

YTP Athlete Workshop - What Springs to mind when you hear the term "Sports Psychology"?



ENGLAND ATHLETICS

Introduction to Sport Psychology  
The Athlete's Mindset Unit

Tom Evans

# Introduction – Tom Evans



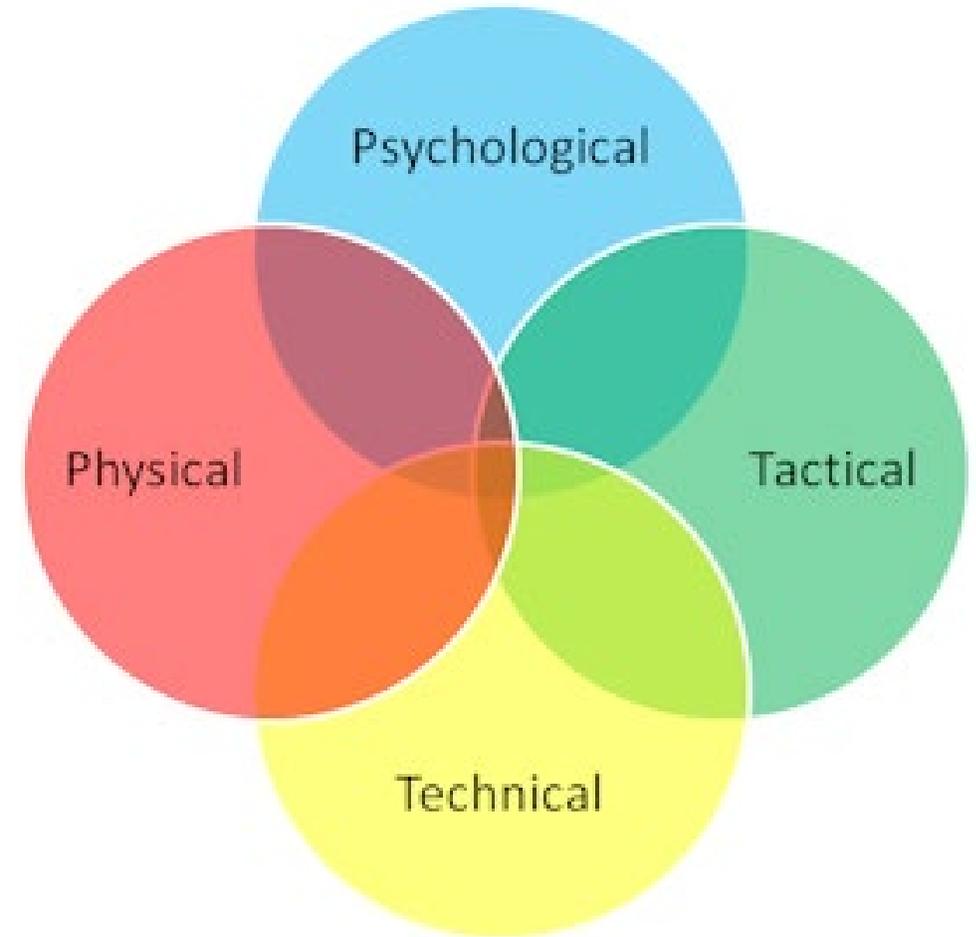
- Background
  - BSc
  - MSc
  - BASES/Accredited Scientist
- Experience
  - Over 10 years working in Elite Sport
  - Previously an assessor on DiSE





- What is Sport Psychology?

*Any factor that is not physical, which is linked with participation and performance in sport.*



# Benefits of Sports Psychology



- Wellbeing of Athlete
- Coping Strategies to deal with pressure and anxiety
- **Enhances Self-Awareness**
- **Increase Confidence**
- Assist athletes through transitions
- Increase team cohesion
- Develop leadership skills
- **Improves Concentration and Focus**
- Builds Resilience
- **Improves Motivation**
- Aid skills acquisition
- Enhance Performance?



What Sport Psychology Skills  
Training Techniques have you  
used?



# Enhances Self Awareness



- *the ability to recognize you are separate from other people, while also assessing your own thoughts, feelings, and beliefs.*
- *to be self-aware means you can use your senses and experiences to understand your emotions and help you make future choices.*
- Why is this important?
- DiSE Reviews
- Reflection



# Increases Confidence



What is confidence?

- Self-confidence –  
*“a feeling of trust in one's abilities, qualities, and judgement.”*
  - Preparation
  - Focusing on ourselves
- Think of an example of a confident athlete and why?



