The Mental Game of Sport Participation
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• Why is the Mental Game important?
  o Failure is part of sport
  o There is time to think
  o Must have controlled intensity
  o Many games to play
  o Big games – “First team to relax wins”
  o Must “stand naked before the gods”
  o Higher levels the mental game is more important

• Playing at “peak” levels
  o Present focus Clear thinking
  o Confidence No worries, fear
  o In control Enjoy
  o Total involvement Effort

• Commitment to a mission
  o Why do you play?
  o What do you enjoy about playing?
  o What doesn’t kill me makes me stronger

• The Role of Responsibility
  o Control and concerns Play one moment at a time
  o Control self first Focus on process not outcome
  o Attitude is a decision Develop a mental game
  o Have a mission Make a commitment to learning

• Segmentation: “One thing at a time” Mindset
  o Self-Regulation phase
    ▪ The importance of awareness
    ▪ Recognizing one’s signal lights
    ▪ The breath
    ▪ Get the monkey off the back
    ▪ Fake it until you make it
  o Planning phase
    ▪ What do you need to do?
    ▪ Focus on the task selection-location-target
    ▪ Commitment to execution
  o Trusting phase
    ▪ Allowing vs. making it happen
    ▪ What are you trusting?
    ▪ Trust your training
• Mental preparation for consistency
  o Must pay the dues: BST (Blood, Sweat, & Tears)
  o Pre-performance routines
  o Routines during the competition
    ▪ Scores
    ▪ Time Outs
  o Post-performance evaluation
    ▪ What did you learn? Feedback sheets
    ▪ Failure is positive feedback

• The importance of quality practice
  o When does the practice begin?
  o Two goals for practice
  o Proper preparation
  o Five minute drill
  o Learning to have a good ‘bad’ day in practice