

# Phase II - Health Sciences Applied to Coaching

## Sports Psychology

"Baseball is 90% mental -- the other half  
is physical." Yogi Berra

# Sport and Exercise Psychology

- What is it?
  - Sports and Exercise Psychology is the scientific study of people and their behaviors in Sport and Exercise context and the practical applications of that knowledge.

# Sport Psych Con't

- Why do Children Participate in Sports?
  - Have Fun
  - Do Something they are good at
  - Improve their skills
  - To get exercise and become fit
  - Be with friends - Make new friends
  - Compete
  - College

# Sports Psych Con't

## ● Why do Children Discontinue Sports?

- Other things to do
- Change of Interest
- Not as good as they wanted to be
- Not enough fun
- training too hard
- wanted to play another sport
- Didn't like the pressure
- Boredom
- Didn't like the Coach
- Not exciting enough
- Parents
- Stress

# Goal Setting

- A goal is an objective, a standard, an aim of some action or a level of performance and proficiency
- 3 Types
  - Outcome
  - Performance
  - Process

# Outcome Goal Setting

- Typically focuses on a competition / result of an event.

# Performance Goal Setting

- Focus is on achieving standards or performance objectives independently of other competitors - usually making comparisons to ones own previous performance.

# Process Goal Setting

- Focus on the actions an individual must engage in during performance to execute or perform well.



# Effectiveness

- 90% effective with all age and skill levels
- Why it works?
  - Goals direct attention to important elements of the skill being performed
  - Goals mobilize the performers efforts
  - Goals prolong performer persistence
  - Goals foster the development of new learning strategies
  - Influence performers psychological state = confidence level, anxiety, & satisfaction

# 11 Principles of Goal Setting

- Set Specific Goals
- Set Moderately Difficult Goals
- Set Long & Short Term Goals
- Set Performance and Process as well as Outcome Goals
- Set Practice and Competition Goals
- Record Goals

# 11 Principles of Goal Setting

- Develop Goal Achievement Strategies
- Consider the Participants Personality & Motivation
- Foster an Individuals Goal Commitment
- Provide Goal Support
- Provide Evaluation of and Feedback about Goals

# Characteristics of effective Goal Setting (SMART Principle)

- **S**pecific
- **M**easurable
- **A**ction
- **R**ealistic
- **T**imely

# Common Problems in Goal Setting

- Convincing Athletes to set Goals
- Failing to set Specific Goals
- Setting too many Goals too Soon
- Failing to Adjust Goals
- Failing to Set Performance and Process Goals
- Not Providing Follow-up & Evaluation

# Goal Setting Activity

- Get into groups
- 2 Examples of Each
- Open Discussion on Goals

# Self Confidence

- What is It?
  - The belief that you can successfully perform a desired behavior
    - Benefits Include:
      - Arouses positive emotions
      - Facilitates Concentration
      - Affects Goals
      - Increases Effort
      - Affects Game Strategies
      - Affects Psychological Momentum
    - Lack of Confidence
    - Overconfidence
  - Examples of People?

# Individual Psychology

## Imagery

- Imagery
  - Is a form of simulation
- Visual Sense – Watch
- Kinesthetic Sense – Sensation of Body Position
- 97% of athletes believe imagery increases their performance



# Imagery Con't

- Types
  - Internal
    - View as yourself
  - External
    - Seeing yourself from the eyes of a spectator
- Keys to Effective Imagery
  - Vividness
    - See it clearly
  - Controllability
    - Making the images the way that you want

# Imagery Con't

- Proper Setting
  - Practice w/ no distractions
    - Practice / Practice / Practice
- Imagery during / after Injury
  - Athlete sees what happens when they come back, etc.

# Individual Psychology

## Relaxation

- Trying Harder isn't always better
- Ways to relax
  - Breathing Control
  - Stretching
  - Slowing Down
  - Focus on the present
  - Increase Breathing Rate
    - Short deep Breathes
  - Listen to Music
  - Use Energizing Imagery
  - Pre competition workout
    - 4-10 hours before game time
  - Studies

# Individual Psychology

## Concentration

- Exercises to improve concentration
  - Learn to shift attention
  - Parking thoughts
  - Learn to maintain focus
  - Searching for relevant cues
  - Rehearse game concentration

# Other Sports Psychology Issues

- Feedback
- Reinforcement
- Motivation
- Communication
- Burnout / Overtraining
  - Eating Issues
  - Addictions
- Sportsmanship
  - Aggression
  - Personality
  - Leadership

# Athlete and Injury

- What does an athlete go through as soon as they get injured?
  - 5 stages of grief
    - Denial
    - Anger
    - Bargaining
    - Depression
    - Acceptance

# Athlete and Injury

- Denial:
  - Not accepting that they are actually hurt
  - Perceive they are invincible
  - Refuse to believe they are vulnerable to injury.
  - “Coach, I’m Okay”
  - “I can play, put me back in”
  - “Its not big deal”
  - “I’m hurt, not injured”
  - Starts to have feelings of loneliness, self-blame

# Athlete and Injury

- Anger:
  - Become irritated or frustrated for having allowed the injury to occur
  - Not being able to control the situation
  - The fact they got hurt
  - Wanting to play
  - Feelings others are out to get them



# Athlete and Injury

- Bargaining
  - The time athletes make promises to the medical staff, coaches, or occasionally God, hoping of being able to return sooner than recommended.
- Depression
  - This begins when they realize they are not returning when they want to
  - Isolation from the team
  - Feeling alone
  - Losing spot on team
  - Hard on themselves- hinders the return
  - Self- Pity
  - Giving up- not doing rehab etc.

# Athlete and Injury


- Acceptance
  - Athlete begins to realize the importance of physical rehabilitation and focuses on a successful return to their sport.
  - Starts to become more involved with team

# Athlete and Injury

- After the 5 stages, Athlete deals with:
  - Getting back on the court
  - Dealing w/ feeling of getting hurt again
  - They may have convinced themselves they will get hurt again
  - Anticipate it will happen again especially when they perform the same motion as MOI

# Athlete and Injury

- What can you do as Coaches?
  - Be supportive
  - Be Positive
  - Be Honest
  - DO NOT LIE OR LEAD ON ATHLETE
  - TREAT all athletes the same
  - Safe environment
  - Involve Family
  - Follow the attainable goals
  - Work with ATC on rehab
  - Keep athlete involved- alternative roles



QUESTIONS????????????

