

# Mental preparation



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# Mental training

- It takes time to develop physical and technical skills
- It also takes time to develop mental capabilities
- It's important to understand the need to commit to mental training







**“Failure to prepare  
is preparing to fail”**

John Wooden



# Mental preparation

- Attend well on time and establish positive communication
- The next match is the most important match in my career  
- Video analysis is a must – but don't overdo it
- Establish the right mindset - I *choose* a positive mindset
- Decide where you draw the line



# Mental preparation

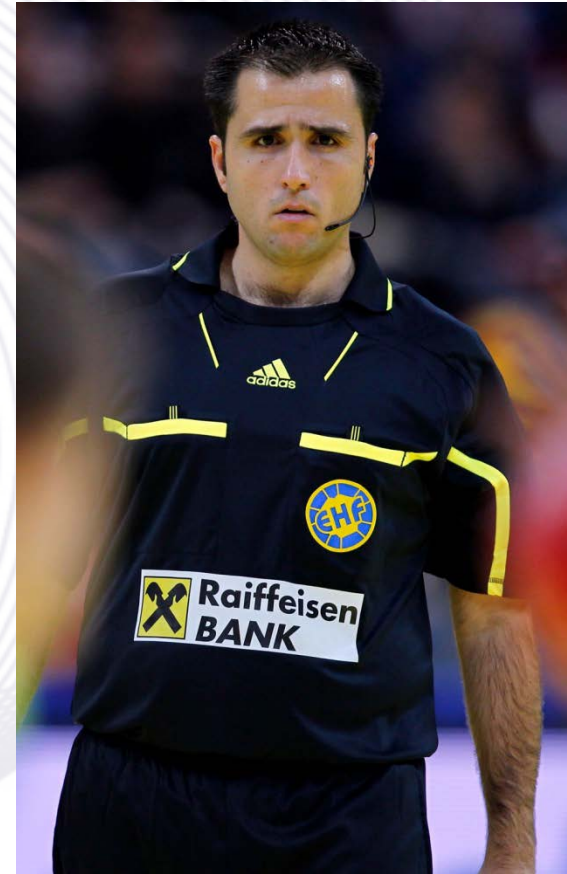
- Practice and prepare for confrontation and conversations that will occur in every game
- Practice out loud by yourself and/or in front of a mirror
- Develop answers to questions that you are likely to be asked





# Mental preparation

- Expect mistakes
- Expect protest
- Expect to make tough decisions
- Expect a good performance



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**I'm responsible for my own mindset!**



- Is my light on?

# Successful mentality



- “I look forward to the match, I can’t wait”
- “I learn from my bad games”
- “I learn from my good games”
- “Obstacles are opportunities”
- “I enjoy being under pressure”
- “I smile at my doubts”
- “I´m always at my best when it counts”



