

## 8 Guidelines for Visualization

### Guideline 1 - Choose camera angle

- 1) Camera in stands filming whole team
- 2) Camera in stands filming you
- 3) Camera is on your head (go-pro) or is the lenses of your eyes.
  - Research says that camera angle 3 is the most beneficial
  - With this camera angle your muscles can get stronger and muscle memory can develop.
  - Muscle memory is the ability to perform successfully while on autopilot.
  - Research indicates that an athlete's muscles fire in sequence when the athlete visualizes from camera angle three.

### Guideline 2 - Pay attention to Detail

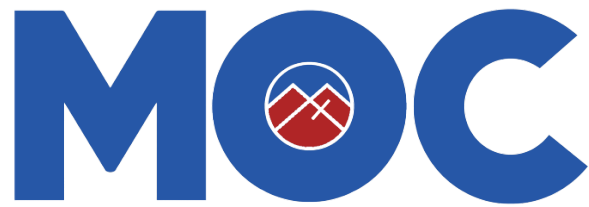
- The more detail you pack into your mental video, the more realistic and beneficial it is because the brain can't always separate the real from the unreal.
- Try to pay attention to 3 of 5 senses
- What do you see, hear, feel?

### Guideline 3 - Frequent and Brief is the ticket

- Visualizing many times for short stints is far more effective than visualizing for extended periods of time.
- The ideal is to visualize one time before each physical turn taken.
- If your mind is focused and working prior to each physical turn taken, then every turn will be of increased quality.

### Guideline 4 - Visualize from Beginning to End

- Make sure to view the skill or action in its entirety.
- If you visualize yourself remaining calm and confident during warm-up and throughout competition, you can improve your excitement control during the performance.
- Also be sure to visualize the desired result. I.e. see the ball land in the court on the other side.
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### **Guideline 5 - Emotionally feel the way you want**

- Be aware of how you want to feel
- Both under and over excitement can have ill effects on performance.
- Athletes need to identify how they would like to feel prior to and during competition and then use visualization to accustom themselves to feel exactly that way in training as in competition.

### **Guideline 6 - Replay until you get it right**

- If you have difficulty visualizing success at a given skill
- Pretend your mind is a DVD player; press Stop if an error occurs, rewind back to the beginning and then press Reply.
- Continue working on the skill mentally until success is achieved, and the body will follow suit.

### **Guideline 7 - Give Credit where credit is due**

- Upon finishing each successful visualization, take a brief time-out to congratulate yourself on a job well done.
- Sports participation can be a humbling experience. If athletes do not learn to recognize when they have done something well, discouragement is inevitable.

### **Guideline 8 - Operate at Game Speed**

- You should visualize at the desired speed prior to the physical performance, or else the timing of the action may be off

\* Positive Performance Training