

Birmingham City Ladies

Centre of Excellence



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Sports Psychology



The Importance of Sport Psychology



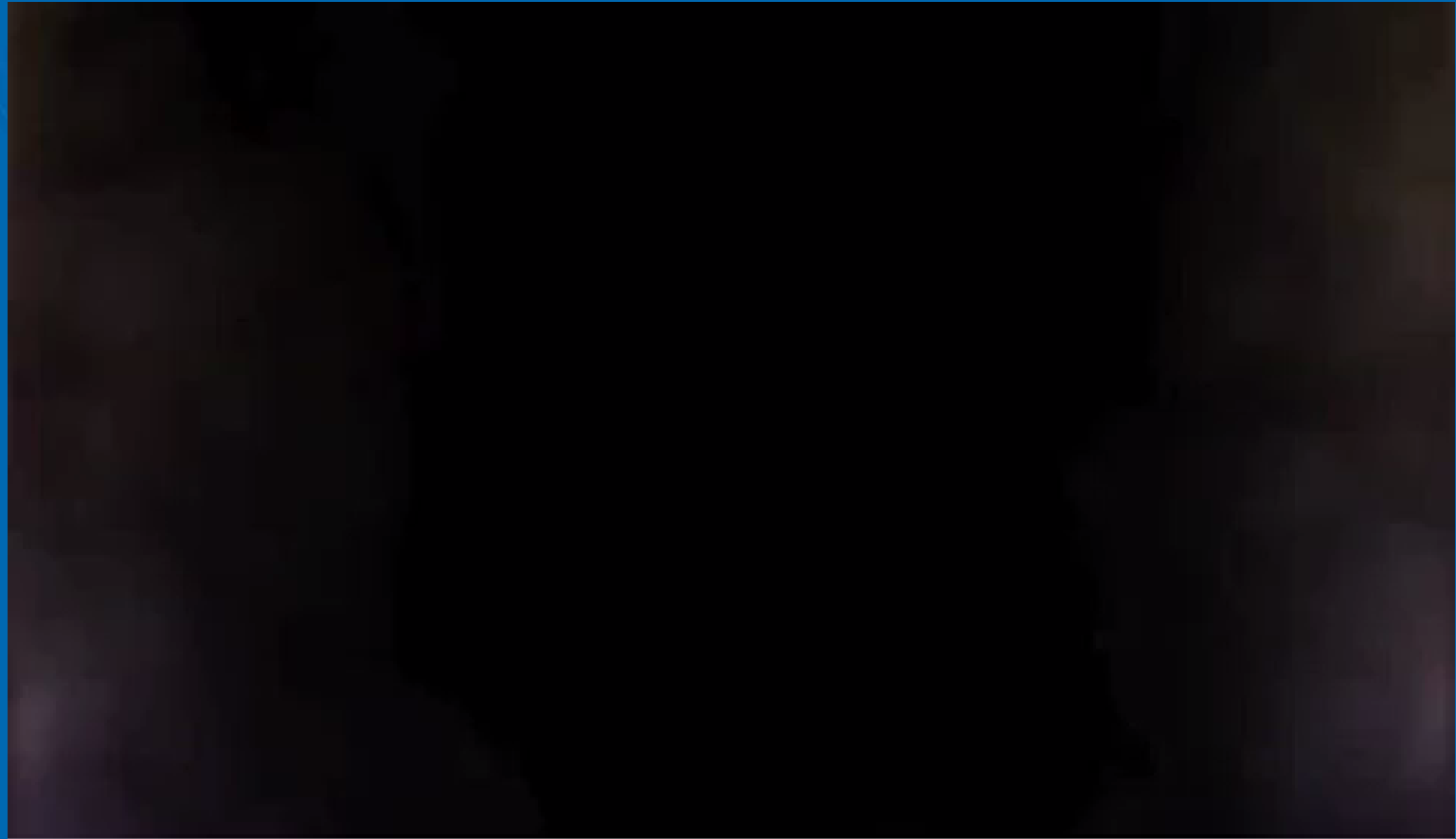
BBC



Aspects of Sport Psychology

- Creating a Performance Environment
- Optimising Training
- Developing Mental Toughness
- Dealing with Stress and Anxiety
- Motivation & Confidence issues
- Performance Profiling, Analysing and Optimisation.
- Mental Skills Training

How Champions are Made..





