

SPORTS PSYCHOLOGY

PERFORMANCE TECHNIQUES



5. Performance Routines

A performance routine is a ritual a performer follows in the preparation for or during the execution of a task or skill.

- Performance routines assist with the focus, concentration and arousal level of the performer. Routines decrease the chances of the performer being affected by internal or external distractors.

Use of performance routines

Performance routines can be used;

- Before performance
- During performance
- After performance



Performance Routines and Arousal

- Athletes perform at their best when arousal levels are optimal whereas over aroused and under aroused athletes perform below optimal levels.
- Performance routines can be used to increase or decrease arousal levels .
- Some players increase their arousal levels before a game by following a set routine e.g. ;
 - First player to go to the change room to prepare for the game
 - Rub down by trainer
 - Ankles strapped by physio
 - Find quiet spot in change room
 - Listen to upbeat music while visualising aggressive performance
 - Physical contact during warm up
- The pre – game routine varies from player to player as arousal levels are different and players use different methods to control their emotions.

MENTAL SKILLS STRATEGIES AND PERFORMANCE – PERFORMANCE ROUTINES

- Performance routines can be used to decrease arousal levels. This may involve listening to calming music while visualising a calm, peaceful scene or meditating before the game.



The All Black Haka is a pre – game performance ritual which increases their arousal level and aims to decrease the self – confidence of their opponents

Performance Routines and Stress

- Many players suffer from stress and anxiety during a game when they are placed under pressure. Stress levels are at their highest at critical points during a game and can affect the performer both physically and mentally.
- Athletes can use performance routines to focus on the task at hand instead of worrying about the possible outcomes of their actions.
- Tennis players use routines before serving, basketball players use routines before free throws and some footballers use routines before a set shot at goal. These routines are designed to focus the player's attention on the immediate requirements of the task and to focus on relevant cues.

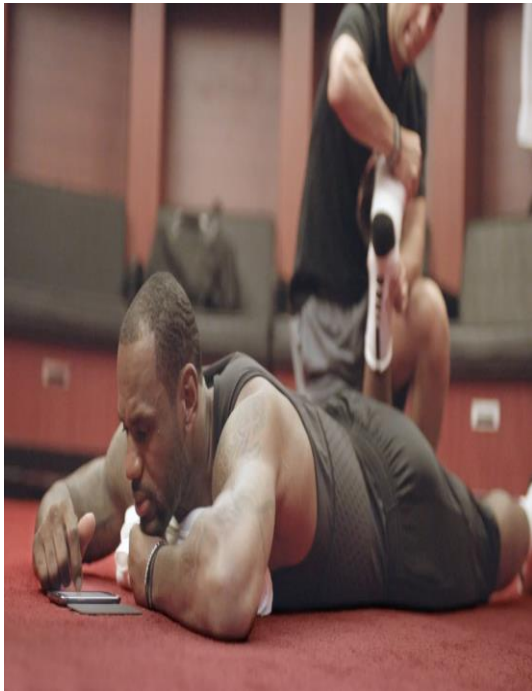
Cristiano Ronaldo uses performance routines prior to taking a free kick



MENTAL SKILLS STRATEGIES AND PERFORMANCE – PERFORMANCE ROUTINES

Performance Routines and Motivation

- An athlete's intrinsic motivation and desire to perform well can be heightened by their game day routine (often starts the day before the game with a high carb evening meal).



Game time!

- A game day routine might include;
 - Wake up at a set time, read paper
 - Pre – game meal
 - Pack bag
 - Team meeting
 - Get on bus, sit in certain sport
 - Arrive at stadium, get a program
 - Check the ground
 - Go to change room / read match program
 - Rub down and taped up
 - Warm up
 - Game time!!

- As part of the game day routine is completed, intrinsic motivation and excitement increases as game time gets closer

**Design a Performance
Routine**



Application of Imagery



Application of Imagery



Application of Imagery

Prior to performing, the performer would use imagery to;

- Picture the perfect take off . He would use as many senses as he can – “hear” the snow under the skis, “feel” the wind in his face, “see “ the take – off ramp.
- Use imagery to “feel” himself twisting and turning, to see a perfect performance.
- “Feel” his knees bend on landing, “hear” the noise of the crowd.



Application of Relaxation Techniques



Application of Relaxation Techniques

Prior to performing, the performer could;

- Meditate
- Use slow, deep breathing (often used in conjunction with imagery)
- Use progressive muscle relaxation

Between jumps, he could use the same techniques to relax his mind and body.

By being in a relaxed state, the performer is more likely to produce his optimal performance than if tense or over aroused.



Application of Self-Talk





Application of Self-Talk

Prior to the jump, the athlete would use positive self – talk to boost her confidence

- “You can do this jump”
- “You have done this jump hundreds of times at training”
- “Nail this one”

Approaching the jump in a positive frame of mind will improve performance



Application of Goal Setting



Application of Goal Setting

- 6 months before the competition, her goal may have been to qualify for the competition.
- Immediately prior to the competition, her goal may have been to make the final round and achieve her personal best score.
- Going into the final 3 jumps, her goal may have been to score a certain number of points from these jumps.
- After the competition, she could set goals based on the outcome of his performance e.g. develop more speed at take-off .



Application of Performance Routines



Application of Performance Routines

Prior to performing, the performer could have a pre – determined routine to help focus on the upcoming task;

Could include;

- Putting on gloves in a certain order
- Adjusting face goggles and helmet
- 4 slow deep breaths
- Pushing off at the conclusion of the 4th breath