



THE COACH
APPROACH

SPORTS PERFORMANCE - SELF HELP GUIDE

If you're at the peak of your physical fitness but you just know there's another level you can find to get to the top of your chosen sport, then sports performance training could make all the difference for you.

In this short guide, we'll talk about what sports performance is, how it works, how hypnotherapy can play a big part in optimising your performance and what you can do for yourself to get the ultimate results.

What is sports performance?

Sports performance training is training of both the body and mind of an athlete to compete at the highest level in a specific sport or discipline. Whereas personal training is more often for general fitness (though it can be towards a particular goal, like a marathon or a triathlon), sports performance training is specifically designed to bring the athlete physically and mentally to the peak of their performance in only one sport.

A basketball player, for example, might focus over and over on set pieces on the court, passing, shooting, fast reactions, speed, accuracy and agility, until each part of the game becomes second nature and part of their muscle memory; to the point that the athlete almost doesn't have to think before their reactions kick in and they take the perfect shot, time after time.

The training plan takes into account the athlete's age, physical characteristics and fitness level to take them in a highly focused way from where they are now to where they want to be. The plan also focuses on mindset, confidence and motivation to bring that extra edge that can be absent in general personal training plans.

The athlete builds self-confidence as they go through the training programme and see visible results, and the physical and mental preparations give them the best possible chance to be successful.

How does it work?

The training plan may involve, among others, a physical trainer, a sports psychologist and a clinical hypnotherapist to bring out the optimum performance from the athlete. If the athlete is taking part in a team sport, this will also be taken into consideration and the athlete will be developed both individually and as part of the team.

Measurable goals will be set that change to suit as the athlete advances. He or she might aim simply to get on to the national team this year, followed by aiming for a particular placing at a game or event, along with aiming to beat times and increase fitness along the way. These goals, and the plan to achieve them, will be as individual as the athlete themselves.

The athlete will work with their coaching team to break through any mental and emotional barriers that are holding them back from achieving their goals, balancing the training programme with an immense focus on the physical fitness and specific skills they need to be the very best in their field (and on it!).

WANT TO DISCUSS IN FURTHER DETAIL? BOOK A FREE INITIAL CONSULTATION
01326 352535 | www.thecoachapproach.co.uk

Time is spent on eliminating negative thoughts and irrational fears, and developing the athlete's focus, concentration and mental strength to enable them to 'enter the zone' more often and more easily as time goes on; to get to the point where they are completely in the moment and focusing only on what they need to do right now to succeed. A further aspect of this comprehensive training is the focus on strategy, for the athlete and for the team, and how strategy changes for each different game or event.

Self-help

While a great training team can do an awful lot for an athlete, it's not all down to them. If you're reading to push yourself to the next level, there are many things you can do yourself to enhance your training.

1. Learn to relax

Tension in any part of your body can cause you to miss that vital shot or even lead to injury, so practising relaxation techniques even when you are on a day off from training can have huge benefits over time.

Learn meditation because not only will it help you relax, but you'll develop mental strength, increased concentration and potentially find yourself in the zone more easily.

Learn to breathe deeply from your diaphragm, because this is a wonderful way to calm yourself. When we are stressed we have a tendency to breathe from our upper chest and take shallower, quicker breaths, increasing our tension and our adrenaline levels, but calm, deep breaths can bring your tension and stress right down and get your focus back to where it needs to be.

Practice tensing and releasing, and progressive muscle relaxation even when you aren't training. Not only will it keep you relaxed and release any tension in your body, you'll sleep better, too, and that can only be a good thing for your performance, especially the night before a big event.

2. Visualise

Practice your visualisation techniques. See yourself succeeding, making the shot, crossing the line ahead of everyone else. Use the same technique to work mentally through times when things didn't go as well as they could have, and to replay how else you might have handled things. Focus on your goals and see yourself achieving them.

3. Affirmations

Affirmations are incredibly powerful and can help you blast through any negative self-talk, and focus yourself firmly on winning.

Be aware of how you talk to yourself. Would you talk to a friend like that in the same situation? It's likely you wouldn't, so change what you say to be positive instead.

Be careful how you use affirmations, though, as the subconscious doesn't deal in negatives. If you keep repeating to yourself "Do not fail again," for example, the brain will register that as "Fail again."

Carefully work out the best affirmations for you, perhaps with the help of your hypnotherapist and your sports psychologist, and the difference it can make to your mental state could be what gets you to that next goal.

Conclusion

If you are ready to take that next step to push your athletic career where you want it to be, you now have more of an idea what is involved and what you need to do.

For more information on solution based clinical hypnotherapy, feel free to give me a call and talk through what we can do together. You can also book an appointment for my practice in the lovely town of Falmouth in Cornwall on the website or by phone.

Disclaimer

The Coach Approach does not provide medical advice. The content is for informational purposes only. Consult with your Doctor (GP) on all medical issues regarding your condition and its treatment. The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services provided by medical professional. Always seek the advice of your medical professional before making any changes to your treatment. Any medical questions should be directed to your personal doctor.

This website and its content is copyright of The Coach Approach- © The Coach Approach 2016. All rights reserved. Any redistribution or reproduction of part or all of the contents in any form is prohibited other than the following:

You may print or download to a local hard disk extracts for your personal and non-commercial use only

You may copy the content to individual third parties for their personal use, but only if you acknowledge the website as the source of the material

You may not, except with our express written permission, distribute or commercially exploit the content. Nor may you transmit it or store it in any other website or other form of electronic retrieval system.