

Imagery

Squat Script Intro

Goal: The goal of this back squat script is to show what a script of your own may look like. There are many different styles of imagery scripts, feel free to search for other examples and find a style that works best for you. If you like this script and think it would be received well by your team or group of athletes, feel free to use it directly. Find your voice and confidence through speaking and leading.

The Prompt: (leading athletes through imagery during a recovery session)

Follow below steps and speak bolded sections to the team.

1. Have this script printed prior to team arriving and quiet relaxing music on (if possible)
2. In pre-session breakdown after going over necessary information-

One final thing, today as we go through our recovery session, I will lead you through an imagery script. As you roll out, I want you to focus on my words and your breathing. Imagery has an important role in each of your performances and I want to help you tap into the skill and it's benefits. The point of this script is to show you how it works and what is all included when practicing imagery. After I finish leading you through, I will open the floor for a discussion and questions about how imagery can benefit you for the rest of our recovery session. Any questions before we begin?

3. Once everyone is settled with their recovery materials, begin
4. Follow the script below in a smooth and methodic voice



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Squat Script

The Script:

Begin by taking a deep breath...

Notice the feeling of air filling your lungs...and then the breath leaving your body...

And another...

In through your mouth for 5 seconds, hold for 3, and out through your nose for 5...

Again with me in, 2, 3, 4, 5, hold, 2, 3, out, 2, 3, 4, 5...

Repeat the breath...

Release all of the tension that is in your body...

If you feel comfortable, close your eyes, or just focus softly on something in front of you...

I will now take you on a journey through a squat session.

Imagine yourself in the weight room...

Notice the time...

The temperature...

The smell of the weight room mixed with the iron around you...

The music playing and the sound weights knocking together...

Acknowledge the day's lift...

Leg day...

Back squats...

Notice your emotions...

How are you feeling?...

How is your breathing?...

Rapid or slow...

You start your warmup...

You say "let's get it"...

On that positive note you move to your warmup...

Picture yourself going through the routine...

Narrating your movements...

Telling yourself the purpose of each movement...

Feel your body warm up...

Feel your muscles loosen...

Feel your breathing...

Your lungs fill with air...

Focusing only on this warmup...for this lift...

Staying aware of everything going on around you...

You finish your warmup and head to the rack...

You look at your sheet...

You read your warmup sets...

You read your working sets...

Feel the adrenaline flow through your body...

You feel confident in your abilities...

Now, you step into the rack...

You grip the bar...

Feeling the knurling digging into your hands...

You assess the height of the bar and safeties...

Adjusting both to be just right...

You stand back and step up to the bar again...

Gripping the bar...

Feeling the cold knurling and you set your distance...

Taking a deep breath, you dip under the bar and pull it down...

You feel the sharpness of the bar rest on your traps...

Setting your feet beneath you...

Looking forward...

Listening to the music and metal sounds around you...

Taking a deep breath as you unrack the bar...

Clearing the J-hooks...setting your feet again...

As you release your breath you feel the rest of the room go quiet...

You take a new breath...brace your core...

Squatting down slowly...

You feel the muscles in your legs stretching and shifting...

At the bottom...you pause briefly...

Exploding up as you exhale...feeling the breath rush out of your lungs...

You take a step forward and slam the bar into place...

Feel yourself go through your warmups...

Hear the plates sliding on and off the bar...

How are you feeling...

What are you thinking...

Keeping your breath under control...

You prepare for your max lift of the day...
Heavy...
But not the heaviest...
You say to yourself "light weight" ...
Walking to the right side...
Thinking about what to add...
Pulling off the clip and change...
Pushing on a 45er...
Setting the clip you eye up the left side...
Changing out the weights...you notice the music...
You notice the beat...
Tightening the belt around your waist...
You feel it squeeze around you...
You feel each breath push against it...
Making a final check...
The weights are secure...
You're ready...
Feeling your breath increase...
Feeling your heart race...
You grip the bar...making sure they're equal...
Dipping under the bar you pull it into your traps...
The cold but comfortable bar...
You take a deep breath...
Bracing against your belt...
Stepping back and clearing the J-hooks one final
time...
You feel the weight on your shoulders...
Slowly setting your feet...
You take another deep breath...focusing in on only
this one rep...
Slowly squatting down you feel your hips lock in...
You feel your quads burning...
Hitting the bottom...you pause...
Quick out of the bottom...pushing to stand up...
Bracing and driving your feet into the ground you
stand...
Releasing your breath you stand up...
You see the hooks...step forward...
Hitting the bar into the rack...sliding into the J-
hooks...

You catch your breath...
Taking inventory of your body...
Feeling proud...
You rerack your weights...
As you walk away from the rack...
You see other athletes...
You hear their conversations being drowned by the
music...
You smell the leather and iron that fills the room...
Taking a drink...you feel the cold water fill your
body...
Feeling accomplished and content you move to the
next...

Slowly let the images of the lift fade...
Come back to your body in this room...
And when you're ready...
Gently open your eyes and reconnect with your
surroundings.