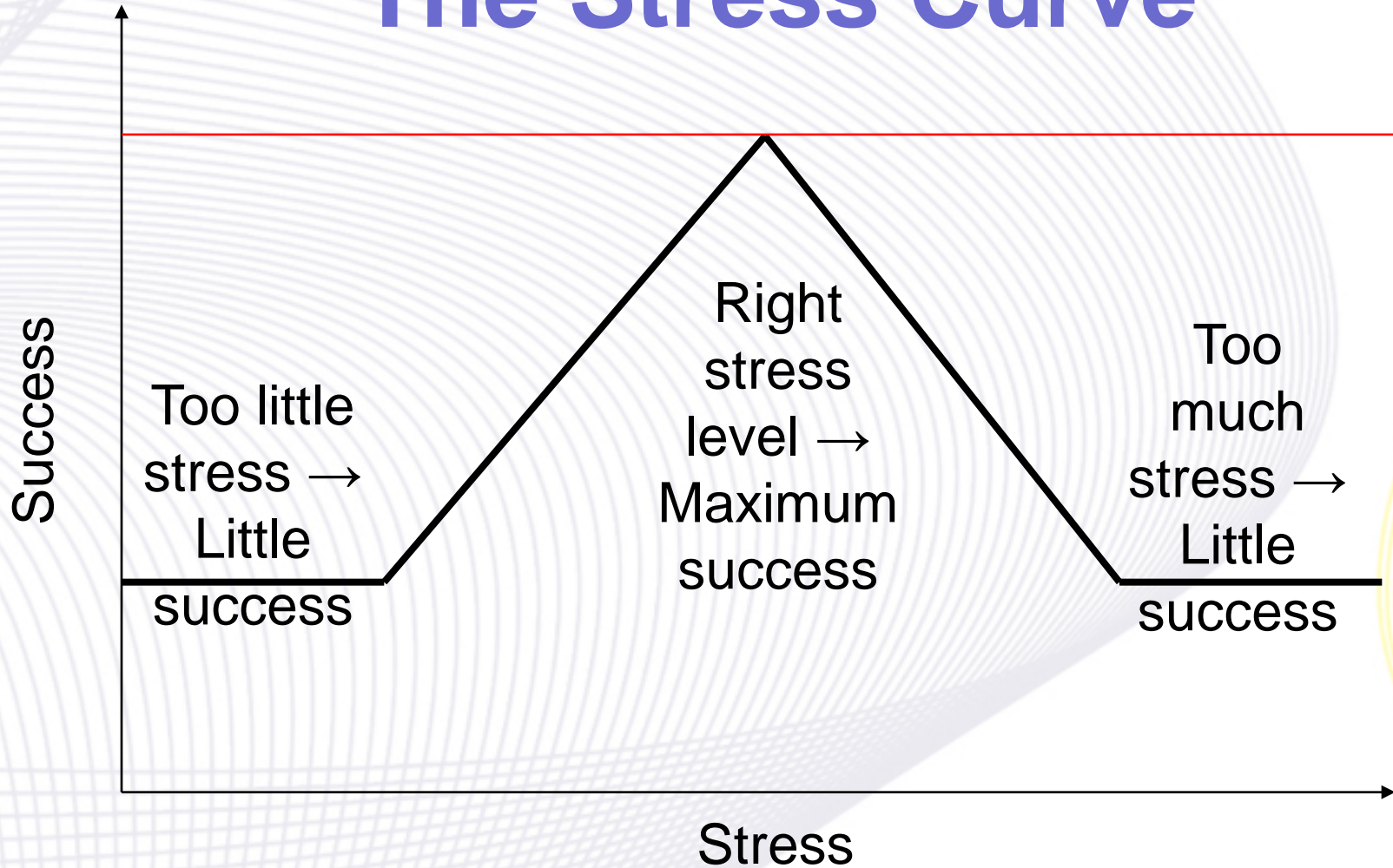
# Stress Management



- Stress is a vital energy
- Stress is related to control of the situation
- Stress is related to mentality
- Stress is related to self-confidence
- Preparation – Preparation - Preparation



# The Stress Curve





# Stress Management



- Know your stress factors (stressors) and learn to control them – don't let them control you
- Learn at least one relaxation method
- Leave your worries behind (in the car, for instance) before you enter the arena – since they are not going to help your performance
- Feeling fear? – Focus even more on your preparations and what you want to achieve
- Pure focus frees you from tension and worry
- Enjoy the moment



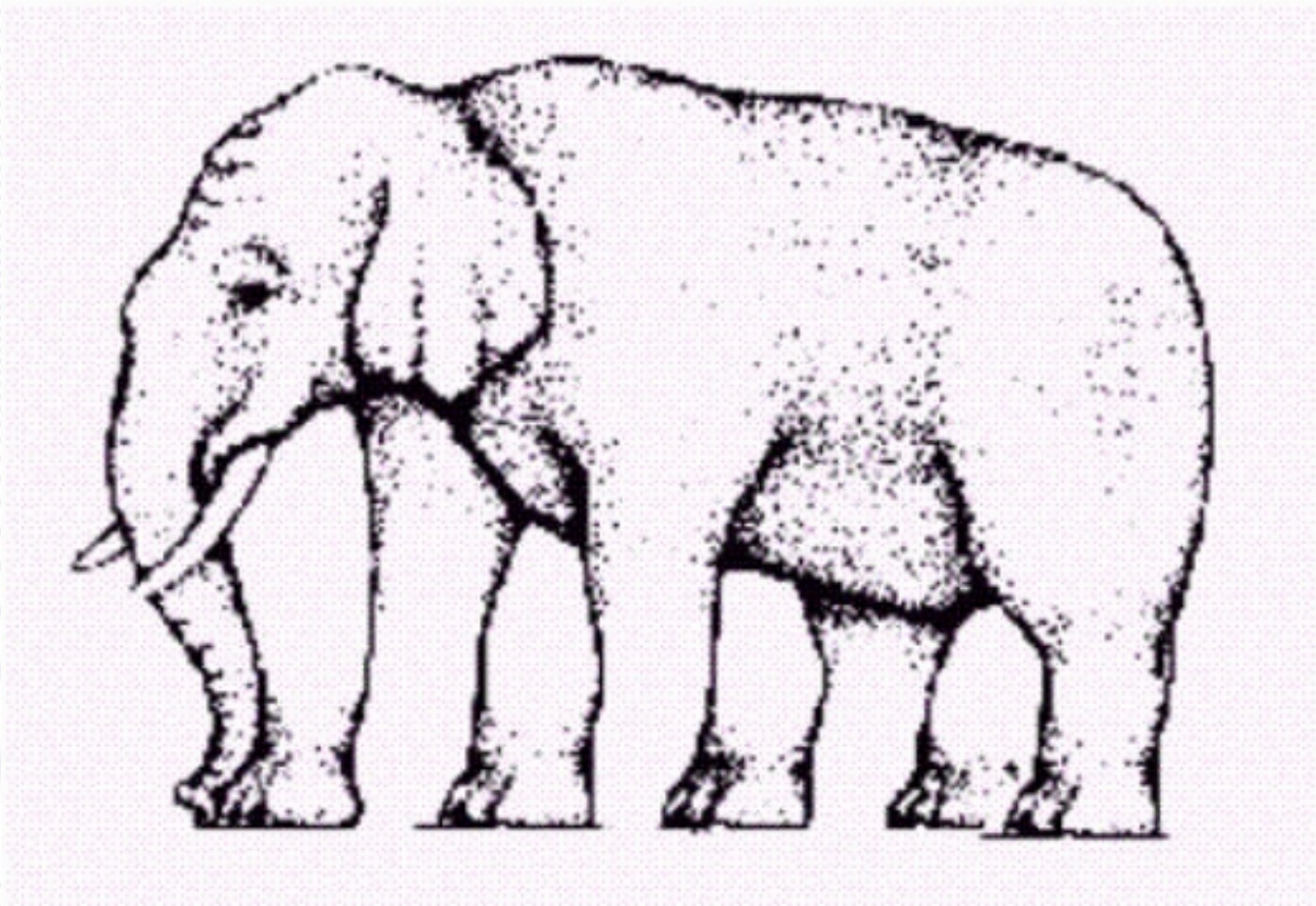
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# Reframing

