

Mental Skills Training Program Overview



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Mental Skills Training



We often hear people say that sports are 90% mental skills...

Mental Skills Training



...but we train as if it is 90% physical skills.

The mind should be trained just like the body.

Mental Skills Training



Mental skills training is typically the most undertrained aspect in any sport.

Working together with parents, coaches, teams and athletes can help change this culture.

Why Use Mental Skills Training?



- Increases self-confidence
- Develop & enhance coping mechanisms for dealing with adversity and stress during training and competition
- Enables athletes to consistently play at a high level
 - Help athletes flourish under pressure

Why Use Mental Skills Training?



- Develop & enhance team cohesion
- Improve focus and concentration
 - Develop mental toughness
 - Increase motivation

Mental Skills Training Topics



- Goal-Setting
- Positive Self-Talk
- Imagery
- Relaxation
- Injury Rehabilitation
- Focus & Concentration
- Emotional Regulation (during games, etc.)
- Communication
- Role Clarity & Acceptance
- Leadership
- Team Building Workshops
- Transitioning to different levels of play
 - high school to college

Goal-Setting



- Improves performance
- Enhances motivation and reduces boredom
 - Develops clear expectations
 - Enhance self-confidence
- Assists in overcoming future obstacles
 - Enhances team cohesion
- Provides short-term objectives to master long-term goals

Positive Self-Talk



- Increases confidence
- Keeps athletes focused in the present
- Can enhance focus and concentration
 - Reduces anxiety
- Increases motivation

Imagery & Visualization



- Increases confidence
- Assists in learning and perfecting skills & tactics
 - Improves performance
 - Enhances motivation
- Familiarizes athletes with a competition setting
 - Assists in a positive injury rehabilitation

Relaxation Techniques



- Reduces stress
- Increases concentration and focus
- Learn to self-regulate their own emotions
- Assists in preventing and reducing injuries
 - Improves performance

Injury Rehabilitation



- Athletes typically end up being only physically rehabilitated when they return from injury
- Athletes need assistance in being mentally prepared to rejoin a sport after an injury
- Using imagery skills to build confidence in an injured area improves overall rehabilitation

Injury Rehabilitation Continued



- Using imagery and relaxation skills to assist in pain management
- Utilizing goal-setting to enhance confidence, motivation and to improve rate of rehabilitation
- Track progress to build confidence

Focus & Concentration



- Blocking out distractions
- Focus on relevant stimuli
- Developing sustained attention, divided attention and selective attention
 - Creating pre-performance (warm-up) routines
 - Creating during performance routines
 - Using trigger words
 - When to focus versus when to relax

Emotional (Arousal) Regulation



- Learning what intensity level you play at best
- How to energize yourself when too relaxed
- How to relax yourself when too tense
 - How to respond to adversity
 - bad ref, being fouled, etc.
 - How it relates to decision making

Team Dynamics & Behavior



- **Communication**
 - Teams who use similar language and communication styles perform better

- **Role Clarity & Acceptance**
 - When each player knows their role on the team and accepts the expectations the team performs better

Team Dynamics & Behavior Continued



- Leadership Development
 - Developing leadership skills in athletes to develop a more cohesive team
- Team Building Workshops
 - Building personal relationships through fun and engaging activities that promote cooperation and problem solving
- Character Development
 - Teaching right from wrong on and off the field

Coaches' Workshops



- What psychological interventions are developmentally appropriate at each age level
- How to incorporate psychological interventions into training
- What are typical developmental problems at each age level
 - Working with challenging players
 - Working with challenging parents

Coaches' Workshops Continued



- Character development
- Failure as information
- How to deliver criticism
- Using developmentally appropriate activities

Parent Workshops



- Developmental challenges at each age level
- How to better support your child as an athlete on and off the field
 - Failure as information
- Making within comparisons to their children

Systematic Overview



Team Sessions

- Assessment of needs for the team
- Mental skills topics
 - Geared towards the current needs of each team
 - Weekly sessions
- Team building interventions
- Typically during the week
 - but can be delivered on the weekends

Individuals or Small Group Sessions

- A more in-depth look at psychological skills
 - Geared to individual needs
- Typically on weekends before or after practice

Sample Team Session



- Introduction to a sport psychology topic
 - Interactive Activity
 - Worksheet
- Practice Activities for Outside of Session
 - Review/Closure

Questions?



Any questions or concerns?

Please feel free to contact Patrick Colgan

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