Focus & Refocus

What is it?

The ability to switch on to the right thing at the right time and in the right place...at the expense of all distractions which will harm your performance

Why?

- Loss of concentration may lose you the game
 - Lose the player you're marking
 - Concede a goal
 - Lose an opportunity to score
- Lose an opportunity to pass to someone in a goal scoring position
 - Staying in the now



Focus & Refocus

Why?

Game 90-100 minutes (60 minutes play)
Stop start nature
300 stoppages
5-6 s to score after change of possession
500 changes of possession!
Critical moments



Uses

Critical periods of game
Attending to appropriate cues
Switched-on at restarts
Maintain focus when distracted & fatigued
Links to control



Focus & Refocus

Key player qualities

Maintains correct attentional **focus**
Good attention **span**
Copes with distractions & fatigue
Switched-on at restarts
Helps others to 'switch-on'
Others?



How?

Pre-game routines
Dead-ball routines
Overload in training
Interrupt games
Contingency planning
Can/Cannot control



Imagery

What is it?

Using your imagination to see yourself performing or practising a sport related skill or imagining yourself competing in a certain situation

A natural process...



Why?

It's much easier to achieve something if you've already experienced it happening.

“The success I have at free kicks is 5% skill and 95% successful imagery”

Gianfranco Zola





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Imagery

“I have used visualisation techniques for as long as I can remember. I always visualised my success...I have been practicing the principles my entire life...I would visualise how many points I was going to score, how I was going to score them, and how I was going to play and break down my opponent. The process of seeing success before it happened put me in a **positive frame of mind** and prepared me to play the game.”

Michael Jordan



Key player qualities

- Clear mental picture of the game
- Can see potential outcomes
- Visualises success
- Can describe scenarios in diagrams
- Others?



Imagery

How can we use it?

What purpose can it serve?

Confidence builder (Pre-match or training)

- Recalling previous accomplishments



Learning a new skill

- Imaging good technique
- Developing feel and touch

Motivational

- Psyching up
- Linked to video*

Performance rehearsal

- Familiarity reduces anxiety
- What if's?



Relaxation

What is it?

A state of calm of being – mind and body together –
to allow the player to perform at his/her best

Relaxed awareness

Uses

To be able to perform under pressure
To be able to attain an ideal performance state

Why?

Avoid over excitement & over arousal
Aggressive behaviour leading to injury, bookings and
sending offs

Reduce 'nervous' anxiety
Improve clarity of thought



Relaxation

Strategies?

Abdominal breathing
Pre-match music
Stretch / meditation
Counting breaths
PMR Relaxation
Tai Chi and Yoga





Self Talk

“You’re useless”

“You can’t do anything right”

What is it?

The “inner voice”

What we say influences what we think

What we think determines how we behave

Our behaviour determines our performance

Uses

Motivational

Encouraging

Coping Skill

Confidence Building

Concentration Cues



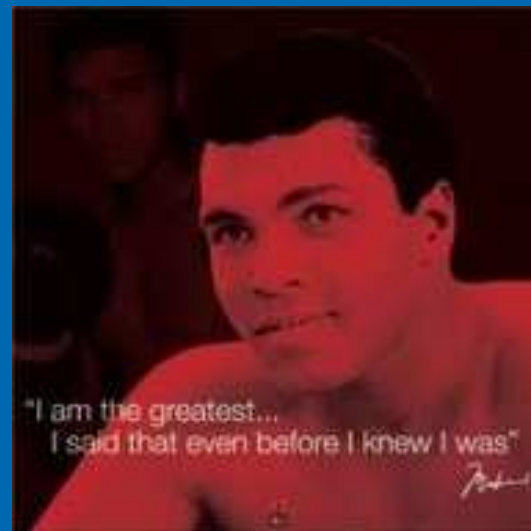
Self Talk

Strategies?

Choice & responsibility in the change:

Consciously be aware of your talk. Try and speak in a more positive way, more often.

Write down affirmation statements and keep these in places you will see.



Go and Be Great.....

