

SKATE MANITOBA

VIDEO 3 -

MIND STRATEGIES



ATTENTION CONTROL

Environmental strategies- Considering what might impact an athlete's ability to focus and direct their attention to where you'd like it to be

What are some of the things that might get in the way of your athlete's attention? Are there strategies you've used in the past to encourage athletes' attention?

Focus and Refocus plan

Self-awareness: Helping an athlete identify what is likely to bring my attention off

Building a plan to get back to focus: When I notice my attention is not where I need it to be, what can I use to bring myself back?

Directing attention: What should I be focused on in this moment/in routine/in practice? How can I check in on how my focus went (*checklist, report back to coach, journal*)?

Creating opportunities to practice: Are there opportunities you can create (or make the most of) that make it difficult for an athlete to focus so they can practice their refocusing plan?

IMAGERY

Imagery is used best when:

- It is detailed and vivid.
- Incorporates all 5 senses.
- Occurs in first-person.
- Has a positive focus.

The following prompts can be used to help guide your athlete:

Ask your athlete to visualize/imagine a certain goal (ex. executing a skill, winning a championship, landing a jump, etc..)

What is **5** things they can **see** in that moment? (ex. judges, their parents in the crowd, the advertisements on the boards, etc..)

What is **4** things they can **feel** in this moment? (ex. coldness of the rink, tightness of skates, etc..)

What is **3** things they can **hear** in their visual? (ex. the music, people talking in the stands, etc..)

What is **2** things they can **smell**? (ex. canteen food, perfume, etc..)

What is **1** thing they can **taste**?