEACHRE	EAHFRT BFTALOLO RTOCOD ECMUTOO EERTACH

The best way to understand the concept of deep practice is to do it. Take a few seconds to look at the following lists; spend the same amount of time on each one.

A	B
ocean / breeze	bread / b_tter
leaf/ tree	music / l_ics
sweet / sour	sh_e / sock
movie / actress	phone / bo_k
gasoline / engine	chi_s / salsa
high school / college	pen_il / paper
turkey / stuffing	river / b_at
fruit / vegetable	be_r / wine
computer / chip	television / rad_o
chair / couch	l_nch / dinner

Now turn the page. Without looking, try to remember as many of the word pairs as you can. From which column do you recall more words?

If you're like most people, it won't even be close: you will remember more of the words in column B, the ones that contained fragments. Studies show you'll remember three times as many. It's as if, in those few seconds, your memory skills suddenly sharpened. If this had been a test, your column B score would have been 300 percent higher.

Your IQ did not increase while you looked at column B. You didn't feel different. You weren't touched by genius (sorry). But when you encountered the words with blank spaces, something both imperceptible and profound happened. You stopped. You stumbled ever so briefly, then figured it out. You experienced a microsecond of struggle, and that microsecond made all the difference. You didn't practice harder when you looked at column B. You practiced deeper.

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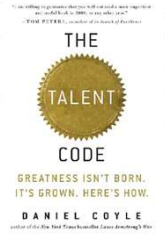
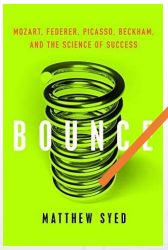
5. Deliberate Practice:





List A	List B
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"With the difficult anagrams, the **jumble** of letter forces you to do something **other than breeze through**. You have to stop for a few moments and think; you have to **deepen your concentration** and engage…In short, you are forced to click off auto pilot. **In those few second of striving, the word is imprinted** in your memory" (Syed 80).

The best way to understand the concept of deep practice is to do it. Take a few seconds to look at the following lists; spend the same amount of time on each one.

A	B
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leaf/ tree	music / l_ics
sweet / sour	sh_e / sock
movie / actress	phone / bo_k
gasoline / engine	chi_s / salsa
high school / college	pen_il / paper
turkey / stuffing	river / b_at
fruit / vegetable	be_r / wine
computer / chip	television / rad_o
chair / couch	l_nch / dinner

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5. Deliberate Practice: One Idea

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Super-scanners

'Those who see will get you wins. But not many players are able to see like this,' Arsenal manager Arsène Wenger once explained.[6] 'There are some special players who always find openings.'

Wenger used the statistic of 'scans per minute', which measured the number of times players checked their surroundings over a minute. It relates to how frequently a player moves the head in order to take in a different snapshot of the field. At one stage the top three players in the Premier League on this metric were Cesc Fàbregas, Frank Lampard and Steven Gerrard, who were widely regarded as the three best central midfielders in the league at the time. All averaged over 0.6 searches or scans of the field per second, using their eyes in a systematically different manner from less proficient players; almost like a scanner taking snapshots or pictures of play. The Barcelona midfielder Xavi averaged 0.83 scans per second – meaning that he took 50 different snapshots of the pitch every minute of a match; this was the highest figure ever collected in [illegible] research.[6] The best midfielders spend more time looking at opposing players and areas of space that may be exploited or defensive weaknesses that may be exposed; less skilled players spend more time fixating on the player with the ball or just ball-watching.[3]

The Best How Elite Athletes Are Made
Mark Williams
Tim Wigmore

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Book Recommendations
Building a Culture:
Sport Psychology Tools:
Miscellaneous
Communication skills & Understanding Teens:
The Cubs Way
The Culture Code
Do Hard Things
The Champion's Mind
Chatter
Think Again
Range
Coaching Athletes to Be Their Best
The Book of Beautiful Questions
Legacy
The Barcelona Way
The Playmaker's Advantage
The Talent Code
Raise Your Game
Why We Sleep
Breath
iGen
Never Split the Difference
Bill Walsh
The Score Takes Care of Itself
Coach Wooden and Me
Urban Meyer
Above the Line
Mind Gym
Chop Wood Carry Water
Pound the Stone
Rafa
The Best
Ego is the Enemy
The Art of Learning
Atomic Habits
Black Box Thinking
Just Listen
The New Adolescence
Lucas.Madill@sac.on.ca

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