



# AMPLIFY

S P O R T P S Y C H O L O G Y

## Top 5 Mental Performance Training strategies you can use right now!

You are no doubt reading this right now because you want to perform at a higher level, and you understand that the mental part of sports is a key element in peak performance.

Athletes are always told to “play with confidence,” to “focus!” and to “get over mistakes quickly.” But they are not always told *how* to do these things. This is where mental training comes in. Elite level athletes not only train their bodies, but they train their minds!

Here are AMPLIFY’s top 5 strategies you can use *right now* to start mentally training:

### 1 - Positive Body Language

Your body language communicates louder than your words. Whether you walk tall with your head held high, or you slump and look down, your body language is *in your control*. Check out this Ted Talk by [Amy Cuddy](#) for some of the science behind it.

### 2 - Circle Breathing

Simply breathe slowly through your nose, deeply into the lungs, and exhale slowly and evenly through the mouth. When you control your breathing, you calm your emotions, relax your body, and quiet your mind. Practice circle breathing daily, so that in big pressure moments, you have a go-to skill to stay present, focused, and confident.

### 3 - Win the Self-Talk battle

Internally, most athletes are their own worst critic, but also their own best motivator. Even the highest level athletes can sometimes let negative self-talk take over. But you can train yourself to respond more positively to stressful situations by using positive self-talk.

### 4 - Visualize Success

See yourself performing skills and actions that you want to do when you compete. While there are very in-depth methods to visualize, when starting out it’s simple: envision yourself scoring a goal, making a move, or racing at top speed. See yourself succeeding!

### 5 - Performance Journaling

Journal about your performance a little bit each day. It doesn’t have to be formal or even great writing. Simply writing one positive and one thing you can do to improve each day can keep your mind sharp. Performance journaling makes practice deliberate and intentional.



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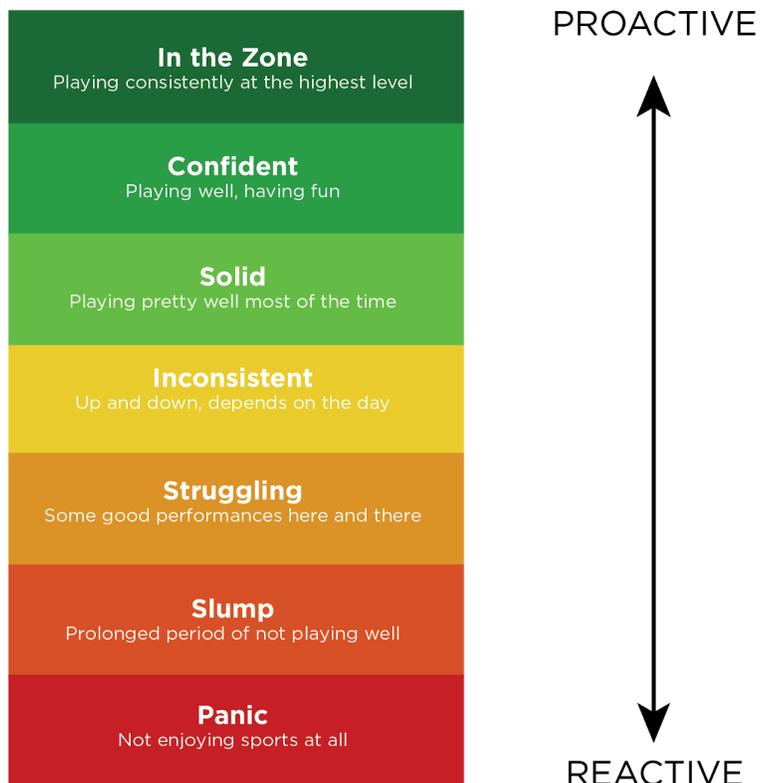
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## Mental Performance Training

So now you have 5 simple strategies to train your mind. Sport Psychology has a spectrum of applications from Reactive to Proactive Mental Training, as shown in the chart below:

**When Performance is:**

**Mental Training is:**



Sport psychology techniques are highly helpful in finding your way back from **Panic**, or breaking out of a **Slump** (reacting to a problem).

But it's equally as helpful for athletes who are **Confident** and **In the Zone** (to be proactive and stay there!)

Making Mental Training a priority in your daily life makes slumps less likely and shorter in time and intensity. It also makes confidence and successful performance much more likely.

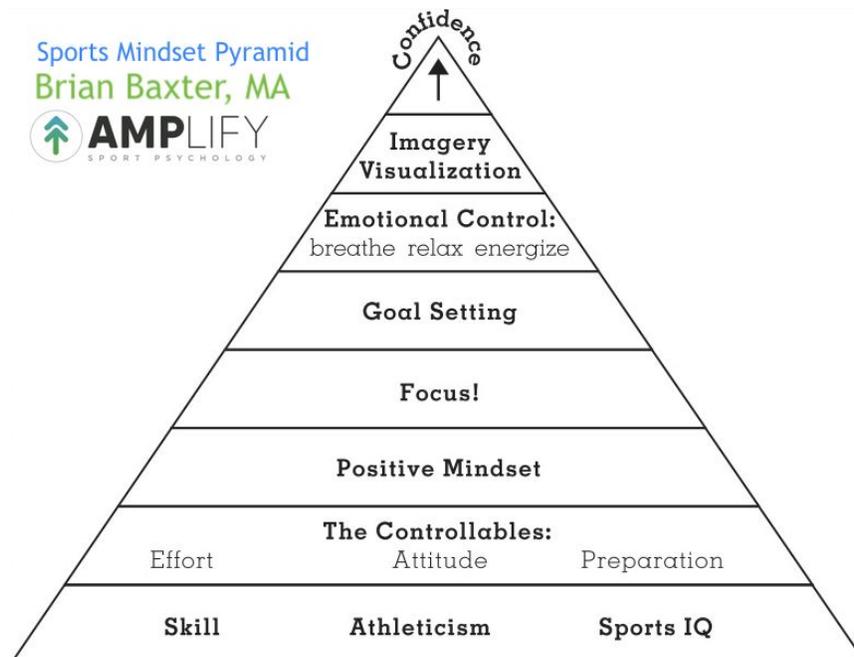


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## Want more in-depth Mental Performance Training?

Our consultants work with athletes one-on-one worldwide! We also work with teams and organizations to implement personalized mental training programs. Our work is based on the model below:



Visit our website, [www.amplifysportpsychology.com](http://www.amplifysportpsychology.com) for articles and videos explaining sport psychology and our services in more detail.

While you're there, click on the [Tools](#) link to order our other Mental Training Tools: [The Sports Mindset Gameplan](#), [Apex Soccer Journal](#), and [Apex Fencing Journal](#) As well as the iTunes audio visualization program, [Sports Mindset Audio](#).

And coming in 2020, our online course, "AMplify Your Game" will provide a comprehensive, self-paced course to help athletes solidify their mental training plans.

Please feel free to stay in touch! [info@amplifysportpsychology.com](mailto:info@amplifysportpsychology.com) | 503-309-3347

