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

Introduction to Sport Psychology
The Athlete's Mindset Unit

Tom Evans

Introduction – Tom Evans
Performance Sports Psychologist

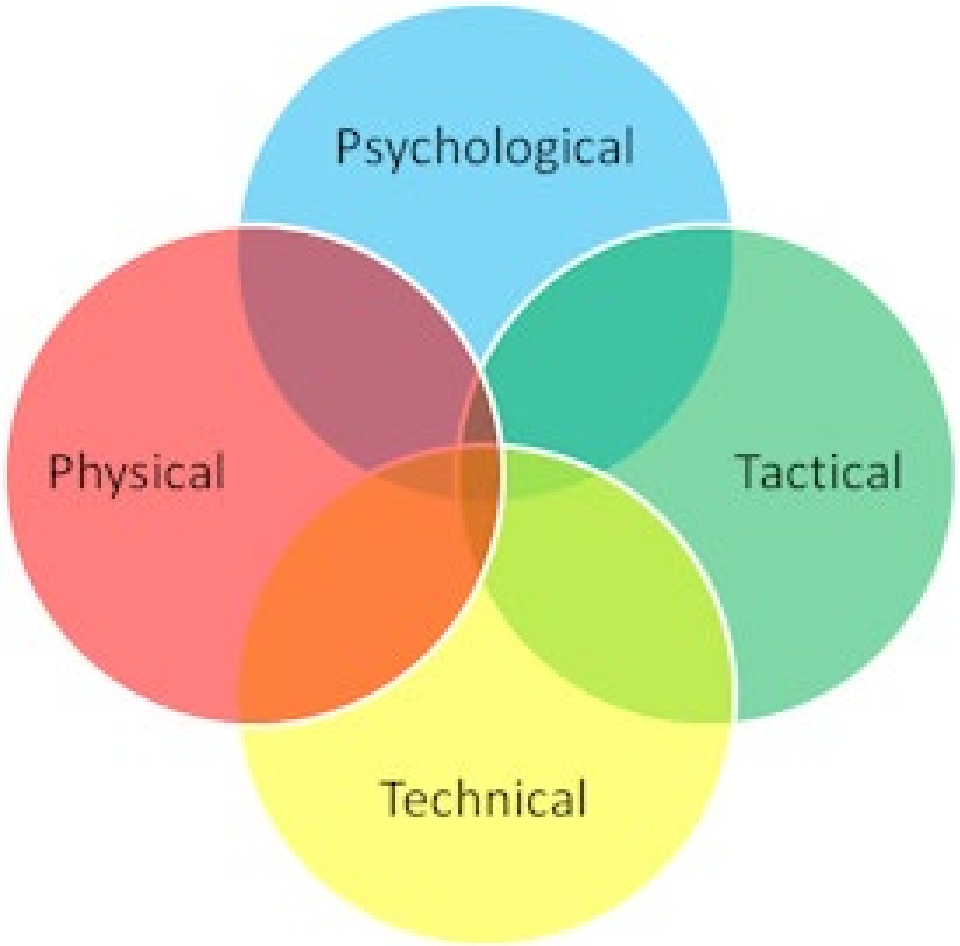
- Background
  - BSc in Sports Science
  - MSc in Sport and Exercise Psychology
  - BASES (CASES) Accredited Scientist
- Experience
  - Over 10 years working in Elite Sport
  - Previously an assessor on DiSE
  - Performance Psychologist for 6 years



Sport Psychology

- 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?



Self-Awareness



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



Confidence



Increases Confidence

What is confidence?

- Self-confidence –

“a feeling of trust in one's abilities, qualities, and judgement.”

