

JWK

Mental Performance Training

# Imagery



**Environment:** Imagine the location, court, buildings, crowd etc. Include seeing, hearing, smelling, and feeling (for instance: hear the crowd around you, smell the water).

**Perspective:** Are you seeing yourself in first person or in third person?

**Physical:** Imagine how you feel during a race or game. Feel your breath, the tiredness in your body, and the burn in your lungs. Imagine the emotion you would feel during that moment

**Scenario:** Imagine where your teammates and opponents are and what they are doing. What are you going to do? (start, finish, prep, etc.)

**Timing:** Are you going to imagine the scenario in real time, slowed down or sped up?

**Outcome:** Imagine the outcome of your scenario, always try to make it positive. (Try different outcomes!)

**Remember!** Build your imagery from the bottom to the top of the pyramid!