

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

***REC1050-18 – Mental Fitness – Part 2***

**Mental Fitness Activities by Long-Term Athletic Development (LTAD) Category**

**Train to Train**

(Females 11-15yrs, Males 12-16yrs)

Phase	Mental Fitness Activities
Pre-Performance	<ul style="list-style-type: none"><li><input type="checkbox"/> Teach and integrate different types of goal-setting strategies for training and competition.</li><li><input type="checkbox"/> Teach athletes how to regular arousal states for optimal performance in competition.</li><li><input type="checkbox"/> Emphasize positive self-talk and carrying an optimistic attitude to increase motivation and self-confidence.</li><li><input type="checkbox"/> Teach athletes to apply and maintain different types of focus to execute and respond to performance demands.</li><li><input type="checkbox"/> Develop refocusing and distraction-control strategies.</li><li><input type="checkbox"/> Develop and implement personalized imagery “scripts” on a more regular basis to practice or refine different aspects of performance.</li><li><input type="checkbox"/> Develop and implement strategies to manage pressure, fear, and stress.</li><li><input type="checkbox"/> Teach athletes how to plan and develop personalized mental preparation strategies and competition routines.</li><li><input type="checkbox"/> Apply, test, and refine athletes’ mental skills and attributes in both training and competitions.</li></ul>
Performance	<ul style="list-style-type: none"><li><input type="checkbox"/> Develop and implement competition-focus plans and self-talk strategies.</li><li><input type="checkbox"/> Develop and incorporate refocusing and distraction-control strategies.</li><li><input type="checkbox"/> Provide methods of monitoring performance and making adjustments as required.</li><li><input type="checkbox"/> Promote teamwork and fair-play; facilitate communication.</li></ul>
Post-Performance	<ul style="list-style-type: none"><li><input type="checkbox"/> Develop debriefing strategies that help athletes reflect on performance in training and competition, identify strengths and areas to improve, take responsibility, and celebrate accomplishments and efforts.</li><li><input type="checkbox"/> Introduce ways to monitor mental, emotional, and physical fatigue.</li><li><input type="checkbox"/> Put emphasis on athletes supporting and encouraging their teammates.</li></ul>

## **Train to Compete**

(Females 15-21yrs, Males 16-23yrs)

Phase	Mental Fitness Activities
Pre-Performance	<ul style="list-style-type: none"><li><input type="checkbox"/> Set appropriate goals for training and competition, encompassing different types of goals (e.g. process, performance, outcome goals).</li><li><input type="checkbox"/> Develop sound focus and refocus plans.</li><li><input type="checkbox"/> Use imagery to reinforce and correct key skills and desired outcomes for performance.</li><li><input type="checkbox"/> Refine pre-determined competitive routines/plans.</li><li><input type="checkbox"/> Continue to develop and refine optimal activation level and arousal adjustment.</li></ul>
Performance	<ul style="list-style-type: none"><li><input type="checkbox"/> Execute and test performance plans developed for competition.</li><li><input type="checkbox"/> Establish one or two simple cues to focus attention on important segments of the competition.</li><li><input type="checkbox"/> Follow and refine pre-determined competition routines/plans.</li><li><input type="checkbox"/> Use positive reminders that maintain confidence and motivation.</li><li><input type="checkbox"/> Introduce and develop the practice of mindfulness.</li><li><input type="checkbox"/> Normalize, accept, and regulate emotions such as anxiety, fear, and anger.</li></ul>
Post-Performance	<ul style="list-style-type: none"><li><input type="checkbox"/> Debrief performances; highlight strengths and areas for improvement.</li><li><input type="checkbox"/> Focus on the positive lessons from each performance.</li></ul>

## **Ideal Performance State**

Ideal Performance State is a term that captures and defines the experience in sport when all the physical, psychological, technical, and tactical elements of your performance fit together like a perfect puzzle. There are several things you can do to increase the chances of achieving an Ideal Performance State:

### **Self-reflection – Journaling/Tracking**

- Look back on your previous successes and failures and identify the key factors that either added to (performance enhancing) or took away from (performance detracting) your Ideal Performance State.
- Monitor and track the key “puzzle pieces” to identify trends and patterns on a daily basis and continually strive to create a training/competition experience that allows for your Ideal Performance State.

### **Mental preparation routines for training and competition**

- Develop a mental preparation routine that complements your other preparation routines (ie. physical warm-up, pre-event strategy review, equipment preparation, etc) so that you are able to “**4C Success**” – It should give you a feeling of **Control, Consistency, Confidence, and Composure.**

### **Distraction management**

- There are multiple “stimuli” vying for your attention (other competitors, team-mates, coaches, environmental conditions, competition factors, importance of the event, sponsors, media, spectators, school, work, family, relationships, etc). You need to decide which ones are helpful (performance enhancing) and which ones are detrimental to your performance (performance detracting).
- You are the gatekeeper***... be in control of your thoughts and manage the distractions.