

3. Self-Talk

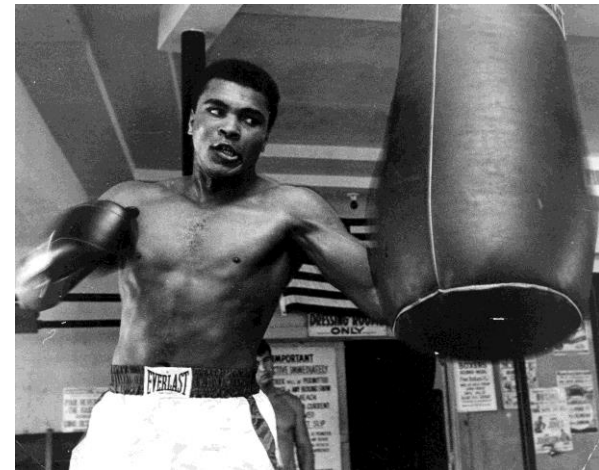
Involves talking or, or thinking to yourself, prior to or during performance.

There are 2 forms of self-talk.

1. Positive self-talk

- Can be motivational -“I can do this” or instructional – “ complete the follow through”
The aim is to enhance self – esteem, motivation, attentional focus and performance.

Muhammad Ali uses positive self-talk to help maintain his focus



2. Negative self-talk

- Self-critical or demeaning – “I can’t do this –he’s too good for me”. Creates anxiety and self-doubt and has a negative impact on performance.
- A player must stop negative self-talk through a process called “thought stopping” otherwise performance levels will drop..



Athletes must maintain positive self – talk as negative thoughts can detract from performance

Use of Self-Talk

Self-talk can be used;

- Before performance
- During performance
- After performance