  - *Preparation*
  - *Focusing on ourselves*

- Approach vs Avoidance



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



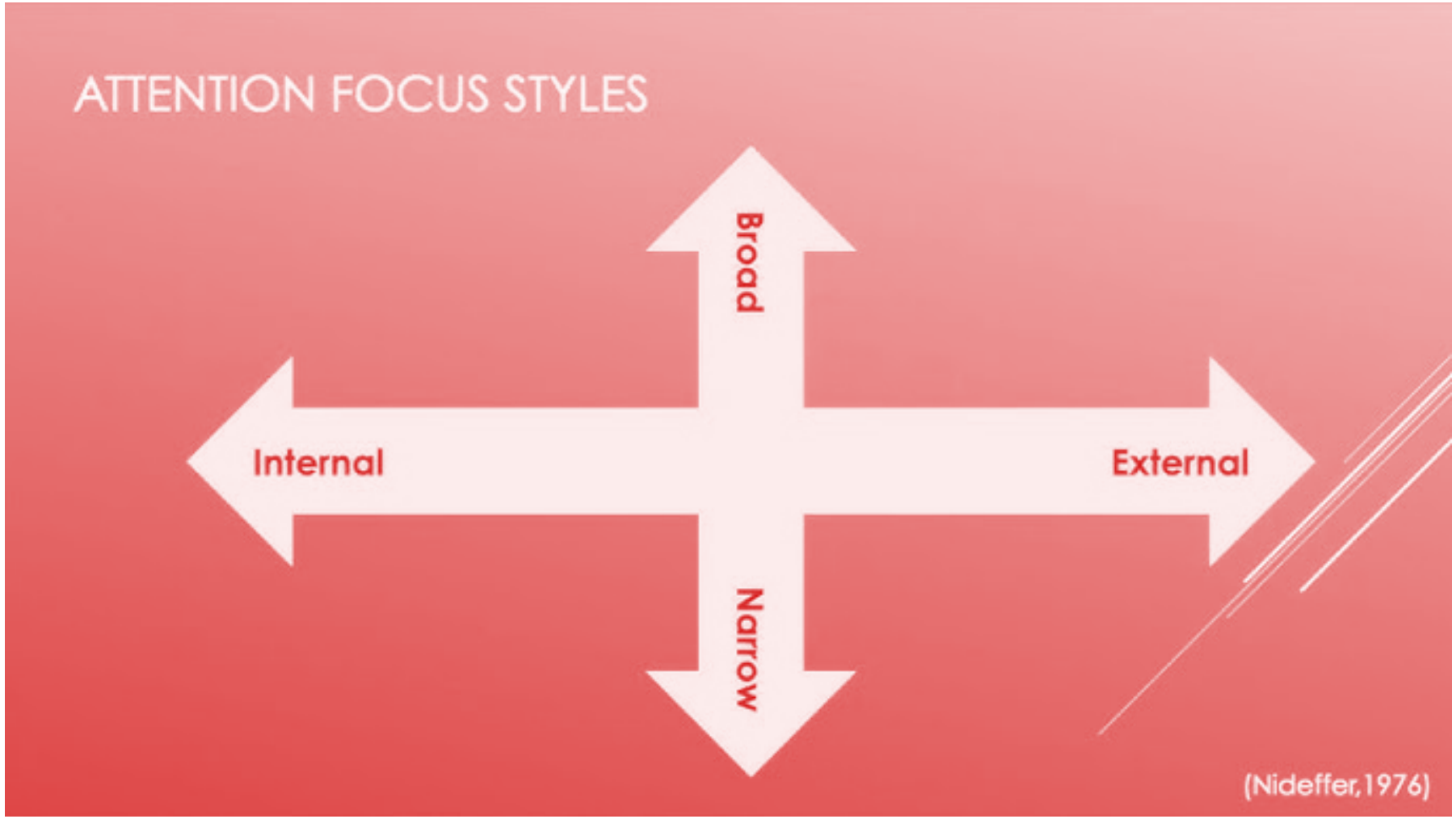
Increases Confidence



Concentration



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



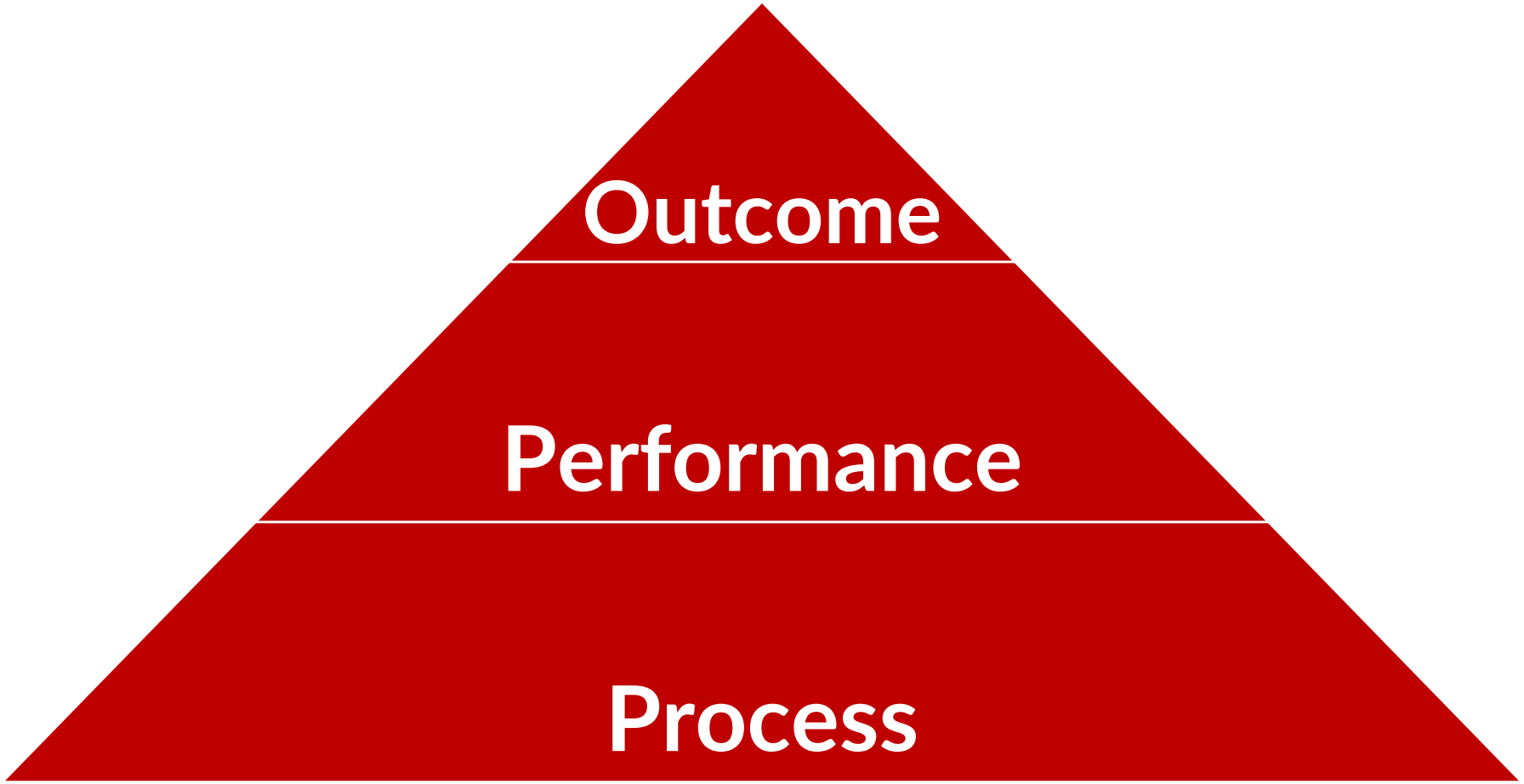
Motivation



Improves Motivation



Improves Motivation



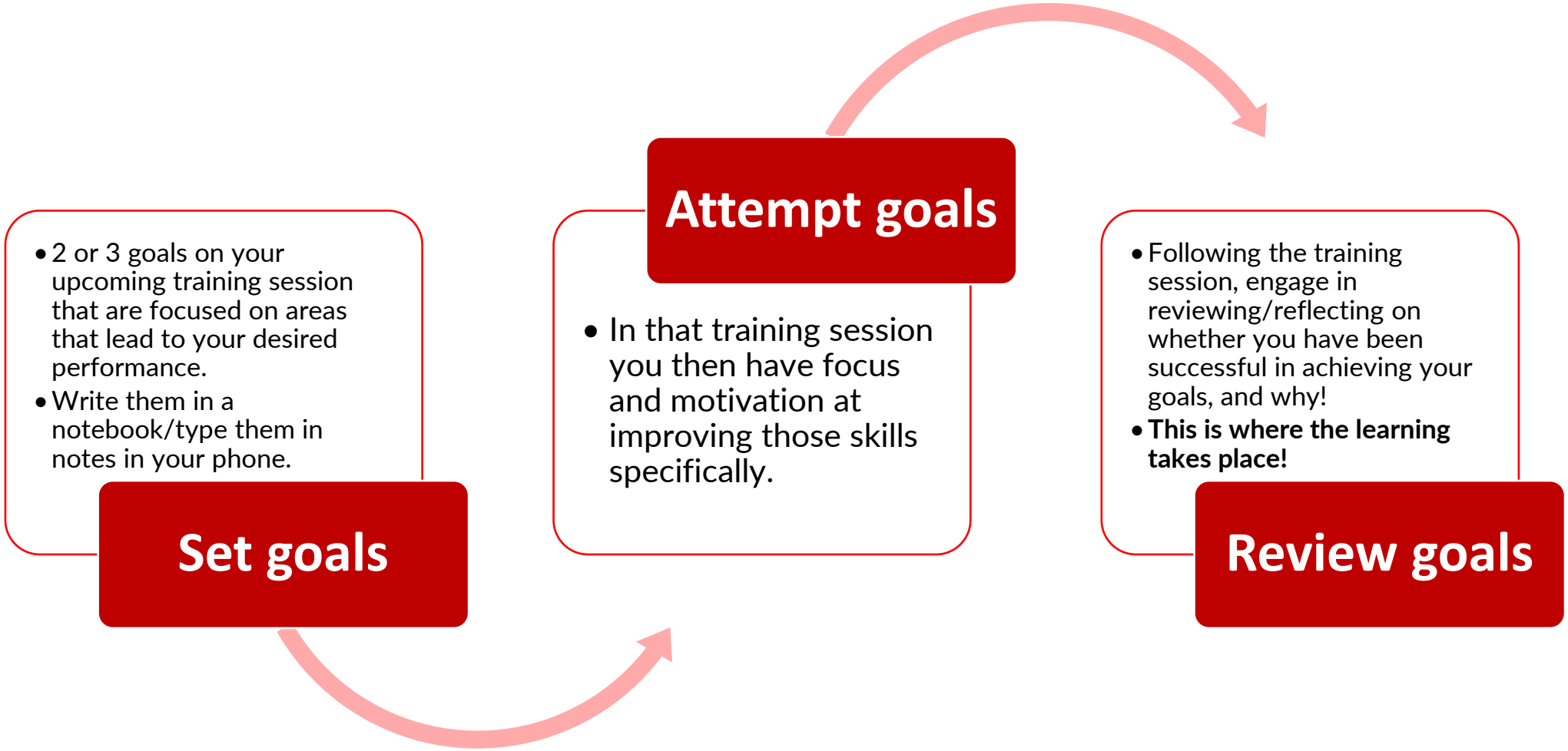
Goal Setting



Improves Motivation

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

Improves Motivation



Chris Hoy on Sports Psychology



Athlete Mindset Unit

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

DiSE
Diploma in Sporting Excellence

Athlete Mindset 1-1 Structure

Review 1

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

Review 2

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

Follow up

- 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 third1:1 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 — Draft

Assignment: Athlete Mindset - Review 2 — Draft

Assignment: Athlete Mindset - Review 3 — Draft

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?



Pre - Review 1 Work

Athlete Mindset 1 – Assess and Set Strategies

Skills, behaviours and employability for a dual-career

