

IMAGERY

IMAGERY BASICS:

1. **Vivid**- recreate as closely as possible the actual experience in your mind as an image
→ use all 5 senses: sight, sound, feel, taste, hear
2. **Control**- learn to manipulate your images so they do what you want them to do

How to Use Imagery:

1. Use all your senses

- See in vivid color
- Hear the sounds during competition
- Smell the environment or what is around you
- Feel your body move and the contact with the equipment

2. Develop control of your imagery and visualize positive outcomes

3. Use internal and external imagery

- Internal: see what you would see if you were looking OUT of your eyes
- External: see as if you were watching yourself on a video monitor

4. Practice imagery regularly

- Practice makes permanent!

5. Practice imagery in a relaxed state

- When you are first learning, practice imagery relaxed
- When you get better at in practice in a more realistic environment like training

6. Develop coping strategies through imagery

- In your mind, practice dealing positively with the unexpected before it happens

7. Use cues or triggers to help your imagery rehearsal

- You can use cue words or other reminders when you are using imagery

8. Practice kinesthetic imagery

- Kinesthetic means actually feeling the movements when you are using imagery

9. Image in “real time”

- Take the same amount of time to do imagery as it takes to do the skill you are imaging.
- The only exception is if you are having difficulty seeing your desired outcome in your image. Then you can try imagery in “super slow mo” or see the image frame-by-frame until everything looks right. Then you can speed it up again.

10. Use imagery logs

- Track how often you use imagery, how long at a time, how well you saw the desired image.