

The Skills: How to Choose

Using what your team needs

Using the skill your team needs is the key to creating mentally strong athletes. If you see any of the below indicators within your team, check out the skill attached and dive in to see how you can best help your team. The skills below can be taught in any order, flow through them as you see best fit for your group.

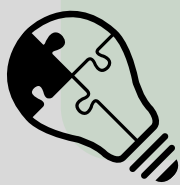
Goal Setting

- Low motivation
- Low confidence
- Low self-esteem



Imagery

- Injury recovery
- Lack of training equipment (traveling)
- Anxious/Nervous



Self-Talk

- Negative remarks about performance
- Disruptive outbursts
- Anxious/Nervous
- Needs extra instruction in preparation



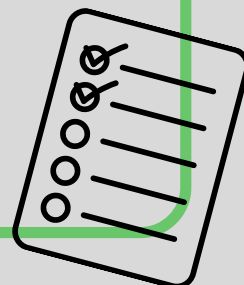
Attentional Focus

- Difficulty organizing/completing tasks
- Distracted/Forgetful (spacey)
- Struggles under pressure



Pre-Performance Planning

- Struggles in self-paced tasks
 - Nervous/Anxious
- Worries about "what-ifs"



Energy Management

- Underperforming (complacent)
- Uncomfortable
- Complains of "not getting in the zone"



Produced by Brains & Biceps based on work of Hanrahan & Andersen (2013)