



# Archery Psychology

## WA Coaching Seminar

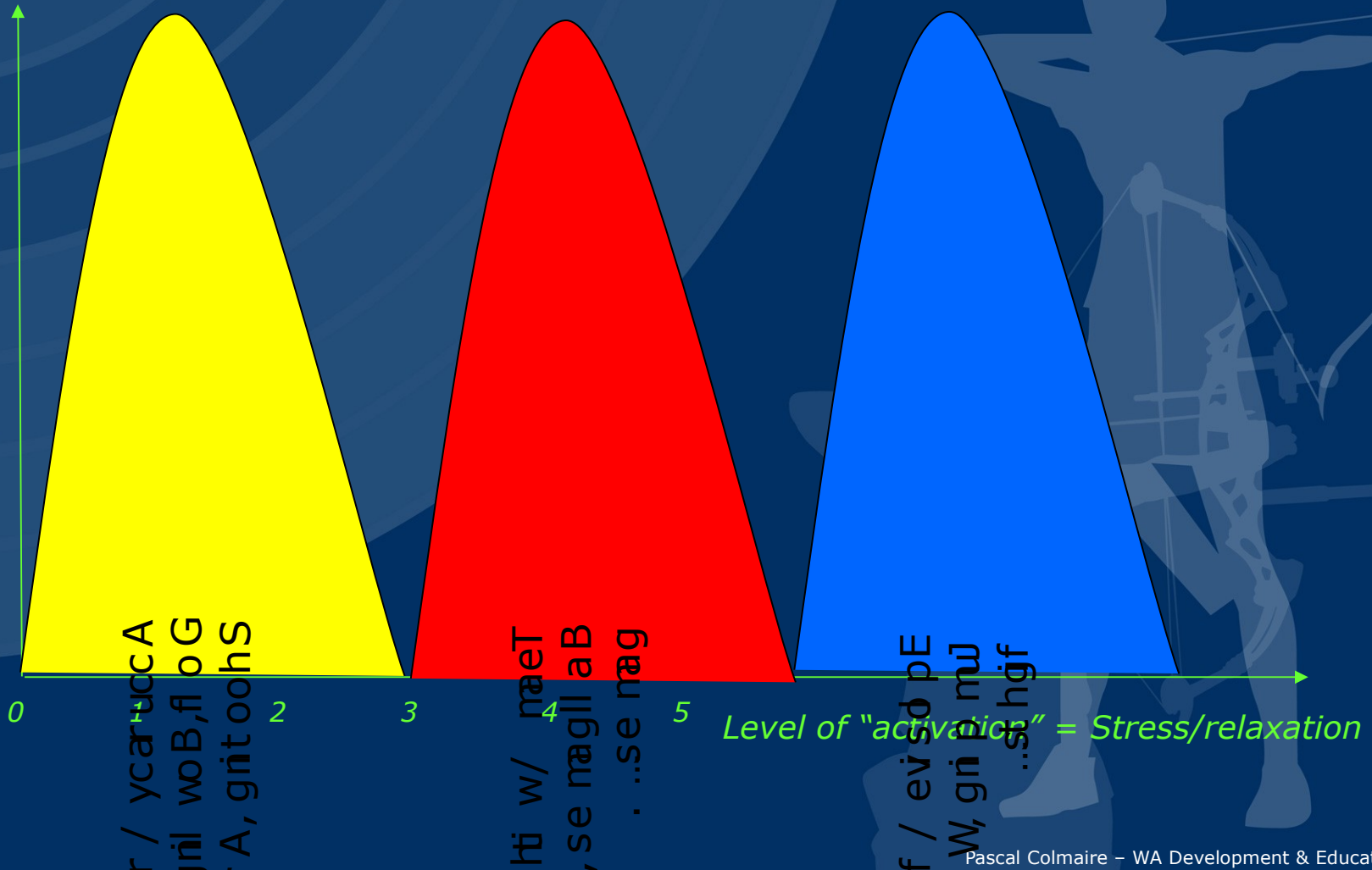
## List of subjects

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



## 1. Relaxation

Different methods are available:

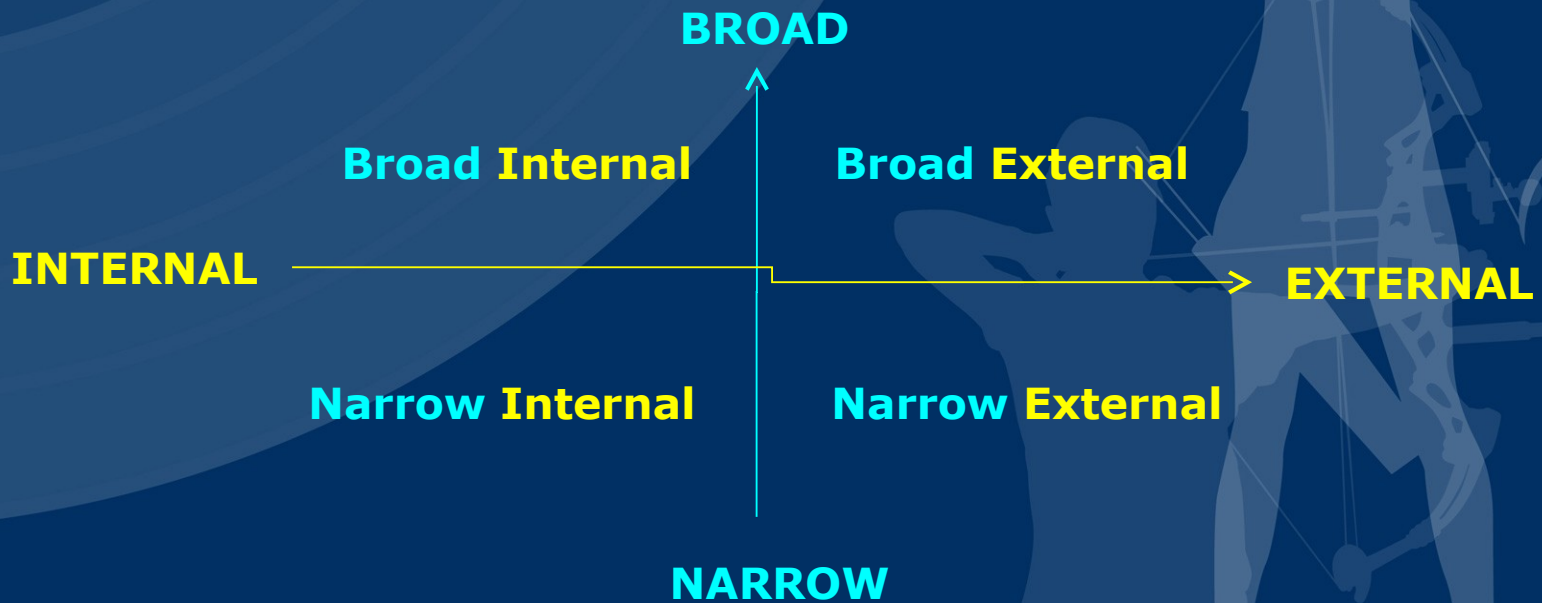
- Part by part with heaviness / lightness feeling
- Tense / relaxed (PRM)
- Emphasize the exhaling
- Eyes closed
- Internal singing
- Self visualization in cosy place
- Humour / de-dramatization

