

IMAGERY ASSESSMENT FORM

COACHES: Imagery is probably the most important single mental skill you can teach your players. It can be used to control anxiety, maintain focus, induce relaxation, and even improve skill execution and performance. Every olympic athlete from every country in the world uses mental imagery continually.

Use this form to help players focus on the important aspects that lead to successful imagery, but the level of skill they eventually develop will depend on how frequently they practice. Make a few extra copies of this form for subsequent sessions. Use the scale; 1 = low or weak and 5 = high or good, etc.

	SESSION 1.	SESSION 2.	SESSION 3.
1. How receptive are you to the idea			
2. How relaxed were you to start the imagery?	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
3. How clear were the images in your performance?	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
4. What level of success were you able to achieve?	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
5. To what degree were you able to control the performance speed?	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
6. How many senses were you able to use in your images?	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
7. Was your imagery internal or external?	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	Internal External	Internal External	Internal External
8. List any questions you would like to discuss with a coach or someone qualified in this skill, or points you would like to refer to later.			
Session 1.	_____		
Session 2.	_____		
Session 3.	_____		

THE MIND SET

Learning is always enhanced when potential obstacles to the learning process are removed, and an appropriate mental set established. In order to maximize the benefits from mental imagery, these three conditions must exist.

1. **DESIRE** You must have a genuine desire to be the best hitter you can be. It has to be more than just a wish or a fantasy, there must be a strong feeling of purpose. Ask yourself, "How badly do I want to achieve this goal"?

2. **BELIEF** The more you believe in your goal and the possibility of attaining it, the more certain you will be able to do it. Ask yourself, "Do I really believe I can become a top level hitter?"

3. **ACCEPTANCE** Sometimes we pursue goals without actually wanting to attain them; we are more comfortable with the process of pursuing than the resulting achievement. You must be willing to accept all that goes with being the best, if you want to succeed with imagery.

INTENTION

The sum total of these conditions might be referred to as your *intention*. When your intention to achieve is total, that is;

- Ä YOU DEEPLY DESIRE IT,
- Ä YOU COMPLETELY BELIEVE YOU CAN DO IT, AND
- Ä YOU ARE TOTALLY WILLING TO ACCEPT THE CONSEQUENCES OF ACHIEVING IT,

YOU CAN NOT FAIL!

IMAGERY SHOULD BE THE LAST ATHLETE

CONTROLLED ACTIVITY PRIOR TO

CRITICAL SITUATION PERFORMANCE.

Cal Botterill

Follow these six steps to effective imaging.

HOW TO IMAGE

1. Decide in advance what you want to image and the main points to address. What feelings, movements or other sensations need to be emphasized? From this, establish a performance goal for each session.

EXAMPLE: ***GOAL - EXECUTE A PERFECT POWER SWING.***

*KEY POINTS - INDIVIDUAL MECHANICS,
SWING RHYTHM AND FLOW,
LEVERAGES, SEQUENCE, POWER POINTS,
WEIGHT DISTRIBUTION AND BALANCE.*

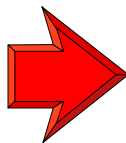
2. Concentrate first on getting relaxed, as anxiety and tension are counterproductive to imaging.
3. Once relaxed, clear a spot in your mind to let the images happen. It is difficult to see the intended images, if your mind is cluttered with other thoughts, problems or ideas.
4. Fully experience that special combination of feelings as you picture yourself performing.

Using the example from Step 1, you must see the perfect swing, feel the levers, action sequence, power sources and pressure points. Sense the smoothness and balance, smell the pine tar and resin. How does it look? How does it feel? Do the images have intensity? Are you confident and positive about the swing?

5. Make use of memory aids, such as;
 - a) Actual physical cues such as a bat, home plate or photos of a perfect swing.
 - b) Environmental cues. Go to the field and see what you would see in a game.
 - c) Video reproduction of yourself or someone else swinging. Try to feel the way they feel. Then close your eyes and rehearse on your own.
 - d) Auditory cues. Sometimes music can help create the desired images.
6. Stay with it! Do not become discouraged if you can't trigger the proper feelings and images immediately. It takes time and practice. Remember how much time and effort went in to learning the physical skill to begin with.

***THAT WHICH WILL KINDLE LIGHTNING
MUST FIRST, FOR A LONG TIME BE A
CLOUD"***

Nietzsche



Once players have worked through the following two exercises, they will be ready for the series of imagery practices on hitting. See the hand out entitled, "Imagery in Hitting"

IMAGERY PRACTICE EXERCISES**INTRODUCTION**

These first two exercises are designed to help develop basic imagery skills. They will be most useful for beginners, because they provide a wide range of image suggestions for practice purposes.