- Reframing is a way of changing the way you look at something ...and thus, changing your experience of it
- Reframing can turn a stressful event into a trauma... or a challenge to be overcome with success
- In reframing we create a new beginning
- Reframing is a great tool to control stress



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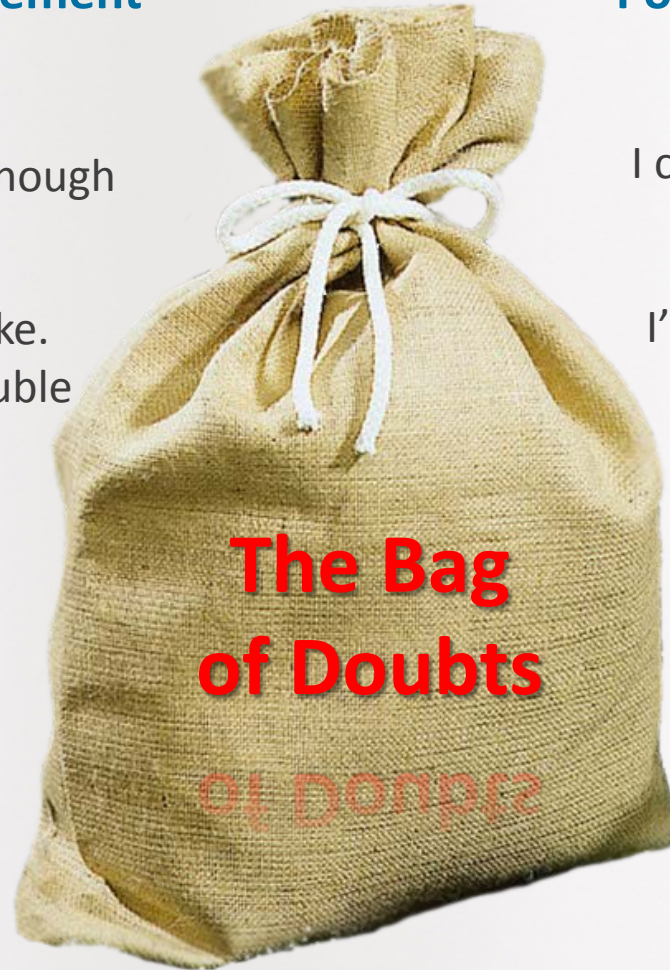
## Negative statement