## 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

## 4. Positive Self-Talk

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

**Outcome or  
consequence**

**Pessimist  
view**

**Process or  
origin**

**Optimist  
view**

**If I shoot well, I could win the match**

## 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

## 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.

## Goal setting

### 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.

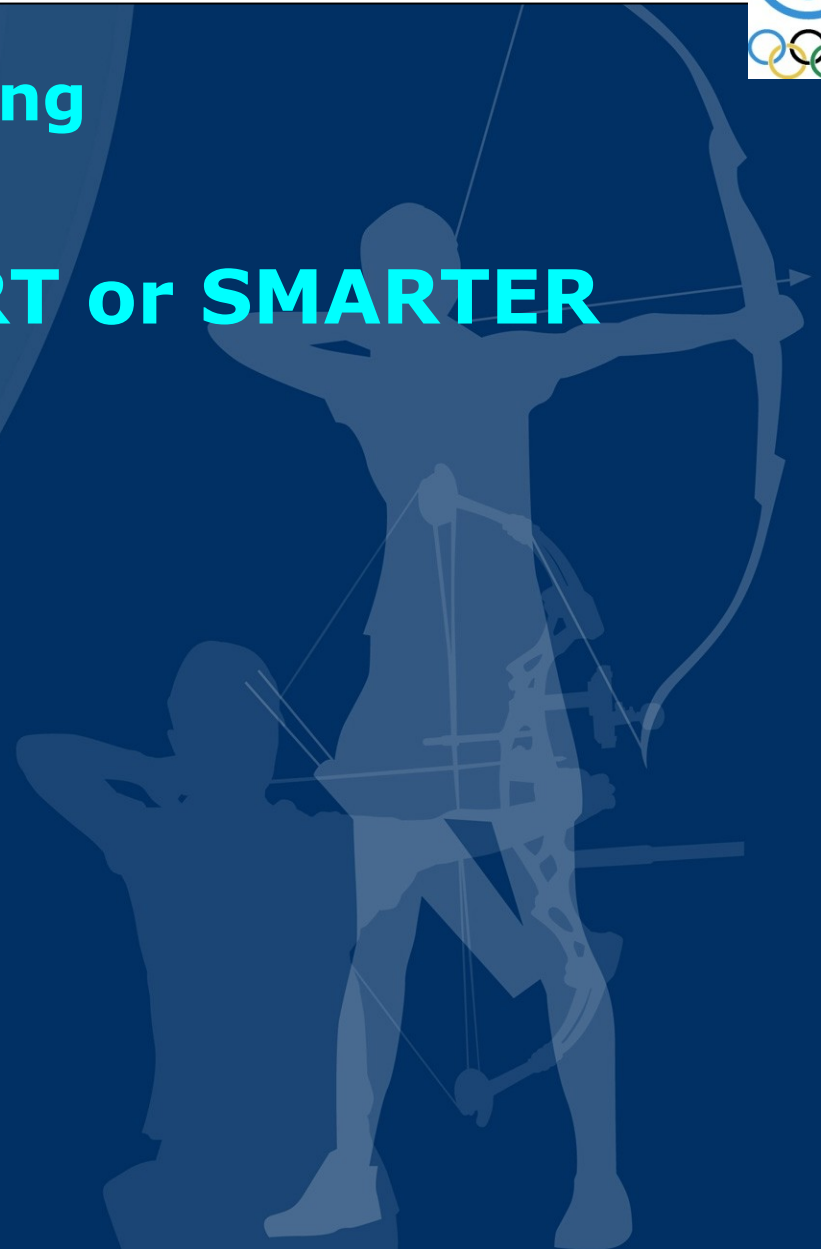
This is not a good goal as other athletes are there to do their best, and you cannot control your competitors to **win**.

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.**



## Stress

### 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*

## 7a. List of Stress identification

Symptoms	LEVEL			EFFECT		
	High	Medium	Low	Negative	None	Positive
Weak legs						
High heart beats						
Sweat hands						
Vertigo or Dizzy						
Need bathroom						
Warm						
...						

## Stress

### How to avoid

Focus on the task  
Breathing

### How to reduce?

Low level of mental activity  
Use relaxation techniques

### How to deal with?

Practical familiarise with disruptive symptoms:  
Trembling legs → and pull  
Heart rhythm + high → and shoot  
Muscle strength → in draw  
Sweaty palms → hands  
Vertigo / dizziness → turn quickly on site then draw



## 7b. Stress Management

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!

## Mindset related

### 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

## Sequence

### 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)

## During the main action

### **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.