# Increases Confidence



## *Negative Impacts on Confidence*

- Expectations
- Insecurities
- Criticism
- Negative atmosphere
- Bad experiences



# Increases Confidence



## *Comparing yourself to others*

### Positives

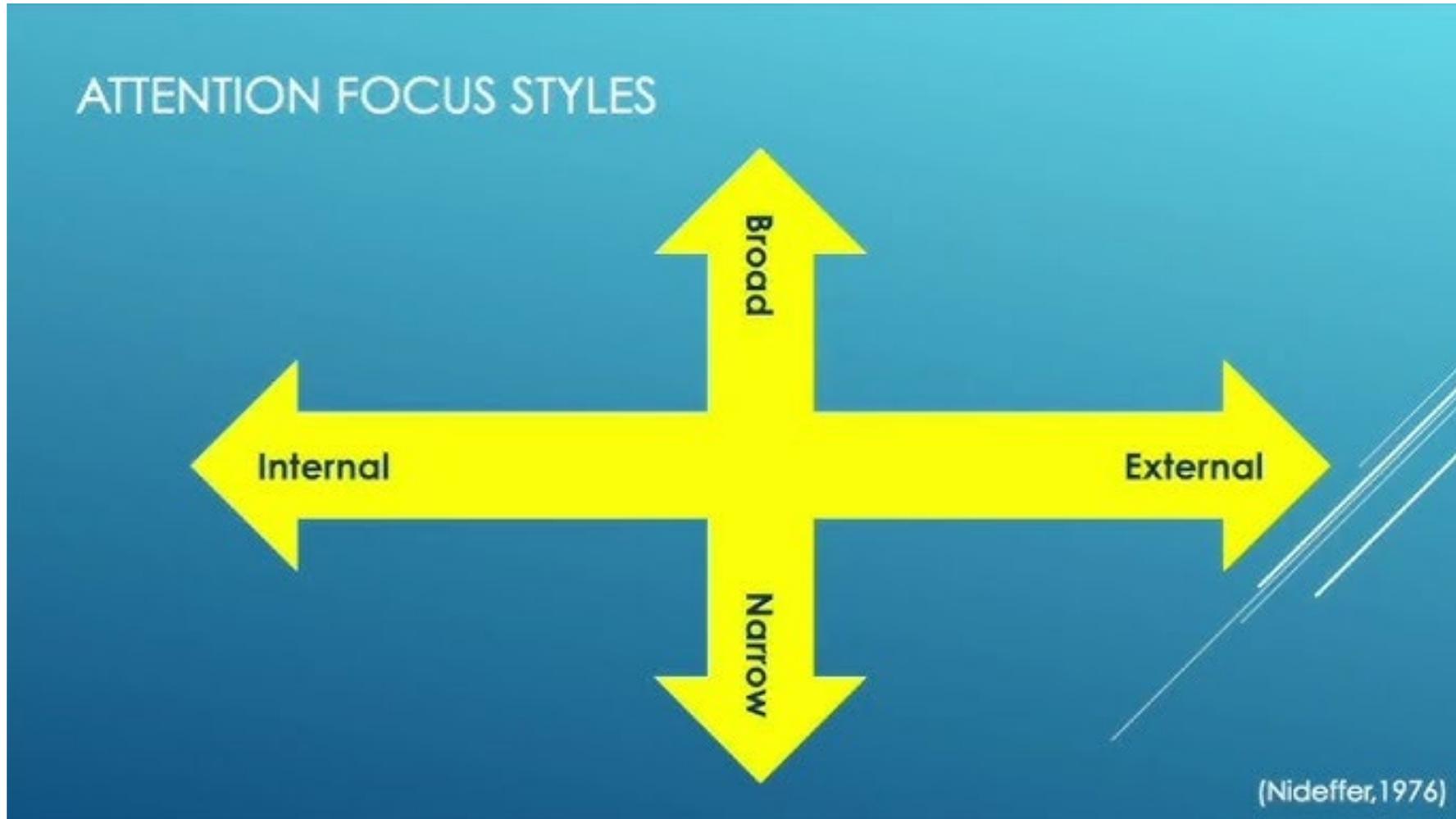
- Shows you the standard

### Negatives

- Adds pressure
- Increases your expectations of yourself
- Can decrease motivation
- Takes your eyes off your goals
- It's out of your control how good others are



