

IMAGERY

1. Start simple, progress to more complex

2. Include all your senses: sight, sound, smell taste, touch

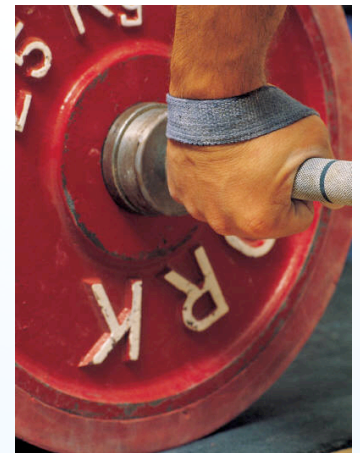
3. Practice, Practice, Practice.

4. Visualize great performances *and* overcoming obstacles

INCLUDING IMAGERY IN YOUR TRAINING

Follow these guidelines to make your visualization and imagery as effective as possible.

- 👉 Use all of your senses: The better and more detailed the image, the better your body can understand what it has to do. You need to make sure you are adding in not only what you see; but also what you hear, smell, taste, and what you feel.
- 👉 Just as with physical training, mental training should be done habitually. It should become a regular part of your practice schedule. You need to make the commitment and take the time to utilize this skill.
- 👉 You can visualize from either an internal or external perspective. For the most part, it is best to try and be the person actually going through the motions so that you have a keen awareness of how it feels to do things the correct way.
- 👉 External imagery (as if you are a spectator or watching a video of yourself) is good for error correction, this way you can see what it is you are actually doing wrong, as would your coach.
- 👉 If you participate in a sport that is timed (track, swimming, speed skating, skiing, figure skating, etc.), your imagery of a particular race should be equal to the time of the actual event. If you compete in long duration events, choose specific points of your event to visualize.



Utilizing imagery into your routine is an easy way to practice and improve new and difficult skills. Imagery can also help you prepare for challenging situations that you will face in competition.

