

**Supervised Internship
With the McGill University
Men's Soccer Team**

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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



Consulting Internship

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

Consulting Internship



EDUCATION
Kinesiology and Physical Education

SPORT PSYCHOLOGY
Research Laboratory

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IMAGERY IN SPORT

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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.

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

	Cognitive	Motivation
Specific	Skill learning	Goal setting
General	Strategies	Concentration and Arousal regulation

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 first-person 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 believe!
- **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.

¹ Morris, T., Spittle, M., & Watt, A. P. (2006). *Imagery in Sport*. Champaign, IL: Human Kinetics.

Consulting Internship

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



Consulting Internship

- Individual sessions
 - Topics:
 - Goal-setting
 - Motivation
 - Self-talk



Consulting Internship

- 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?



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