When you can image every situation listed, you will be able to apply your skill to any other area you desire.

HERE'S WHAT TO DO.

1. Set aside about 15 to 20 minutes daily to complete each exercise. If possible, try to use the same time period every day.
2. Start with exercise 1, read over all the items on the imagery list. This will give you a preview of what's to come.
3. Image each item in turn, preferably in colour.
4. After a minute or so, answer the questions for that item.
5. Continue through the list until you have done all 12 items.

NOTE: If you have trouble with any item, leave it until later. You can always go back as your skill improves.

6. Repeat the exercise as often as necessary until you can clearly image every item.
7. When you feel ready, progress to exercise #2. First read the instructions then image the chosen technique and rate the quality of your images.
8. Use either or both exercises after a lay-off from your sport, or as a pre-season tune up for imagery practice.

IMAGERY PRACTICE - EXERCISE 1.

This initial exercise will provide some insight into how well you can control your imagery. If you dream in colour you should be able to visualize in colour as well.

Read each statement then close your eyes and try to mentally see in your mind's eye, the item described. When the item involves action, try to see or feel yourself executing that action.

-
- | | | | |
|----|---|-----|----|
| 1. | EXAMINE IN DETAIL YOUR FAVOURITE TRACK SUIT.
DO YOU SEE THE COLOUR? | Yes | No |
| | CAN YOU EXAMINE EVERY DETAIL BEFORE
YOUR MIND WANDERS? | Yes | No |
| 2. | INSPECT YOUR BALL SHOES.
CAN YOU SEE THE SCUFF MARKS? | Yes | No |
| 3. | VISUALIZE YOUR FAVOURITE ROOM.
DO YOU SEE THE FURNISHINGS AND HOW
THEY ARE ARRANGED? | Yes | No |
| | CAN YOU SEE THE COLOURS AND TEXTURES? | Yes | No |
| 4. | VISUALIZE YOUR FAVOURITE FOOD.
CAN YOU GET ANY TASTE SENSATIONS?
CAN YOU SENSE THE SMELL OF IT? | Yes | No |
| | | Yes | No |
| 5. | IMAGE YOUR FAVOURITE FRUIT.
CAN YOU SEE YOURSELF EATING IT?
CAN YOU DETECT ITS ODOUR?
CAN YOU SENSE HOW IT FEELS TO EAT? | Yes | No |
| | | Yes | No |
| | | Yes | No |
| 6. | VISUALIZE YOURSELF PERFORMING YOUR
WARM UP ROUTINE. CAN YOU COMPLETE THE
FULL ROUTINE WITHOUT YOUR MIND WANDERING
TO SOMETHING ELSE? | Yes | No |
| 7. | IMAGE THE MOST EXCITING THING THAT EVER HAPPENED
TO YOU IN SPORT. CAN YOU SEE THE LOCATION?
CAN YOU SEE WHAT YOU WERE WEARING?
CAN YOU REPRODUCE THE DETAILS OF THAT EXPERIENCE? | Yes | No |
| | | Yes | No |
| | | Yes | No |
| 8. | VISUALIZE YOUR MOST IMPORTANT MISTAKE DURING
AN ATHLETIC PERFORMANCE. NOW THINK OF
HOW YOU WOULD LIKE TO HAVE PERFORMED.
CAN YOU SEE YOURSELF DOING IT CORRECTLY? | Yes | No |

MENTAL IMAGERY - EXERCISE 2.

Think of a movement or sport skill that you have done many times. Image yourself performing this perfectly. Feel yourself performing smoothly, flowing with ease.

Close your eyes, relax your body, feel the movement. Continue the action for about one minute, then answer the following questions.

1. WERE YOU ABLE TO SEE YOURSELF PERFORMING CLEARLY, SEEING WHAT YOU ACTUALLY SEE WHEN YOU PERFORM THIS SKILL?

No images
at all

Crystal clear
image

1 2 3 4 5 6 7 8 9 10

2. DID YOU FEEL LIKE YOU WERE REALLY DOING IT?

No real
Feeling

Yes, felt just
like I was doing it

1 2 3 4 5 6 7 8 9 10

3. WERE YOU ABLE TO CONTROL THE IMAGED EXPERIENCE TO MAKE THINGS HAPPEN THE WAY YOU WANTED?

No control of
image at all

Yes, very easy to
control images

1 2 3 4 5 6 7 8 9 10

**DO THIS EVERY DAY FOR FIVE DAYS,
SEE HOW MUCH YOU CAN IMPROVE**