# Improves Concentration and Focus



# Improves Concentration and Focus



- Concentration task

“*choose to*” provides power

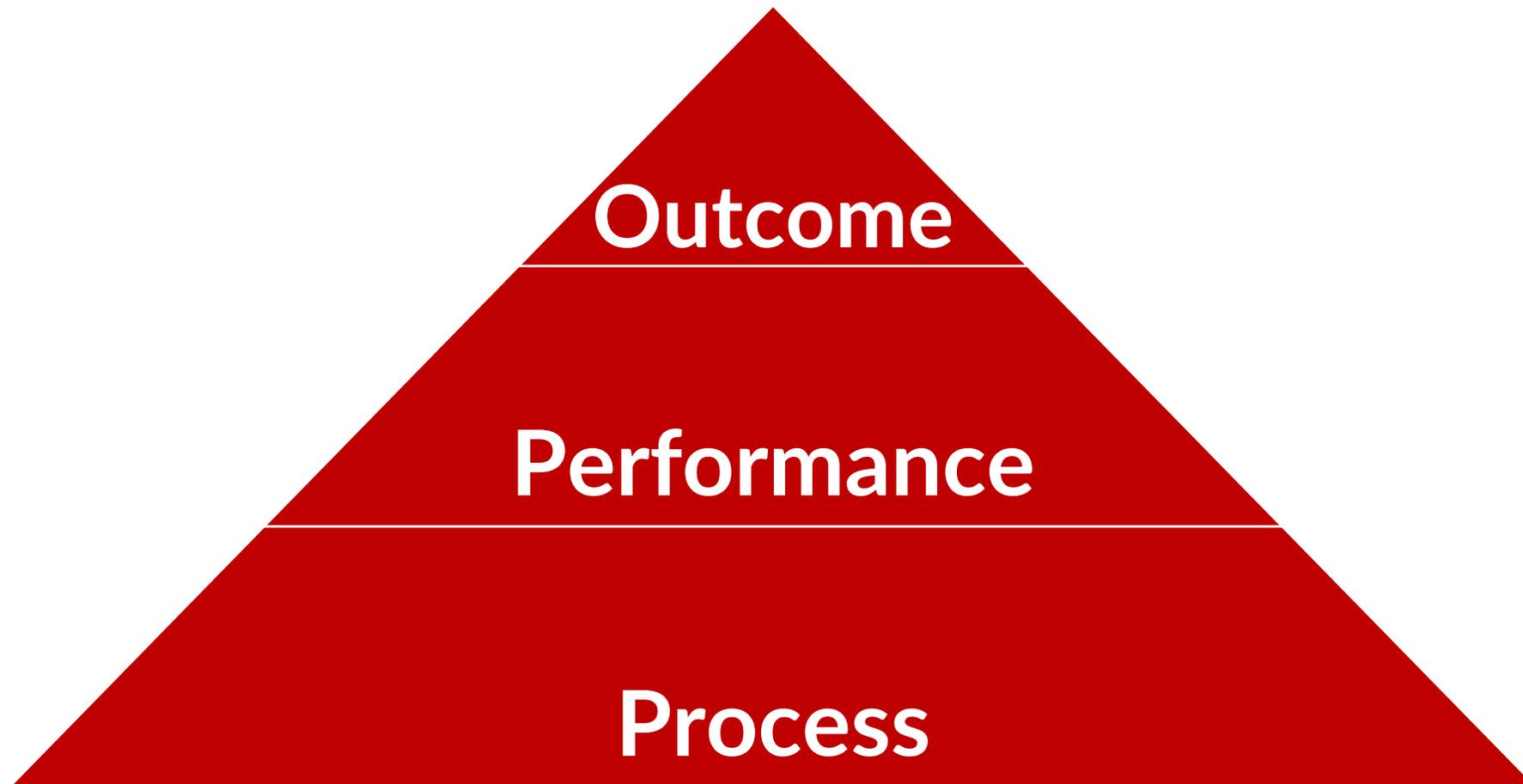
By filling our heads about the next action, we're unable to focus on the previous action/mistake

- What's this showing?
  1. That attention can be redirected easily
  2. Just thinking “forget about that mistake” won't work
  3. That feeling we are in control of decisions is better



