

EXPANDING CONCENTRATION**EXERCISE****COUNTING OFF NUMBERS**

For this exercise you will need;

- the chart of numbers shown below.
- a sheet of clear plastic and washable marker (optional)
- a stop watch

The purpose of the exercise is to concentrate on the task of marking off as many of the numbers in order, as you can in one minute. By using the plastic overlay and the washable marker, the same numbers can be reused. If you don't use an overlay, be sure to copy the original before you start.

In order to ensure that you use focused observation and not memory to find the numbers, start at different numbers, or mark numbers off backwards instead of forwards.

This is an useful group exercise. The level of difficulty can be increased by making it competitive, introducing distracting music, by creating unexpected interruptions, or by calling out numbers randomly.

Adapted from; "A Mental Game Plan"; J.G. Albinson and S.J. Bull

66	55	62	70	74	95	54	41	18	36
07	76	32	00	88	78	08	91	27	42
22	25	72	31	96	52	39	03	93	15
40	43	14	71	20	77	65	59	81	30
50	35	53	33	23	57	05	94	13	26
56	79	19	12	83	87	09	64	46	69
73	99	82	48	01	16	97	45	28	98
60	51	17	85	44	80	89	38	04	63
34	75	24	11	49	90	29	37	92	58
10	06	67	86	68	02	61	84	21	47

INCREASE CONCENTRATION INTENSITY

EXERCISE

SPORT OBJECT

The purpose of the exercise is to increase the duration and intensity of concentration. It requires an object from your game, preferably related to hitting, such as a ball, bat, batting glove, etc. The important thing is that the object be directly connected with hitting. You should also have a watch or clock on hand to time the concentration periods.

FOCUS

Start by sitting in a comfortable position with the sport object in your hands. Be aware of nothing except the object itself, its colour, its texture, its smell and weight. Examine the object in detail, become aware of any scuff marks, stitching and shadows as the object is moved. Guard against all distractions, like what the object is used for, past or future performances, sounds or actions going on in the environment, or non-sport related thought.

EXTEND

Initially, practice this exercise in a quiet place with few or no distractions. Start with a 30 second concentration period followed by a 30 second rest period. As ability improves, extend concentration time and then shorten the rest period, with an ultimate goal of total concentration for five minutes.

BROADEN

Gradually increase the difficulty by changing breadth of focus. To do this, focus first on the specific object, then broaden the focus to include other objects within your sight line, then narrowing down to a single stitch, mark or point on the object, etc. Continue shifting back and forth.

To increase the challenge further, practice in more and more distracting settings e.g.. with music, in a dressing room full of team-mates, or during a rest break in a practice.

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