

Psychology of Performance

Ontario Soccer

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Plan for Today

- Review ABC's of a Winning Attitude, the model and the tools for Mental Preparation
- Introduce Ideal Performance State (IPS) & its' tools and skills
- practice building IPS and tools for soccer situation

INSPIRATION

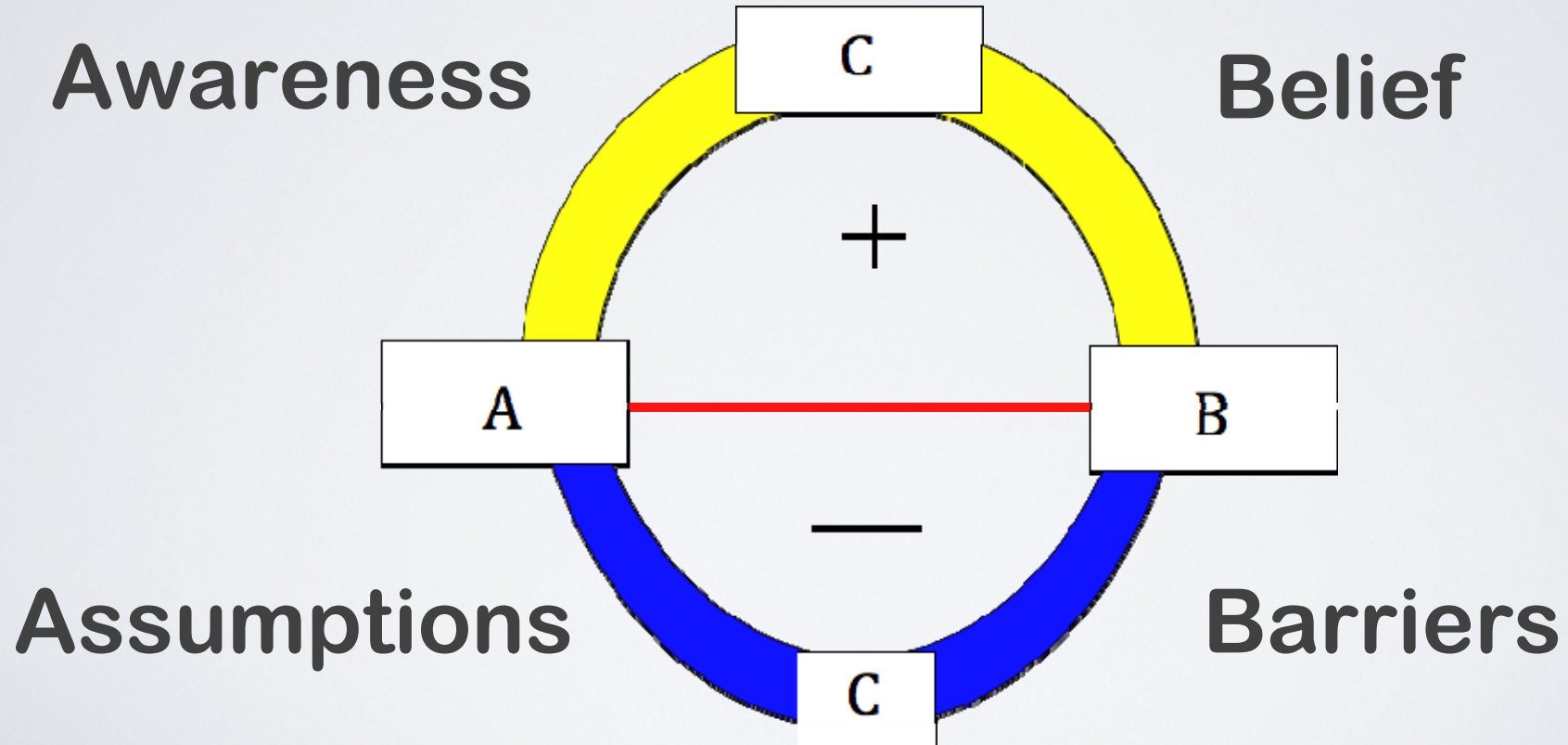
“The road to success is always under construction.”

(Arnold Palmer)

Mental and Emotional Agility (M&EA)

The mental flexibility to bring
the power of one's thoughts
and emotions to
CONSISTENTLY maximize
one's performance.

