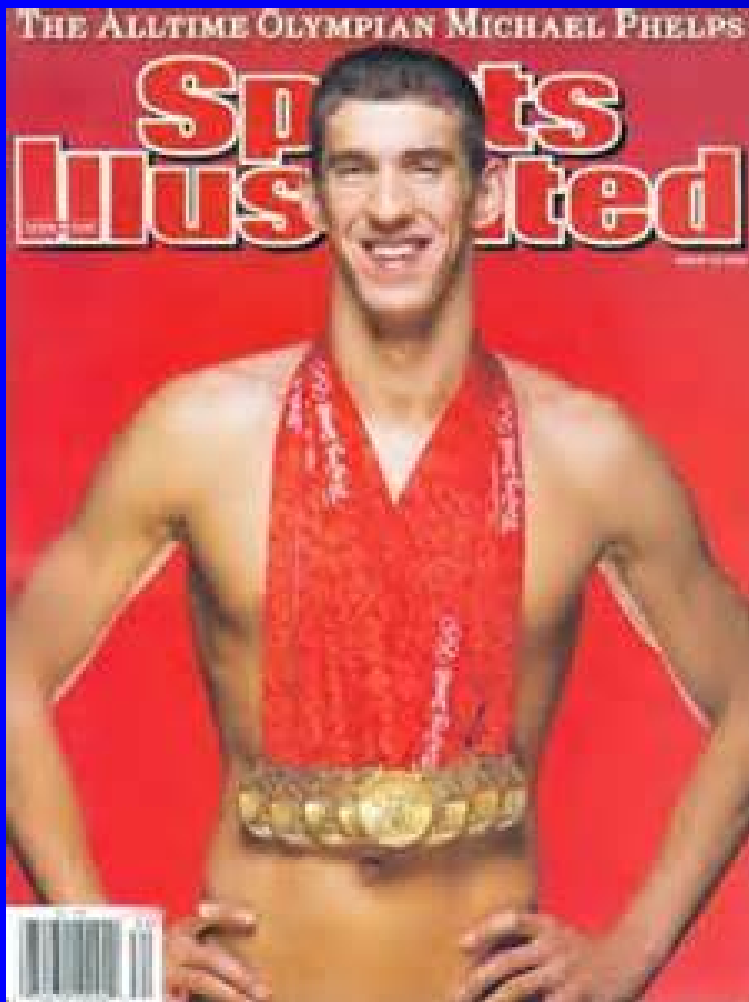


# Psychological Skills Training



# Psychological Skill Characteristics of the Elite Athlete



- Personality characteristics are sport specific
- Strong internal locus of control
- Intrinsically motivated
- Mastery & goal oriented
- Strong coping skills
- Ability to self talk, use imagery and other psychological methods to increase motivation
- Mentally tough

# Characteristics of the Elite Youth Athlete



## ● Thirteen Psychological Characteristics of Developing Excellence (PCDEs):

1. Motivation
2. Commitment to sport
3. Goal setting ability
4. Quality practice athlete
5. Effective use of imagery
6. Realistic performance evaluation
7. Cope under pressure

8. Possess social skills
9. Competitive
10. Vision of success
11. Ability to work on weaknesses
12. Game awareness
13. Self-belief (confident)



# Elite Young Athletes



- **Mental Qualities**
  - Enjoyment
  - Self aware
  - Confidence
- **Mental Techniques**
  - Performance strategies
  - Reflection on action
- **PCDE' s**

**Motivation, commitment, goal setting, coping under pressure, social skills, vision of success, game awareness**





# Mental Toughness in Sport



**Definition:** Mental toughness is having the natural or developed psychological edge that enables you to:

- Generally cope better than your opponents with the many demands (e.g., competition, training, lifestyle) that are placed on you as a performer
- Specifically, to be more consistent and better than your opponents in remaining determined, focused, confident, resilient, and in control under pressure (Jones et al, 2002)





# Mental Toughness in Sport



# Mental Toughness in Sport



- A multifaceted construct that allows the athlete to thrive in both positive and negative challenges, pressures and adversities
- AfMTI –
  - Ability to thrive through challenge
  - Sport Awareness
  - Tough attitude
  - Desire for success
- Figure 12.1

# Mental Toughness in Sport



- Fundamental areas of mental toughness are:
  - Self-Confidence
  - Self-Motivation
  - Negative Energy Control
  - Positive Energy Control
  - Attention Control
  - Visual/Imagery Control
  - Attitude Control



# Attributes or characteristics of the mentally tough athlete.



- While primarily composed of values, attitudes, cognitions, emotions, and behaviors, mentally toughness also includes some personality traits (e.g., resilience, emotional intelligence).