A series of skills identified by employers as important for success when balancing a dual-career. Each is organically embedded within your DiSE programme and will help you both as an athlete and in the wider-world.

Communication | Resilience | Self-motivation

Part 1 - The High Performing Athlete

TASK

Please complete tasks 1 & 2 BEFORE you meet with your sports psychologist. The rest will be completed within your 1-1 review.

Find a picture of an athlete. Try to get a full body picture and copy it into the box below.

Consider the four pillars of performance (technical, tactical, physical & psychological), label a picture with skills that are required to be a high performing athlete in your event.

Part 2 – Skills, Behaviours & Traits

Complete the table below to identify the skills, behaviours and traits that you believe make a hockey player mentally strong.

Identify a hockey player you think is mentally strong and explain why?

What skills, behaviours and traits do they possess to make you think this? Can you list 5 psychological skills, behaviours and traits below?	
1	
2	
3	
4	
5	

1-1s Timeline – Review 1s

Review 1	Wave 1: 2nd Nov - 4th Dec	Wave 2: 30th Nov - 15th Jan	Wave 3: 18th Jan-19th Feb	Wave 4: 15th Feb - 19th Mar	Wave 5: 15th Mar - 16th April	
	Endurance St Mary's Blue (9); St Mary's Yellow (9); Leeds Blue (11); St Mary's Purple (9); Snow sports (7)	**Endurance + CE** Lboro Blue (28); Lboro Grey (12) Bham Blue (11)	**Sprint/Hurdles + Jumps** Bham Green (30); Bham Orange (20)	**Sprints/Hurdles + Jumps** Lboro Black (14); Bham Yellow (9); Leeds Green (11); Lougborough Green (15)	**Throws** Lboro Navy (22); Lboro Purple (23)	
Wave numbers	45	51	50	49	45	**240**
						21st March YTP camp
Small mop up: 19th April - 30th April						
Review 2	**Wave 6: 24th May - 25th Jun**	**Wave 7: 21st Jun - 23rd July**	**Wave 8: 19th July - 20th Aug**	**Wave 9: 16th Aug - 17th Sept**	**Wave 10: 13th Sept - 8th Oct**	
	Endurance St Mary's Blue (9); St Mary's Yellow (9); Leeds Blue (11); St Mary's Purple (9); Snow sports (7)	**Endurance + CE** Lboro Blue (28); Lboro Grey (12) Bham Blue (11)	**Sprint/Hurdles + Jumps** Bham Green (30); Bham Orange (20)	**Sprints/Hurdles + Jumps** Lboro Black (14); Bham Yellow (9); Leeds Green (11); Lougborough Green (15)	**Throws** Lboro Navy (22); Lboro Purple (23)	
Wave numbers	45	51	50	49	45	**240**
Small mop up: 11th - 22nd Oct Review 2 Mop Up						
						23rd Oct end (New Cohort)

Additional Resources

- Infographics
- Podcast
- Videos







Thank you!