# Improves Motivation





# Improves Motivation



## Goal Setting

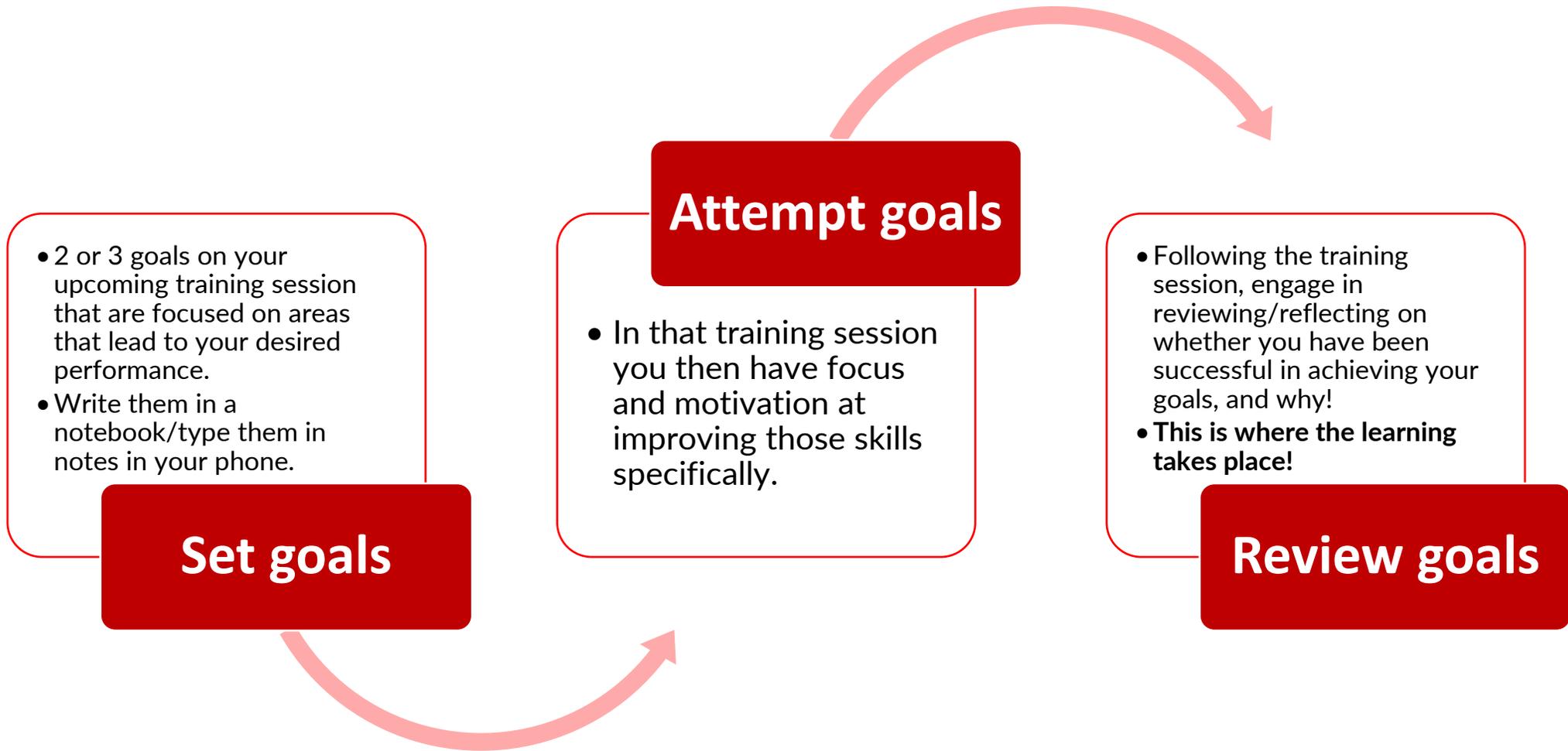


# Improves Motivation



	PROCESS GOALS	PERFORMANCE GOALS	OUTCOME GOALS
TIME	<p>In the moment</p> <p>What can be done right now</p> <p>A daily habit</p> <p>Becomes the norm</p>	<p>In the near future</p> <p>Weeks or months</p>	<p>The Dream</p> <p>Way in the Future</p> <p>Non specific</p>
FOCUS	<p>The here and NOW</p> <p>What you or your people can do every day</p> <p>Becomes a habit or a ritual</p>	<p>Just a stepping stone</p> <p>A checkpoint</p> <p>Must support or underpin our Outcome Goal</p>	<p>Focus is on the achievement or objective</p> <p>'to be the best'</p>
CONTROL	<p>Total control over this</p> <p>Nothing can get in the way of this</p> <p>Initially a Conscious choice that then becomes Sub-conscious activity</p>	<p>More control over this</p> <p>Could be a SMART target</p>	<p>Little or no actual control</p> <p>Many other factors</p> <p>Wide parameters</p>

# Improves Motivation



# Chris Hoy on Sports Psychology



# Requirements for your Event



- Thinking about your event, what are the technical, tactical, physical, and psychological requirements of it?



