



The Mental Game

*Do you lose focus while swinging your club?
Do you lack intensity while running hills?
Do you feel anxiety before a tournament?
Do you lack positive self-talk?
Do you need better concentration skills?*

- **Psychological skills training (PST)** refers to the systematic and consistent practice of mental or psychological skills for the purpose of *enhancing performance*, increasing enjoyment, or achieving greater self-satisfaction (Gould & Weinberg, 2014).
- Psychological skills can be learned but must be *practiced and integrated*.
- Most elite professional and Olympic athletes state that they spend 50% of their time on physical training (nutrition, strength, sport) and 50% mental training (PST Skills).

PST Skills

- Relaxation
- Breathing Techniques
- Focus/Concentration Strategies
- Goal Setting
- Positive Self Talk (*Thought Stopping*)
- Rehearsal (*Pre-performance routine*)
- Confidence Building
- Imagery

Would you like to be mentally tough?

- **Mental toughness** is an athlete's *ability to focus, rebound from failure, cope with pressure, and persist in the face of adversity*. It is a form of mental resilience (Gould & Weinberg, 2014).

9 SKILLS for Successful Athletes

- 1) A Positive Attitude
- 2) High Level of Self-Motivation
- 3) Set high, realistic goals
- 4) Deal effectively with people
- 5) Positive Self Talk
- 6) Effective mental imagery
- 7) Manage anxiety effectively
- 8) Manage emotions
- 9) Maintain concentration