- Self-confident and self-assured
- Ability to focus and concentrate
- Intrinsically motivated
- Strong work ethic
- Committed to excellence
- Persistent and determined
- Positive attitude, no negativism

- Resilient in face of failure
- Thrive on pressure and challenge
- Consistent personal values
- Emotional intelligence
- Physically tough
- Gracious in face of success



# Models of Psychological Skill Development



## Models

- Self Regulation
  - Forethought
  - Performance
  - Self-reflective
- Resonance Performance
  - Flow, intrinsic motivation... 'revisit the dream'
- Athlete Centered
  - Athlete must develop physically, psychologically and socially (spirituality). The athlete must not evolve as an athlete but as a person as well
- Mindfulness-Acceptance-Commitment (MAC Approach)
  - Opposes the notion of control of internal stress state and use of PST approach in favor of an overall acceptance of the 'here-an-now' in a non-judgmental manner

# Mindfulness-Acceptance-Commitment (MAC) Model



- The MAC model incorporates concepts previously introduced in discussions of positive psychology, Flow, and integrative mind body training.
- In the MAC approach to developing peak performance, the athlete does not become alarmed with feelings of high emotion, and try to reduce it, but rather accepts it as being what it is (neither good or bad).



# Sport Psychology

## Effectiveness of Psychological Intervention Programs

- ❑ Psychological interventions and programs are effective in enhancing sport performance (Greenspan & Feltz, 1989; Vealy, 1994) 38/45 studies
- ❑ Psychological Method – practice that leads to improvement in a skill (e.g., goal-setting, imagery, PMR, etc)
- ❑ Psychological Skill – characteristics (learned or innate) that make it possible/likely to succeed in sport.



# Psychological Skills & Methods





# Sport Psychology



## Measurement of Psychological Skills

- ❑ **Psychological Skills Inventory for Sports**
  - ❑ Anxiety control, concentration, confidence, mental preparation, motivation and team performance.
- ❑ **Athletic Coping Skills Inventory**
  - ❑ Coping with adversity, peaking under pressure, goal setting/mental preparation, concentration, freedom of worry, confidence and achievement
- ❑ **Test of Performance Strategies**
  - ❑ Measures factors in both a practice and competitive situation (self-talk, emotional control, goal-setting, imagery, automaticity, activation and attentional control.

# Sport Psychology



## Ethics in Sport Psychology



- ❑ Competence
- ❑ Integrity
- ❑ Professional and Scientific Responsibility
- ❑ Respect for People's Rights and Dignity
- ❑ Concern for Other's Welfare
- ❑ Social Responsibility

<http://appliedsportpsych.org/About/Ethics.html>

<http://apa.org/ethics/>

# Delivering Psychological Skills Training



## ● Models of Practice and Consideration

- Psychological skills training model.
- Counseling model
- Medical model.
- Interdisciplinary sport science model.
- Supervisory consulting model.



# Delivering Sport Psychology Services



- Three Types of Sport Psychologist.
  - a. Research
  - b. Educational
  - c. Clinical/Counseling
- Philosophical Foundations(Figure 12.3)
  - a. The model begins with the foundation of personal core beliefs and values.
- Receptivity of Athletes and Athletic Departments.
- Building a Private Practice.

# Receptivity of Athletes and Athletic Departments



- Research shows that athletes respond positively to a well planned and scientifically constructed psychological skills training program.
- Uniformed college Division I athletes, however, may be skeptical about working with a psychologist of any kind because of the stigma attached to the title.
- University athletic directors express appreciation for what a sport psychologist can contribute, but many are not willing to dedicate scarce financial resources to hire a full time sport psychologist, believing that needs are addressed by coaches, counselors, and faculty.

# Building a Successful Psychological Skills Training Practice



- Success based upon more than delivering psychological skill training (PST) to the athlete.
- Four personal qualities necessary for success.
- Five-stage model of professional development.

# Success Depends upon more than Delivery of PST to Athlete



- Personal Consulting – Addressing athlete's personal issues that affect performance.
- Parental Consulting – Including the involved parent in the total program.
- Coach Consulting – Keeping the coach involved where appropriate.



