

SIMPLE STEPS TO EFFECTIVE IMAGERY



1

UNDERSTAND IMAGERY

Imagery is the creation or recreation of an experience in your mind. The use of all 5 senses (sight, taste, touch, smell, sound) creates a powerful and vivid sensation in the mind and body. Imagery allows the user to completely control and manipulate an experience to show the desired outcome.

2

KNOW IMAGERY PERSPECTIVES

Imagery can be from an internal or external perspective. External would look like you are watching yourself on film, whereas internal would be like watching from your own eyes as you complete the activity.



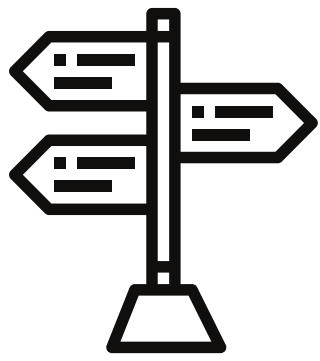
3

KNOW TYPES OF IMAGERY

Training: used to supplement sport specific training and general preparation: making a free-throw or penalty kick, squatting or benching

Competition: typically quicker and focused on a small, controlled task to help in overcoming difficult situations and coping with stressors

Rehabilitation: typically is slower and more methodical to assist the healing process; geared towards pain management, healing, success in rehab sessions, and successful performing of skills



4

IMPLEMENT PETTLEP (Holmes & Collins, 2001)

Physical: not just imaging, but making the experience as real and physical as possible; wearing your game uniform

Environmental: perform in the same, or as close to as possible, competition environment; golfer standing in sand

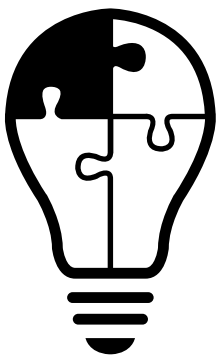
Task: imagery matches true skill of athlete during performances; true squat max vs. wishful squat max

Timing: imagery is completed in real-time, not slowed; free-throw under 10 seconds

Learning: imagery is adapted in response to learning new skills; imaging new jumps in snowboard big air, not old

Emotion: realistic emotions more closely mimic real-life; increasing heart rate for 100m imagery, not relaxing

Perspective: dependent on the preference of the athlete; internal or external viewing of imagery



5

HOW TO IMPLEMENT

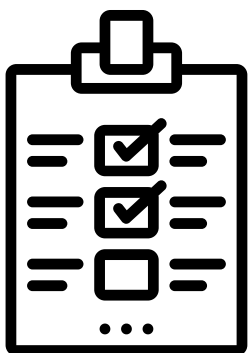
1: Education about imagery

2: Assess current needs and goals

3: Develop imagery script utilizing PETTLEP (Holmes & Collins, 2001) and all 5 senses

4: Commit to practicing often and intentional

5: Incorporate into training program, competition, rehab



6

BENEFITS OF IMAGERY

- Improve performances
- Encourage new skill acquisition
- Enhance skill execution
- Decrease anxiety
- Decrease stress
- Increase confidence
- Increase self-efficacy
- Enhance attention

