

Refocusing

DIRECTIONS

Fill in each quadrant with specific examples from your lifting session or sport. Pick examples of situations that require the specific type of focus and what that focus looks like to you. If you use cues when changing focus, list those too.

		EXTERNAL			
BROAD	<input type="checkbox"/> Ex: Finding a rack to set up in for the days lift <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> Ex: Reading sheet and loading bar to bench <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	NARROW		
	<input type="checkbox"/> Ex: Griping the bar to prepare to bench. Feeling your breath <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> Ex: Thoughts and feelings upon completing the set <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>			
		INTERNAL			

DEFINITIONS

External-Broad (Assess) (Nideffer, 1976)

Allows you to perceive a number of occurrences at the same time and respond to multiple cues

External-Narrow (Perform) (Nideffer, 1976)

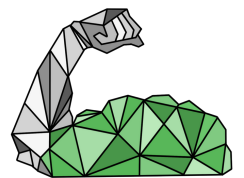
When you exclusively focus on one or two cues

Internal-Broad (Analyze) (Nideffer, 1976)

When you respond to a few cues to develop a strategy

Internal-Narrow (Rehearse) (Nideffer, 1976)

Directed inwards to your own thoughts and feelings



Produced by Brains & Biceps
based on research from
Nideffer (1976)

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Coach Sheet

The Why: This worksheet is to help athletes navigate through the focusing and refocusing process. Athletes across the board struggle with distractions and events that pull their focus from task-relevant cues. It is important to bring awareness to focus and the different types of focus that are necessary for peak performance. Helping athletes become self-aware of how they use focus and how their focus drifts is an essential part to learning when and where to modify their focus. Through the learning process, athletes are able to connect cues and movements with the onset of a specific type of focus. Using cues in this sense is an easy way to drown out distractions and stay in the moment.

The How: This can be done with the use of the worksheet after a lift or during a recovery session, or it can be done sheet free. Working this skill without a sheet allows for more variability in the settings it's done in and how reflections are lead. An easy way to incorporate this into a lift is to talk about focus in the pre-lift huddle and have the athletes note on their focus throughout their workout. Post-lift the sheet can be incorporated to reflect on the sessions' focus and how it can be modified and related back to performance and competition.

The Prompt: (leading athletes through focus during a lift session)

Follow below steps and speak bolded sections to the team.

1. Print off enough copies of the Athlete Worksheet for the entire team
2. Have pens/pencils set out by sheets for athletes to grab
3. In pre-lift breakdown after going over necessary lift information-

One last thing, today during lift we are going to be working on our focus. We all know how our focus is pushed and pulled through a performance and lift. As you move through the lift I want you to note, on the back of your sheet, the different things you focus on and how the focus feels. I also want you to note anything that distracts you from task-relevant cues, lifting/weight room cues. After the lift, I'll quickly go over a work sheet that can assist in learning how each type of focus looks to you and how you can incorporate it into your performances and practices.

4. Have worksheets ready to be passed out after lift if anyone wants to continue working on their focus. Say- **I encourage all of you to take a sheet on your way out and spend some time filling it out. As you go through, be honest, think of past performances and the distractions that caught you. Think of how you came out of being distracted and brought it back to game-time. I want you to think about what you do, physically, to keep your focus and note it down. Let me know if you have any questions. I am more than willing to go through you focus with you and help you succeed.**