# Personal Qualities of Consultant Necessary for Success



1. Consultant must be intrinsically motivated for success and not visions of fame and fortune.
2. Consultant must be very patient in building practice.
3. Development of multiple skills that go beyond mental skills training (e.g., counseling skills, public speaking, writing skills, business skills).
4. Consultant must be creative and be able to think “outside the box.”

# Five-stage model of professional development.



1. Development of necessary knowledge and competencies (e.g., graduate school).
2. Develop unique identity different from other consultants.
3. Develop credibility and trust.
4. Find niche and specialty within sport psychology.
5. Continue to find ways to grow business and clientele.

**Table 12.1**

# **Sample Psychological Skills Training Program (PTSP)**

## **Phase 1: Who is the Client?**

Determine who the client is and develop a working model as to how the PSTP will be delivered.

## **Phase 2: Initial Meeting With Athletes**

The initial meeting is critical in terms of placing an emphasis upon psychological skills training, and Getting athletes' and coaches' commitment to the training program

## **Phase 3: Education of the Sport Psychologist Relative to Activity**

Ideally, the sport psychologist will be an expert on the client's sport from a psychological, biomechanical, physiological, and pedagogical perspective. If not, a period of self-education will be required to help the sport psychologist bridge the gap from being a novice to being fully knowledgeable and conversant about the sport.

## **Phase 4: Development of a Needs Assessment Plan**

In order to develop a needs assessment plan, the sport psychologist must have a working knowledge of athletes' current psychological skills. This can be accomplished only through formal and informal assessment.

1. Interview
2. Performance Profiling
3. Observation of athlete during practice and competition
4. Use of objective pencil and paper inventories (CSAI-2, SCAT, POMS, TOPS, ACSI-28, 16-PF)

 **Table 12.1**

# **Sample Psychological Skills Training Program (PTSP)**

## **Phase 5: Psychological Methods and Strategies to be Taught**

Based on the needs assessment it will become apparent where the athletes are lacking relative to psychological Skills. In this phase, a master plan is developed in terms of what, when, and in what sequence psychological Methods are to be taught to address psychological skill weakness.

## **Phase 6: Actual Teaching and learning of Selected Psychological Methods**

1. Psychological Methods to be taught, practiced, and applied in competition to enhance psychological skills.
  - a. Goal Setting
  - b. Relaxation
  - c. Self-Talk
  - d. Imagery
  - e. Attention Skills
  - f. Self-Hypnosis
2. Performance Routines to be taught, practiced, and applied in competition to enhance psychological skills.
  - a. Pre-shot
  - b. During Play
  - c. Post-shot

## **Phase 7: Ongoing and End of Season Evaluation of PSTP**



**Table 12.2****Examples of Performance Routines Used in Sport**

<b>Routine</b>	<b>Sport</b>	<b>Situation</b>	<b>Steps</b>
<b>Pre-Shot</b>	<b>Golf</b>	<b>Putting</b>	<ol style="list-style-type: none"><li>1. Stand behind the ball and “read” the line of the putt.</li><li>2. Approach the ball and take two practice swings.</li><li>3. Align the putter to the target, set the feet, and take two glances at the holes.</li></ol>
<b>Between-Play</b>	<b>Tennis</b>	<b>Changing Courts</b>	<ol style="list-style-type: none"><li>1. Take care of your body and your equipment (water and towel off)</li><li>2. Give your mind some relief (focus on positive thoughts).</li><li>3. Focus on strategy for next game.</li></ol>
<b>Post-Shot</b>	<b>Volleyball</b>	<b>Passing</b>	<ol style="list-style-type: none"><li>1. Clear mind of results of previous pass by yourself or teammate.</li><li>2. Focus on making a perfect pass to the setter.</li><li>3. Use self-talk to remind yourself that you are an excellent passer.</li></ol>

# Sport and Business Similarities



- Organizational issues and similarities.
- Sources of stress and stress management.
- Development of leadership skills.
- Working with high performance teams.
- The need for one-on-one coaching/consultation.

# Psychological Skills Training



**C**oncept: Psychological skills

Training programs have proved effective for athletes in and outside of sports.

**A**pplication: Athletes and coaches should adopt PTSP programs to help find success on the field and life after sport.