# Psychologically Strong



- Name an athlete who you think is psychologically strong
- Why do you think this?
- What behaviours do they demonstrate?





## Aim and Purpose of the Unit:

- Identifying and agreeing a programme to improve psychological skills
- Implementing a programme to improve psychological skills
- Applying and evaluating psychological skills in competition



# Athlete Mindset 1-1 Structure



## Review 1

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- Discuss and explore mental and emotional demands
- Assess strengths and areas of development
- Develop goals aimed at improving your mental skills

## Review 2

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- Monitor development
- Review and modify goals
- Look at how you can embed your strategies during competitions

## Follow up

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- Review progress
- Reassess mental and emotional skills
- Create goals for after the programme

# Classwork/Assignments



## ▼ Athlete Mindset (3 review model + PDs embedded)

✓ Published + ...

This unit focuses on the psychological traits and mental skills that contribute to high-level performance in sport. You will explore how mindset influences your ability to train, compete, and recover, and how you can develop mental resilience to support your long-term goals.

You will be expected to:

- Understand key components of a high-performance mindset, including motivation, confidence, focus, and resilience.
- Reflect on your own mindset and how it affects your performance in different situations.
- Identify strategies and techniques that help you stay mentally strong under pressure.
- Explore how mindset can be developed and maintained throughout your sporting journey.

For this module you need to complete the following:

1. Complete Athlete Mindset Review 1 (part 1) – link below
2. Attend the first 1:1 Review with the Sports Psychologist – complete Review 1, Part 2 with the specialist
3. Take part in Professional Discussion 1 – set as an assignment below
4. Complete Athlete Mindset Review 2 (part 1) – link below
5. Attend the second 1:1 Review with the Sports Psychologist – complete Review 2, Part 2 with the specialist
6. Complete Athlete Mindset Review 3 – link below
6. Attend the third 1:1 Review with the Sports Psychologist – complete Review 3, Part 2 with the specialist
8. Take part in Professional Discussion 2 – set as an assignment below

[See less](#)

 Assignment: Athlete Mindset - Review 1	<a href="#">✎ Draft</a> ...
 Assignment: Athlete Mindset - Review 2	<a href="#">✎ Draft</a> ...
 Assignment: Athlete Mindset - Review 3	<a href="#">✎ Draft</a> ...

# 1-1s Timeline – Review 1s



Review 1	Wave 1 3rd Nov-28th Nov	Wave 2 24th Nov-9th Jan	Wave 3 5th Jan-30th Jan	Wave 4 26th Jan-27th Feb	Wave 5 23th Feb-30th March
	<b>Endurance</b> St Mary's Blue (11); St Mary's Yellow (15); Leeds Blue (10); Bham Blue (11)	<b>Endurance + CE</b> Lboro Blue (33); Lboro Grey (12)	<b>Sprint/Hurdles + Jumps</b> Bham Green (31); Bham Orange (19)	<b>Sprints/Hurdles + Jumps</b> Lboro Black (23); Bham Yellow (11); Leeds Green (5)	<b>Throws</b> Lboro Navy (22); Lboro Purple (23)
Wave numbers	47	45	50	39	45
<b>Easter Holidays 30th March - 12th April for Review 1 Mop Up</b>					
Review 2	Wave 6 Jun 1st - Jul 3rd	Wave 7 Jun 29th - July 31st	Wave 8 27th July - Aug 31st	Wave 9 Aug 24th - Sept 21st	Wave 10 Sept 14th-9th Oct
	<b>Endurance</b> St Mary's Blue (11); St Mary's Yellow (15); Leeds Blue (10); Bham Blue (11)	<b>Endurance + CE</b> Lboro Blue (33); Lboro Grey (12)	<b>Sprint/Hurdles + Jumps</b> Bham Green (31); Bham Orange (19)	<b>Sprints/Hurdles + Jumps</b> Lboro Black (23); Bham Yellow (11); Leeds Green (5)	<b>Throws</b> Lboro Navy (22); Lboro Purple (23)
Wave numbers	47	45	50	39	45
<b>12th - 23rd Oct Review 2 Mop Up</b>					

# Pre - Review 1 Work



★ Part 1, tasks 1 & 2 need to be completed before you meet with your sports psychologist ★

## TASK 1:

Find a picture of an athlete from your event group. Try to get a full body picture and copy it into the space below.

