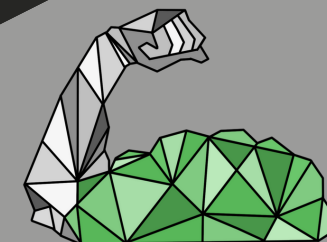
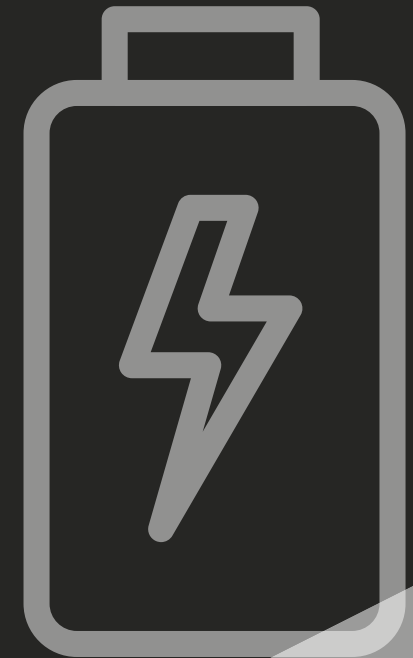


# ENERGY MANAGEMENT

in Strength & Conditioning



Produced by Brains & Biceps based on research from Hanin (1980), Pineschi & Di Pietro (2013), and Weinberg (2013)

## PRACTICE IZOF (Hanin, 1980)

### WHAT IS YOUR SPORT?

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### HOW WOULD YOU DESCRIBE YOUR ENERGY?

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### NOW GO THROUGH THE ZONES!

#### DYSFUNCTIONAL NEGATIVE

Negative emotions that hurt your performance.

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#### FUNCTIONAL NEGATIVE

Negative emotions that help your performance.

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#### DYSFUNCTIONAL POSITIVE

Positive emotions that hurt your performance.

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#### FUNCTIONAL POSITIVE

Positive emotions that help your performance.

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## BENEFITS OF PRACTICING ENERGY MANAGEMENT

- increased self-efficacy
- increased confidence
- increased motivation
- increased effort and intensity
- increased sense of control
- increased self-determination
- increased endurance
- maximized potential
- enhanced performances

Hanin, Y. L. (1980). A study of anxiety in sports. In W. F. Straub (Ed.), *Sport psychology: an analysis of athlete behavior* (pp. 236-249). Movement.

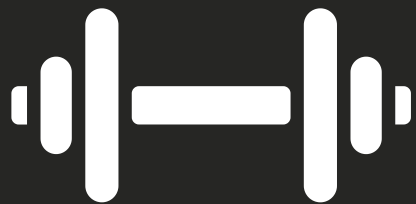
Pineschi, G., & Di Pietro, A. (2013). Anxiety management through psychophysiological techniques: relaxation and psyching-up in sport. *Journal of Sport Psychology in Action*, 4(3), 181-190.

<https://doi.org/10.1080/21520704.2013.820247>

Weinberg, R. (2013). Activation/arousal control. In S. J. Hanrahan & M. B. Andersen (Eds.), *Routledge handbook of applied sport psychology: a comprehensive guide for students and practitioners* (pp. 471-480). Routledge.

## ENERGY MANAGEMENT

Energy management includes two main topics, arousal control and relaxation. Arousal is defined as a blend of physical and mental responses an individual experiences. Arousal can be viewed as a fluid continuum of emotions athletes experience throughout their day from deep sleep to extreme excitement. However, each athlete will interpret situations differently and require their own skills to manage the situation. Learning how to manage their energy levels will allow athletes to best transition through their day and competition. Energy management can be achieved through a wide variety of techniques, psyching-up to raise arousal, and relaxation to calm down.



## ENERGY MANAGEMENT IN STRENGTH & CONDITIONING

The purpose of energy management is to help athletes find their ideal level to maximize performance. Some athletes perform at a higher arousal and some are more successful with a cool and calm attitude. When in the weight room, it is easy to observe the attitude and energy level of individual athletes. Some yell and smash weights, others move a bit more methodically and speak at a regular tone. Often you will see athletes engage in both type of scenarios, this represents athletes changing their energy level to complete the specific task most effectively. Learning where their personal zone of excellence is and how to move in and out of it smoothly within the weight room will allow athletes to move more purposefully during competitions and performances.

## INDIVIDUAL ZONE OF OPTIMAL FUNCTIONING (IZOF)

### WHAT

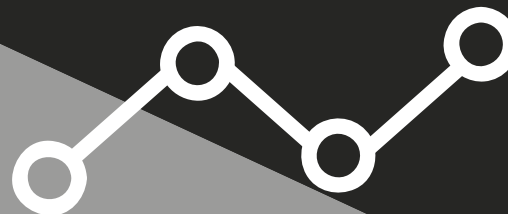
The IZOF model proposes that each individual athlete experiences a unique range of positive and negative emotions that are either functional or dysfunctional in performance. These establish the four zones of emotions: dysfunctional negative (uncomfortable, displeased, frustrated, nervous), functional negative (irritated, uneasy, scared, fierce), functional positive (fun, pleased, inspired, confident, excited), and dysfunctional positive (comfortable, overconfident, content, dispassionate) (Hanin, 1980).

### WHY

Instead of athletes comparing themselves to others, they need to become aware of their own individual zone of optimal functioning. This will help remove the stigma and belief that everyone needs to be hyped-up prior to competition. Being able to cater to the team's energy will optimize performances across the board (Hanin, 1980).

### HOW

To best determine an individual's IZOF, have them write the four zones of emotions on a sheet of paper and write the emotions they feel for each zone. It is important to understand that two athletes on the same team might list the emotion, nervous under two different zones. This shows how different athletes respond to different emotions and represents part of their IZOF (Hanin, 1980).



## ENERGY MANAGEMENT TECHNIQUES

### PSYCHING-UP

Psyching-up is an important skill for athletes when they become aware that they are experiencing feelings such as fatigue, lethargy, lack of enthusiasm, and lower levels of attention. Common strategies used to psych-up athletes include increasing attentional focus, self-efficacy statements ("I can do it"), and imagery. These strategies include several techniques such as, standing positions, intensity keywords and positive statements, energizing imagery, increased breathing rate, and upbeat music (Pineschi & Di Pietro, 2013).

### PROGRESSIVE MUSCLE RELAXATION

Progressive muscle relaxation (PMR) is highly regarded as the gold standard of relaxation technique. It was developed on three key assumptions: it is possible to learn the difference between relaxation and tension in muscles, tension and relaxation are mutually exclusive, and body relaxation will lower anxious thoughts because one cannot be anxious and relaxed at the same time. PMR is the process by which an individual moves through the body tensing and immediately relaxing a single muscle group at a time, until all target areas have been relaxed. This type of relaxation can take as long as an individual desires, generally starting with shorter interventions and building up to longer durations (Weinberg, 2013).

### BREATH CONTROL

When athletes are anxious, they often are not breathing correctly, and tend to shorten their exhalation, keeping their blood pressure elevated. Breathing techniques help to combat those physical responses to anxiety by having the individual focus on each part of the breath: inhale, hold, exhale, and pause. Depending on the situation, techniques use different timings to help the performer relax.