I'm not good enough

I made a mistake.  
Now I'm in trouble

This is not  
my day

I'm having  
trouble  
concentrating



## The Bag of Doubts

of Doubts

## Positive reframing

I can do this

I'll get the next one right

I am determined  
to make this my  
day

I can concentrate  
when I want and  
now I do

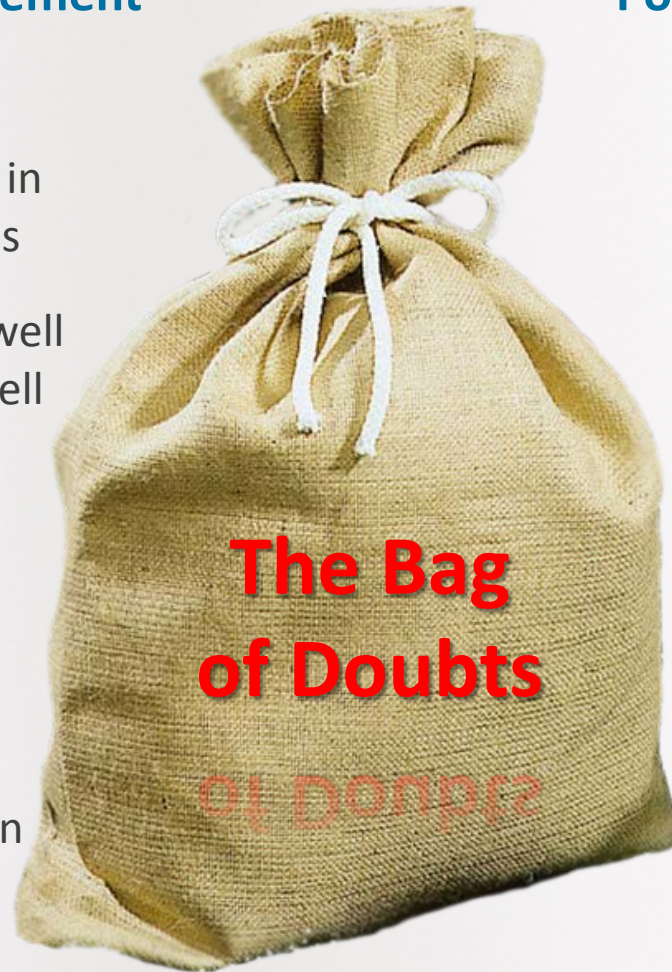
## Negative statement

I never do well in  
televised games

If I don't start well  
I don't finish well

I have a  
feeling I'm  
losing it

This coach is  
really getting on  
my nerves



**The Bag  
of Doubts**

of doubts

## Positive reframing

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?



## Negative statement

This crowd is never friendly

I have to get to the gold-medal game

This player is always against me

My partner can't have a bad game today

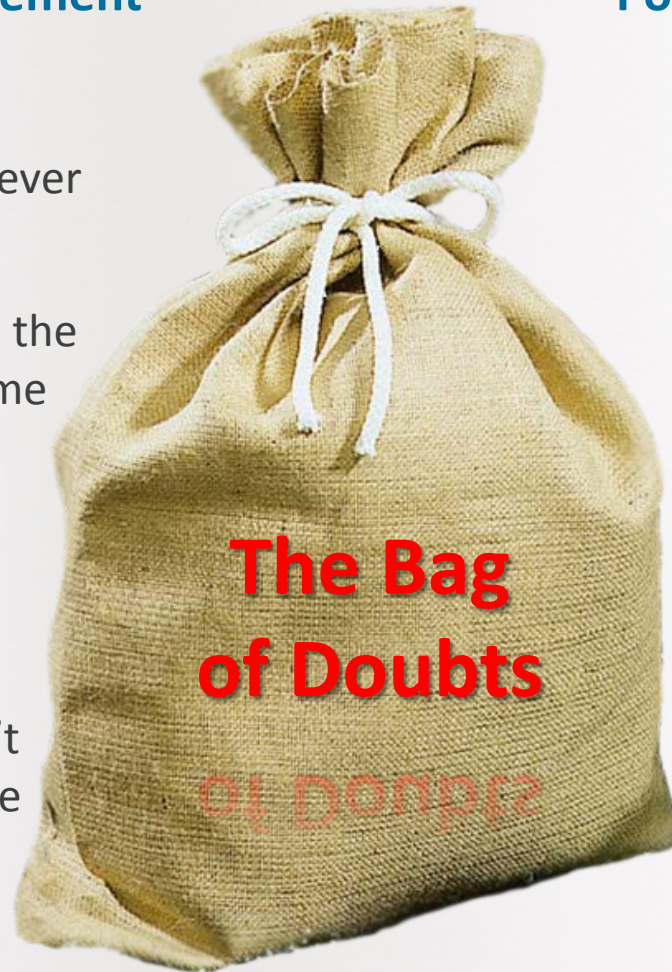
## Positive reframing

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?

?



**The Bag  
of Doubts**

of doubts?



# Reframing

I didn't get the job...

“I'm so stupid. I blew the interview. I will never get a good job”

OR

“I guess that was not the right job for me. I will keep trying and know that I will end up where I'm supposed to be”



# Different mindsets



What cup am I?