

IMAGERY (Visualization)

- Creating/recreating an experience/picture in the mind
- Involve all the senses, seeing, hearing, touching, feeling, mood etc.
- Through imagery, your body believes that you are actually practicing the skill so the muscles are being programmed and your body is being prepared to perform
- Controllability- be creative and manipulate the mental picture, picture what you want to accomplish instead of seeing mistakes, be positive.

Checklist- PETTLEP

- ζ **Physical**- best place to do imagery is when you're in your training/competition environment
- ζ **Environment**- important to look at the environment you would like to image in, ex. If you have a game coming up at Mosta pitch, then imagine as if you are playing in that pitch etc.
- ζ **Task**- take note of where attention should be placed ex. On your serve (in badminton)
- ζ **Timing**- if it takes you ex. 7 secs to do a free-shot, it must take the same amount of time in your mind
- ζ **Learning**- if you change your technique, it needs to change to in your mind
- ζ **Emotion**- what emotions do you have?
- ζ **Perspective**- you must see and feel yourself perform in your mind

Uses of Imagery

- ζ To improve concentration, To build confidence, To control emotions, To practice skills, To practice strategy, To cope with pain and injury, Imagery allows you to practice and prepare for events you can never expect to train for in reality

When to use Imagery

- ζ Before and after practice and competition, during breaks, during personal time, when recovering from injury. It is the ideal mental warm-up.