

Imagery Training & Mental Rehearsal U16 and 17

Dr. Evelyn Carnegie
Provincial Conference UUI Sept 2002



Imagery Training

- **Mental Rehearsal/Visualisation**
- **Using all the senses to create or re-create an experience in the mind.**
- **Mind constantly creates visual pictures, experiences...**
- **Few coaches/athletes have learnt how to maximise the daily use of imagery to enhance training and performance.**

- **Imagery has many uses in sport**
- **Well researched - Orlick & Partington (1988) - 85%-90% Olympic Athletes**
- **Your mind controls all your body movements**
- **External Imagery = watch yourself performing from the view of spectator**
- **Internal Imagery = picture a view of the surroundings as though looking through your own eyes.**

Imagery Training

- **Creating a platform for imagery**
- **Creating a relaxing mood**
- **Practice of the imagery skills (commitment)**
- **Belief in what you are doing**



Creating a Platform for Imagery

- **Objective = to create an effective setting for visualisation to take place**
- **Rehearsal Studio**















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Practical Session

Best Performance Mental Rehearsal

- **Mental rehearsal involves practising or rehearsing an important upcoming event or outcome in your mind's eye. Mental rehearsal methods may be external or internal. In external mental rehearsal, you view yourself in a scene from the perspective of an observer of your behaviour.**
- **One of the most effective external mental rehearsal techniques is called “best performance” mental rehearsal.**

Four Steps

- 1. Select the event that you want to prepare with mental rehearsal**
- 2. Construct a list of characteristics associated with your performing at your best level**
- 3. In your rehearsal studio, review a time in the past when you did your best performance ever**
- 4. Project the scene ahead in time and see yourself performing at your best**

Relaxation

- **Sit or lie down in a comfortable position**
- **Take a couple of deep breaths**
- **Let your eyes fall gently closed**
- **With your none dominant hand make a fist**
- **Take a deep breath**
- **Keep the tension in the hand and hold your breath**
- **Count 5 seconds (1001,1002,1003,1004,1005)**
- **Simultaneously release the tension in your hand and exhale completely, feel yourself moving into a relaxed calm state**

- **Project yourself into your rehearsal studio**
- **Think of a time when you were at your best in your sport**
- **Experience yourself memorising the important characteristics that made it possible for you to achieve the best performance level**
- **Feel that these characteristics are becoming deeply imprinted on your mind**

- **Next, do a preview of an upcoming event. In this preview you incorporate all of your best performance characteristics.**
- **Go to the point where you can see yourself just before the competition begins. In your pre-competitive state, see yourself feeling strong, positive, energised.**
- **At the start, observe yourself having the same feeling that you had prior to your past best performance.**
- **See yourself having the same feeling of confidence**

- **You will see yourself going through each phase of the performance with the characteristics that are associated with your best performance level.**
- **Know that everything is working for you the way that it was during your best past performance.**
- **See yourself feeling dominant and in control.**
- **See yourself having that winning feeling, knowing that everything is going your way.**
- **As you continue to view this upcoming situation, see yourself operating in a complete state of concentration, so that you stay totally alert and in the present.**

- **See everything in this event as sharply and clearly as you can.**
- **See yourself functioning at a peak level, so that your performance leads to the outcomes you want.**
- **Bring into this preview any characteristics that you consider to be important in enabling you to function at your top level.**
- **See yourself having that winning feeling and all of the features that are part of you being at your best.**

- **With your non-dominant hand make a fist**
- **Take a deep breath**
- **Keep the tension in the hand and hold your breath**
- **Count 5 seconds (1001,1002,1003,1004,1005)**
- **Simultaneously release the tension in your hand and exhale completely, feel yourself moving out of your relaxed calm state**
- **Take a deep breath**
- **Gently open your eyes**

- **Each time you do this mental rehearsal, it reinforces and programs the desired performance level for your future event.**
- **Each time you practice, you strongly influence your thinking and your behaviour toward your best performance level.**
- **Rarely is the technique perfected first time**
- **Practice is the key in the same way that physical training is the key to fitness.**