Consider the 4 pillars of performance (Technical, Tactical, Physical & Psychological), label a picture with skills that are required to be a high performing athlete in your event



**[Insert appropriate picture of athlete]**

## TASK 2:

Complete the table below to identify the skills, behaviours and traits that you believe make an athlete mentally strong.



Which athlete from your event, do you think is mentally strong?

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What skills, behaviours and traits do they possess to make you think this? Can you list 5 psychological skills, behaviours and traits.

1	
2	
3	
4	
5	

# Additional Resources



- Infographics
- Podcast
- Videos

## Benefits of Sports Psychology

**What it is?**  
Sports psychology is a field that studies the impact of psychological factors on sports, athletic performance, exercise, and physical activity.  
Sports Psychologists employ various methods such as setting goals, visualization, positive self-talk, and managing arousal levels to help individuals reach their peak performance. Additionally, they address issues like motivation, stress, anxiety, injury recovery, and team dynamics.

**Benefits of Sports Psychology**

- Improves Athlete wellbeing
- Develops team cohesion
- Enhances self awareness
- Builds resilience
- Supports athletes through transitions
- Improves motivation
- Equips athletes with coping strategies
- Reduces stress and anxiety
- Develops leadership
- Improves concentration and focus



# Guiding an Elite Sportsperson



## Your Roles

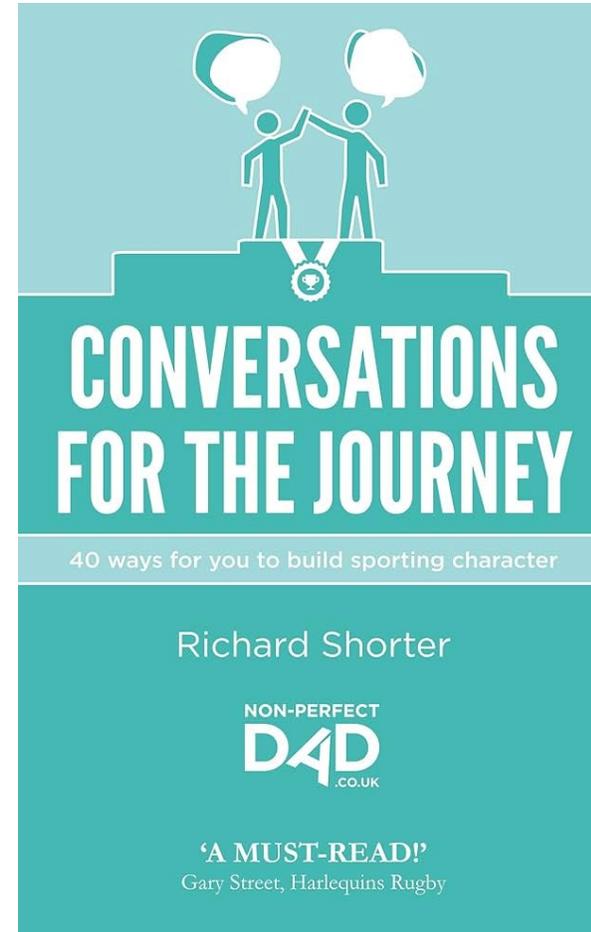
- Taxi Driver / Logistics Manager
- Bank Manager
- Nutritionist & Cook
- Psychologist
- Masseur
- Competition Manager
- Friend

Most parents and coaches have good intentions. They do not try to make children unhappy and miserable. However, they do make mistakes. And one of the most frequent mistakes is to expect children and their teams to act like miniature versions of adults and adult teams.

(Coakley, 1994; cited in Erickson, 2004, p.114)



[Sport Parent](#)



# Previously asked questions



## Questions:

- *“What do I say when they’ve not won?”*
- *“How do I improve their motivation to train, especially in the winter months?”*
- *“How can I help lower their anxiety before they compete?”*
- *“I don’t know how involved I should be on competition and training days”*
- *“How do I support them best through disappointed and mistakes?”*
- *“I want to encourage them to take ownership over their training/competitions, how do I do this?”*
- *What are the best methods to set hugely aspirational goals whilst retaining realism that it might not happen?*



**Thank you!**