

LEARNING TO ENERGIZE

COACHES: Sometimes players arrive at the park for a practice or game with varying degrees of fatigue. This can be offset by learning and applying energizing techniques. Here is a simple, 6 step process for learning the skill of energizing.

1. EVALUATE PERSONAL ABILITY

This involves assessing sources of wasted energy and potential blocks to energy flow. Some of these might be tension, negative thinking, overload, distractions and irrational fears.

2. SET GOALS

For eliminating potential blocks and using positive energizers in key situations. Build a self image of an efficiently energized athlete.

3. VISUALIZE RESPONSES

On a regular basis, visualize energizing responses to key situations.

4. PRACTICE THE TECHNIQUES

Energizing is a skill, and like all skills, requires regular practice.

5. MONITOR PROGRESS

Periodically monitor and evaluate the effectiveness of your energizing skills, especially in key situations.

6. AUTOMATE

This is the ultimate goal. To be maximally effective, responses have to be automatic and should not require conscious attention.

PRE-EVENT ENERGIZING**A. ENERGIZING FROM OUTSIDE SOURCES**

Find a place where you can sit or lie down in a comfortable position and not be disturbed. Use your relaxation technique and place yourself in a calm accepting state of mind.

When you are in this state, visualize yourself at a tournament or game. Become aware of the noise of the competition around you. Feel the exhilaration and energy created by these sounds. Accept this energy into your body as you remain calm and relaxed.

Image in your "center" (a spot just below your navel), a small dimly glowing sphere. As you accept energy into your body, the sphere begins to pulsate. It glows brighter and brighter and grows larger and larger as you accept more and more energy. The energy you are accepting is now available for your use.

When you feel comfortable with the size of this energy source in your center, let the image fade. Remind yourself that you can re-fire this source of energy with your own breathing, anytime it is needed. Bring yourself back to a state of alertness, fully awake, completely energized. Begin your next activity.

APPLICATION

**THIS TECHNIQUE CAN BE READILY
APPLIED BY PLAYERS, JUST BEFORE
THEY START THEIR PRE-GAME
WARM-UP**

PRE-EVENT ENERGIZING

B. ENERGIZING FROM A SELF-CREATED SOURCE

Place yourself in a comfortable position. Use your relaxation technique to enter a state of deep relaxation. When you have established this state, create an image of a competitor you greatly admire.

See this person as bigger than life size, with an aura of bright electrifying energy around him or her. Focus your attention on the skills, strengths and energy which make that competitor admirable. Begin to see the image slowly decrease in size and the aura fade, as you feel this energy transfer to *your* body, feeding your own energy source.

Become aware of the feeling that you now have this reserve of energy, which you know to be effective because of its source. Before you bring yourself back to a state of alertness, remind yourself that you can tap this energy reserve anytime you need it, simply by using this energizing technique.

NOTE:

**IF YOU USE THE IMAGE OF A
FORMIDABLE OPPONENT IN THIS
EXERCISE, SEE THE IMAGE SHRINK
TO LESS THAN LIFE SIZE.**