Psychology

List of subjects

1. Relaxation
2. Concentration & Attention
3. Mental activity
4. Positive self-talk
5. Visualisation
6. Goal setting
7. Stress identification & management
8. IPS identification
9. The whole sequence
1. Relaxation

Level of “activation” (stress/relaxation)

Performance level

0           1             2            3             4            5

Level of “activation” = Stress/relaxation
1. Relaxation

Different methods are available:

- Part by part with heaviness / lightness feeling
- Tense / relaxed (PRM)
- Emphasize the exhaling
- Eyes closed
- Internal singing
- Self visualization in cosy place
- Humour / de-dramatization
2. Concentration & Attention

**Concentration** = to be here & now on the task at hand

**Attention:**
Niedeffer, Schmid & Peper: *Orientation & Diffusion*

- Soft & hard eyes
3. Mental Activity

High when:

- Switching among different attention types
- Particularly with external type
- Moving the eyes a lot (looking at many things)

Mental activity is low when:

- Staying in the same attention type
- Particularly with internal type (like breathing)
- Keeping the eyes stable (on the same spot), like in meditation
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4. Positive Self-Talk

If I shoot only a 9, I could lose the match

Outcome or consequence

Pessimist view

Process or origin

If I shoot well, I could win the match

Optimist view

If I shoot only a 9, I could lose the match

If I shoot well, I could win the match

Pascal Colmaire – WA Development & Education Director
5. Visualisation

Two methods:

See your face as on a screen
Just visualize what you usually see: hands, equipment, target....

The 2nd one is more popular among archers, but both are efficient.

Speed of visualization:
Slow for technique development (analytic - details)
Fast for integration in the sequence (global - essential)
At speed of execution during the competitive period
6. Goal setting

There are basically three types of goals:

- Process goals
- Performance goals
- Outcome goals
Psychology

Goal setting

**Process goals:**

These are the goals that mark the path of where the athlete would like to end up.

These are good goals and give the athlete a path to follow in their training programme.
Performance goals:

These are the goals that are made when an athlete wants to achieve a particular performance level.

These are usually short term goals with no training programme, unless process goals are included.

It may help if performance based goals are set in terms of skill and technique. This could then be broken down into areas such as Mental Skills, Physical Skills, Technique and Fitness etc.
Goal setting

Outcome goals:

These are usually made when an athlete wants to beat another competitor or win a competition.

This is not a good goal as other athletes are there to do their best, and you cannot control your competitors to win.

An outcome goal is only useful when the athlete aims to perform to a certain level, the problem is the athlete could be setting themselves up to fail.
Goal setting

Goals should be: SMART or SMARTER

- Specific,
- Measurable,
- Achievable,
- Realistic,
- Timed,
- Exciting,
- Recorded.

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What is it?
Emotional reaction due to a relationship with a future possible.

How it manifests you?
By various symptoms:

- Yawning
- Blurred vision
- Humming
- Tension neck
- Need to go to the toilet
- Feeling nervous
- Thirsty
- Nausea
- Hands / legs trembling
- Heart rhythm + high
- Fear / insecurity
- Memory loss
- Loss of strength
- Sweaty hands
- Stomach pain
- Heat
- Mental confusion
- Vertigo / dizziness
- Stomach pain
- Chest pain
### Psychology

#### 7a. List of Stress identification

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>LEVEL</th>
<th>EFFECT</th>
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<tbody>
<tr>
<td></td>
<td>High</td>
<td>Medium</td>
</tr>
<tr>
<td>Weak legs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>High heart beats</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweat hands</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vertigo or Dizzy</td>
<td></td>
<td></td>
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<tr>
<td>Need bathroom</td>
<td></td>
<td></td>
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<tr>
<td>Warm</td>
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<td>...</td>
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Stress

How to avoid
Here and now on the task breathing

How to reduce?
Low level of mental activity
Use relaxation techniques

How to deal with?
Practical familiarity with disruptive symptoms:
Trembling legs             Squats and pull
Heart rhythm + high           Run and shoot
Muscle strength loss           then draw
Sweaty palms           Vaseline on hands
Vertigo / dizziness         Turn quickly on site then draw
Stress is usually due to emotional connection with possible future.

Be here and now, concentrate on the immediate task at hand.

Regulate the level of stress through:
- Low mental activity
- Relaxation technique(s)

Get used to the stress symptoms during practice.
IPS identification

Simply describe your physical and mental states when you shoot well.

IPS introduction

Record any process leading to these states. Tests / trials are necessary.

* IPS: Ideal performance state
Thank you...

Ready to answer your questions!
Windows of our mind:
Neuro-linguistic programming (NLP)...

Eyes - Motions:
- A lot of motion = high mind activity
- Stable eyes = quiet mind (meditation) + self control
Exo: Lateral gaze deviation, with & without eye motion.

Eyes - direction:
- On task at hand = High care / concentration
- Out of task at hand = unfocussed
Exo: Touch 2 fingers under gaze & without eye motion.

Eyes - tension:
- Tensed / hard = narrow external focus
- Soft / relaxed = broad attention
Exo: Switch the look from thumbnail to background
Movements and breathing related:

- **Concentration:**
  Watch what is under process.

- **Calmness**
  Keep the gaze on the same spot when not conducting a motion (during a breathing step).

- **Self control**
  Switch the gaze with motionless eyes (eyes centred in their socket)
Aiming too early = a common trap!
Aiming is the last thing to put in place.

Over aiming = the most popular trap!
Use soft eyes

Focus on the objective – Not on the aiming device
The target does not move. Hence the gaze is still.
Stable gaze = Low mental activity
+
Get the moving sight merged into the target area where you wish the arrow to land.

During the main action

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