Supervised Internship With the McGill University Men's Soccer Team

> William Falcão & Gordon Bloom

Department of Kinesiology and Physical Education

McGill University

Presentation Outline

Background

- Formal education
- Sport Psychology graduate program
- Consulting Internship
 - Team sessions
 - Individual sessions
 - Member of support staff
- Conclusions

Background

Formal education Sport Psychology graduate program Gaining entry Education CSPA certification upon graduation Internship supervision Coaches' support



■ Team sessions ■ Frequency: Pre-season camp During season: once every 3 to 4 weeks. ■ Topics: Communication Attention control Injuries Imagery

WCGill Kinesiciogy and Physical Education

SPORT PSYCHOLOGY

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IMAGERY IN SPORT

Presented by: William Falcao

Department of Kinesiology & Physical Education Sport Psychology Consultant Intern william faicae@mail mcgill ca

WHAT IS IMAGERY?

Imagery may be considered the creation or re-creation of an experience generated from memorial information that is under conscious control of the imager, and which may occur in the absence of the stimulus associated with the actual experience.¹

HOW DOES IMAGERY WORK

- → Enhances performance by producing minute muscular innervations.
- → Gives an opportunity to rehearse the sequence of movements.
- → Helps to have an idea of the complete skill rather than just detailed movements.
- → Functions as a preparatory set to achieve optimal arousal previous to the performance.
- ➔ Increases success expectations, which increases performance.
- → Plays a motivational and cognitive role in enhancing performance.
- → Activates common central nervous system structures and processes to those activated during execution.

Specific

General

Skill learning

Strategies

USES FOR IMAGERY

- → Learning and practicing skills
 - Mental blueprint
 - Fine tune or alter techniques
- → Tactical and strategic skills
- Rehearse plays
 Problem solving
- → Goal setting
- Achieving goals
- Motivation
- Concentration to compete
 Reduce distraction
- Mental warm-up
 Arousal regulation
- Anxiety control
 - Coping with stress
- → Injury recovery
- → Interpersonal skill

Moris, T., Spittle, M., & Watt, A. P. (2005), Imagery (n Sport, Champaign, IL: Human Kinetics,

GUIDELINES FOR PERFORMING IMAGERY

- → Make sure you are in a relaxed and focused state for imagery to be effective.
- → Create a script: what are you aiming for? What is your goal?

→ Basic Picture

- What do you want to visualize?
- Create a clear picture of how it looks, feels, and sounds.

→ Start Simple

- Picture the place you practice or play: try to visualize colors and textures, odors, and noises.
- See yourself at this place. Remember to imagine everything in a firstperson perspective.
- Look around. Are there people with or around you? Who and what is
- around you? How does the turf feel against your feet?
- Can you feel your equipment?
- Imagine yourself doing very basic skills and gradually increase the
- complexity of the skills.

→ Adding details

- Create imagery so realistic you believe you are actually executing the skill.
- Make the images as vivid as possible include as many of your senses as possible so the scene is as clear and realistic as real life itself
- Be able to specifically name: what do you see, hear, smell, feel
- (temperature, emotions, physiological responses, etc.), and taste
- → Emotion: remember how you feel at the times you are performing the skill.

→ Control

- Break down the image into small components and visualize those components.
- You know the elements to perform the action you are imagining. Analyze every component. What are you doing right? What do you have to change in your action? Run this information in your head.

→ Positive outcome

- By knowing what you have to do and imagining correctly the outcome MUST be positive.
- You only achieve what you believel

→ Redefine script

 If you feel as if you are not being able to imagine the event in all its details, re-examine the descriptors to see if they accurately reflect the sensations associated with this action.

Remember: to be effective, like any skill, imagery needs to be developed and practiced regularly.

Cognitive Motivation

Goal setting

Concentration

and

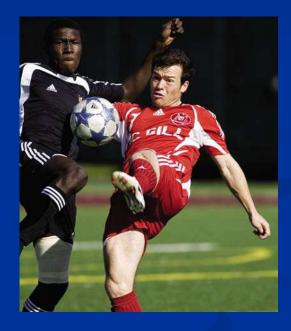
Arousal regulation

Team sessions
Team meetings
Game day: pre-game imagery
Meeting with leaders



Individual sessions
 Topics:

 Goal-setting
 Motivation
 Self-talk

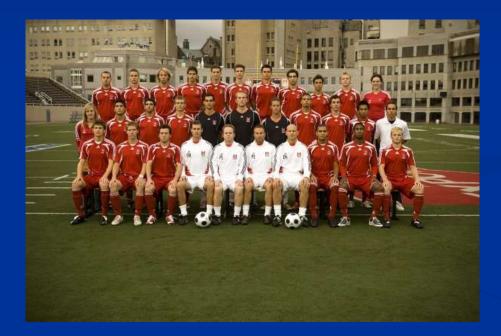


Member of support staff
Meetings with coaching staff
Meetings with trainer and physiotherapists
Attending team functions

Conclusions

Attend as many practices and games as possible ■ Show you care Unbiased observations and analyses Trust the athletes and the coaches Confidentiality Communication is key

Thank you. Are there any questions?



william.falcao@mail.mcgill.ca