

Imagery

Script Builder

Directions:

Follow this worksheet to assist you in creating an imagery script specific to your situation. This can be done with the team in mind where you present to the group or worked through with an individual athlete who wishes to learn more and utilize imagery with their training. Depending on the goal of the imagery, it can be done pre-lift, during the rest of the lift, or post-lift. When first introducing the skill, keep it at the end of a lift to best be received. Modify and incorporate during different training situations as proficiency and interest is gained.

Writing:

1. Pick a specific skill or situation to image _____
2. Consider the type of imagery _____
3. Briefly explain why this situation and type was chosen _____
4. Goal of the imagery session _____
5. Are there any aspects to focus on specifically _____
6. Take 30 seconds to brainstorm a timeline/lingo to include _____
7. Fill out each aspect of PETTLEP (Holmes & Collins, 2001) with the 5 senses: see, hear, touch, smell, taste
Physical: _____
Environmental: _____
Task: _____
Timing: _____
Learning: _____
Emotion: _____
Perspective: _____
8. Write your script (use the back of this sheet, a blank piece of paper, or computer doc)
9. Go back through the script to make sure each aspect of PETTLEP (Holmes & Collins, 2001) and the 5 senses are included
10. Read your script aloud and time yourself. The length of the script should be long enough to incorporate all aspects of imagery, but short enough to introduce it, read it, and debrief it within the allotted time. Be mindful of the space and attention spans of athletes, keep them focused and engaged.

Presenting:

1. Consider the space for best delivery (no distracting background noise)
2. Talk to the athletes about how imagery can be a beneficial addition to their training
3. Explain you've created a script and you want them to focus on your words and their breathing throughout the delivery
4. Instruct the team to relax in the space around them, whether that be sitting or laying
5. Offer them to close their eyes if they wish to do so
6. Using a soothing but energetic voice, go through the script

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The Why: This worksheet is to help athletes and coaches navigate through the imagery process. Imagery be an essential aspect of training and competing for any athlete and coach. Imagery has been proven to increase confidence and the feeling of control. Using imagery properly has many benefits, but an improper use can be found distracting and disruptive to performance. **Example:** imagery should include all 5 senses and be specific to the individual, not simply just thinking about a past or future performance.

Learning how to properly utilize imagery will not only assist athletes in the weight room, but will allow athletes to prepare for their performances and competitions. These strategies can also be applied to events outside of sport, such as academics, personal, and professional aspirations. As a strength & conditioning coach, we know that our work and relationships with athletes helps them to become a better, more rounded individual. Teaching this skill will help them to be successful and strive for greatness throughout every aspect of their lives.

The How: Imagery can be presented in numerous ways, it is important to note when it will be best received by the team or individual. Before talking with athletes, it is best to complete the worksheet to have the guide and script ready. As you get more confident with imagery, you can lead brief imagery sessions pre-lift or have athletes incorporate imagery into the lift during rest periods. Imagery should incorporate all 5 senses and hit on each aspect of PETTLEP (Holmes & Collins, 2001).

Physical: How can you make it feel real

Environmental: Where do you compete

Task: The task matches true abilities

Timing: Speed of imagery matches the task

Learning: Imagery matches real-life progress

Emotion: Imagery matches task emotions

Perspective: How do you see yourself

Starting Off: Introducing imagery can seem intimidating. To ease into it, bring up the topic of imagery during a time of low demand, such as a cool down or recovery session. Talk to the team or athlete about how imagery would supplement their training and allow them to practice specific situations more often and effectively. To show them how imagery works, have them imagine a popsicle. Ask them to close their eyes and think about how it tastes, feels, looks like, smells like, sounds like. After walking them through a brief 30-60 second popsicle imagery, bring them back to the discussion and ask them how they felt and what they thought about during the exercise. Tie that back in with sport, and how specific imagery can get to make it truly believable and give them the leg up on competition.

