

BENEFITS OF IMAGERY

- improve performances
- encourage new skill acquisition
- enhance skill execution
- decrease anxiety
- decrease stress
- increase confidence
- increase self-efficacy
- enhance attention

IMAGERY PRACTICE

WHAT EVENT ARE YOU IMAGINING?

WHAT DO YOU...

Smell? _____

Feel? _____

Hear? _____

See? _____

Taste? _____

CONSIDER PETTLEP (Holmes & Collins, 2001)

PHYSICAL:

HOW CAN YOU MAKE IT FEEL REAL

Example: Baseball player holding their bat

ENVIRONMENTAL:

WHERE DO YOU COMPETE

Example: Golfer standing in sand pit

TASK:

THE TASK MATCHES TRUE ABILITIES

Example: Consistently making FT's, not 3's

TIMING:

SPEED OF IMAGERY MATCHES TASK

Example: T&F using accurate speed of 100m imagery

LEARNING:

MATCHES REAL-LIFE PROGRESS

Example: Imagery reflecting increased speed in 100m

EMOTION:

MATCH TASK EMOTIONS

Example: Don't assume relaxed, get hyped (if needed)

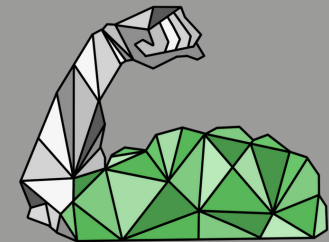
PERSPECTIVE:

HOW DO YOU SEE YOURSELF

Example: Watching in first- or third-person

IMAGERY

in Strength & Conditioning



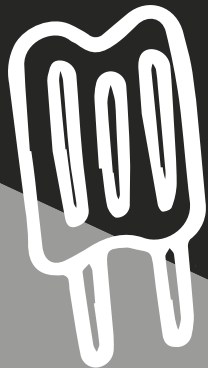
Produced by Brains & Biceps based on research from Holmes & Collins (2001)

IMAGERY

Imagery has been described as an experience that mimics real experience, and involves using a combination of different sensory modalities in the absence of actual perception. This type of training can be game changing for giving athletes the mental edge. It is not possible to constantly physically train and prepare. However, through the use of imagery, athletes are able to train and prepare while traveling, rehabbing, or recovering. Imagery uses all the senses and mimics a real situation they might or will encounter.

REMEMBER YOUR SENSES

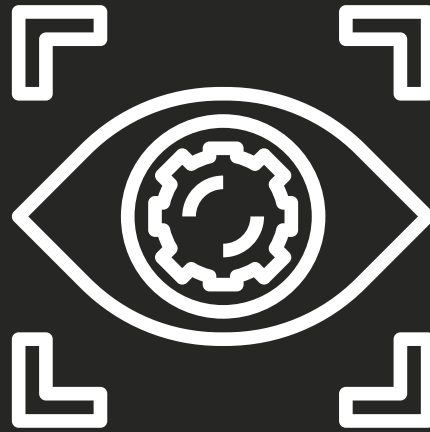
Sight, Smell, Touch, Taste, Hear



WHAT DOES THIS POPSICLE
MAKE YOU IMAGINE?

IMAGERY PERSPECTIVES

The two specific perspectives of imagery are internal and external. During internal imagery, the athlete is picturing themselves in the first-person successfully completing a task, as if they were doing it themselves. External imagery is when the athlete pictures watching themselves successfully completing that same task from the third-person perspective, as if the task were a movie. When deciding which perspective to use, it is most important that the athlete uses their own preference to benefit most from the intervention.



IMAGERY IN S&C

S&C has a unique position and ability to help athletes master imagery. The weight room is a comfortable place to most athletes and this allows for new interventions to be tested with low risk. Teaching these skills with something as simple as a bicep curl has the ability to show athletes how it can be transferred to competition and academics. The S&C professional also has the rapport to allow all uses and types to be practiced and perfected with each individual athlete.

3 USES

TRAINING IMAGERY

Imagery in this setting can take many different forms and is where athletes and strength & conditioning coaches have the most freedom with trying different types and styles. Training imagery can be used to supplement sport specific training and general preparation: making a free-throw or penalty kick, squatting or benching. Athletes have the least amount of risk with this style and is typically a great area to start.

COMPETITION IMAGERY

Imagery during this setting is usually quicker and focused on a small, controlled task. It can help in overcoming difficult situations and coping with stressors. This typically increases confidence and control.

REHABILITATION IMAGERY

There are many areas of rehab imagery. Rehab imagery typically is slower and more methodical to assist in the healing process. It can be geared towards pain management, healing, success in rehab sessions, and successful performing of skills.