THE ABC'S OF A WINNING ATTITUDE



Winning Attitude

Awareness

Awareness

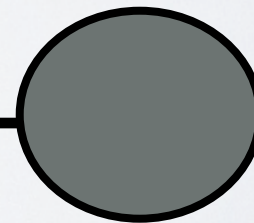
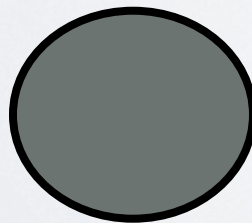
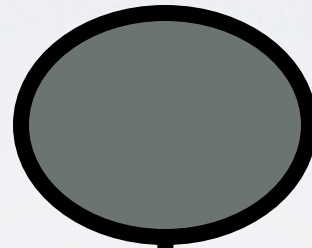


80% of the challenge

Psychological Fitness

Model

MIND



EMOTIONS

BODY

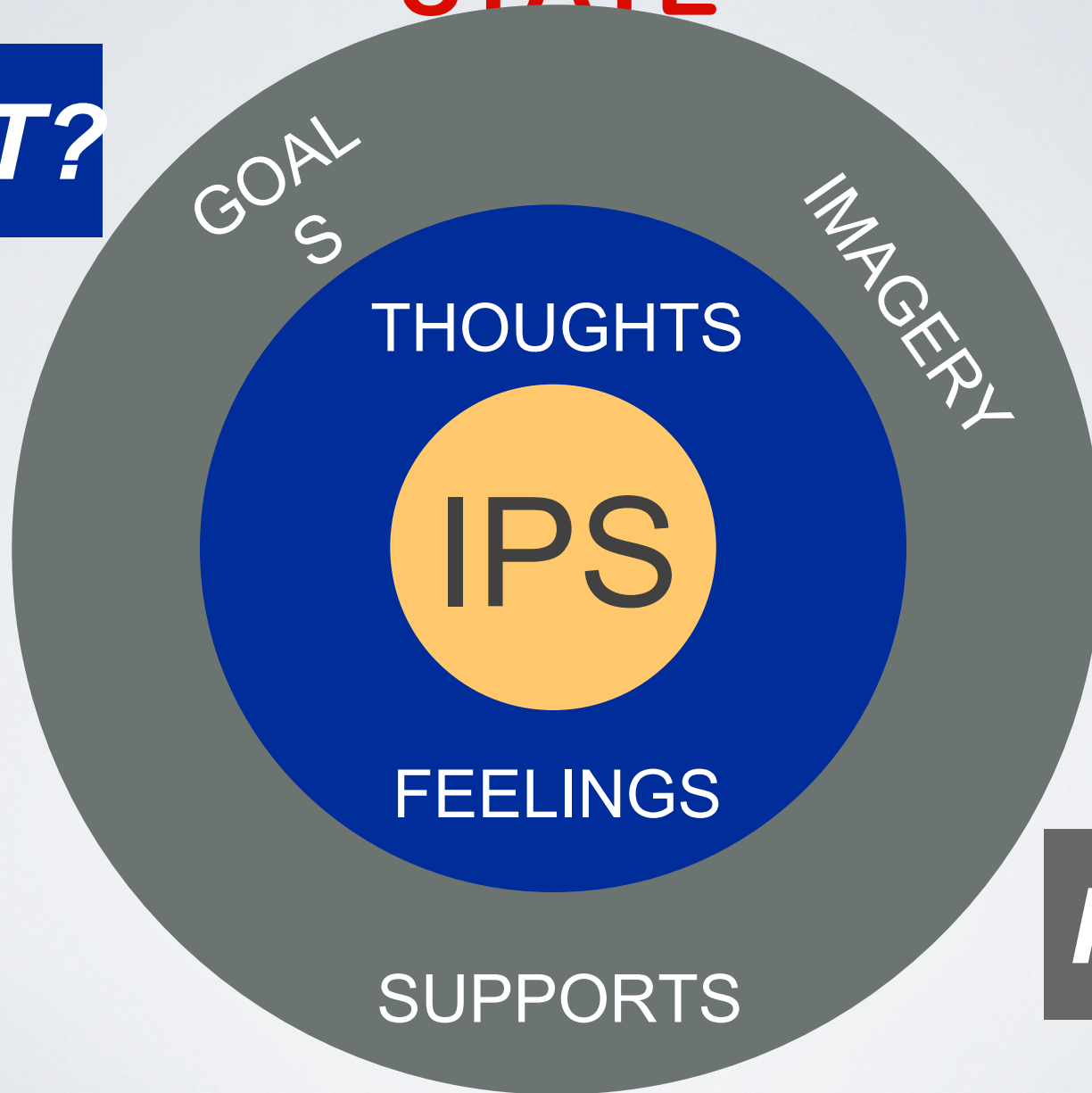
Mental and Emotional Agility

TOOLS

- **G** goals
- **I** imagery
- **F** focus
- **T** thinking
- **S** supports

IDEAL PERFORMANCE STATE

WHAT?



HOW?

Tools: Your “what”

Thinking

Write down 3 words to describe your thoughts when you are performing at your Best

Write down 3 words to describe your thoughts when you are performing at your Worst.

Tools: Your “what”

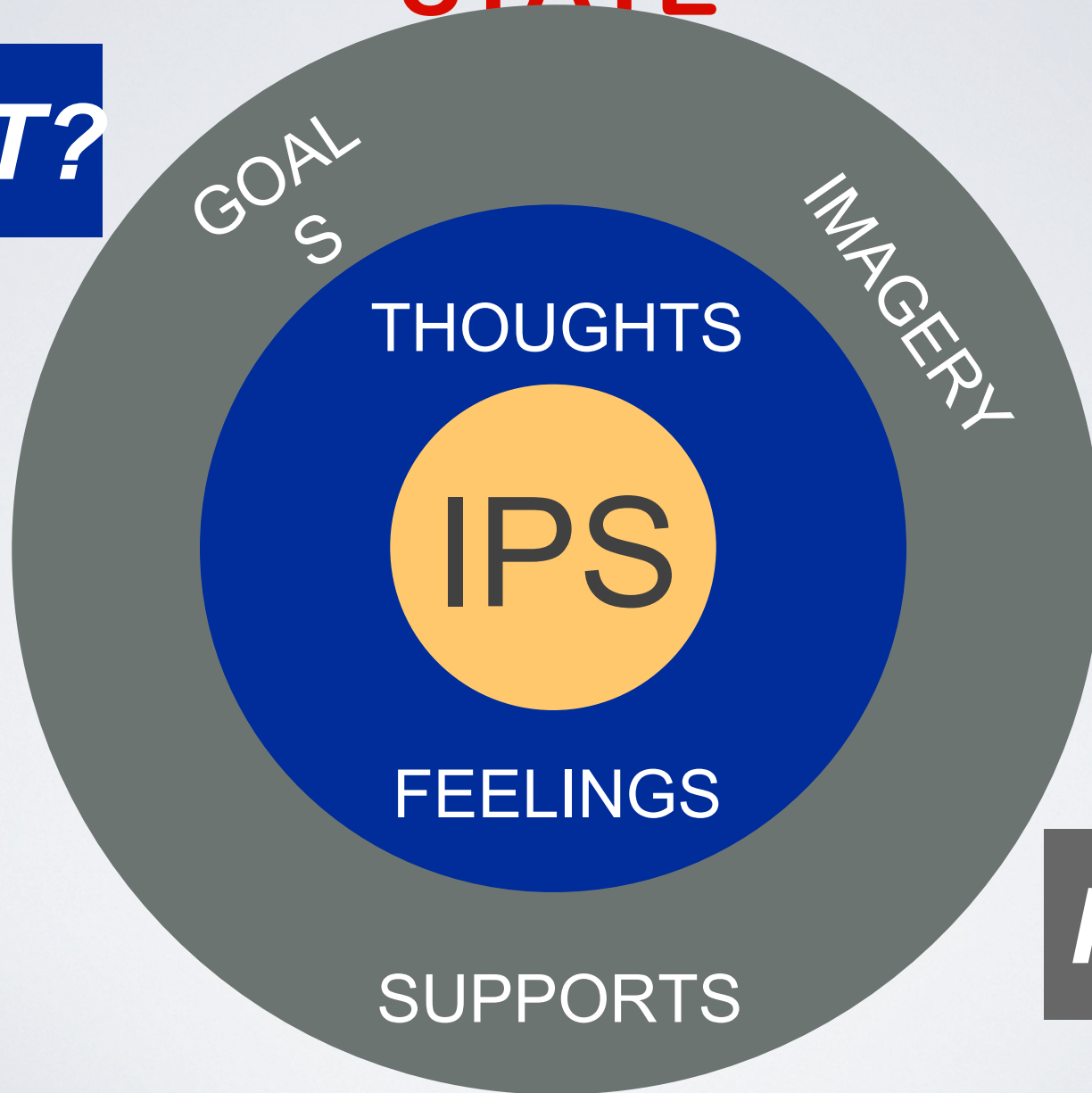
Feelings

Write down 3 words to describe your feelings when you are performing at your Best

Write down 3 words to describe your feelings when you are performing at your Worst.

IDEAL PERFORMANCE STATE

WHAT?



HOW?

Tools: Your “how”

GOALS

- S.M.A.R.T. goals documented
- multiple areas
- three step process
- Coaches' feedback

Goals

- M = measurable
- A = achievable
- R = realistic
- T = timely

Tools

GOALS

Write down

- ✓ one year goal
- ✓ one 2 month goal
- ✓ one 2 week goal
- ✓ one goal for your next practice

Imagery

Imagery

- also called visualization or mental rehearsal
- start with relaxation
- mutli-use
- 3 perspectives

Visualization

QuickTime™ and a
decompressor
are needed to see this picture.

Tools: Your “how”

Supports

- social support
- resources

Tools: Your “how”


Supports

List the social supports that are now part of your fan club

List some additional resources you might seek out

Power of Mental & Emotional Agility

- proven track record (e.g. Jenn Heil)
- easily accessible
- builds health and recovery, not pain or stress
- basic life skills
- already in your skill inventory

- Awareness ~~Supplementary~~ Positive Attitude
- **Mental and Emotional Agility**
Choose to Take Control
- Identify thoughts and feelings to achieve your **PS**

- Select M & EA tool(s) and Practice
- Learn from each Competition
- Plan a strategy ----->Take

Closing Thought

“What lies behind us and what lies before us are tiny matters compared to what lies **Within Us**”.

(O. W. Holmes)