

Tips for Using Imagery to Enhance Performance

Using imagery helps athletes to get the most out of their training, maintain motivation & keep in top form if training is not possible

Create Specific Images

Focus on a specific movement
Re-create details of your sport setting: the atmosphere, the sights & the sounds



Mastery Rehearsal

Focus on performing the movement at its best
Feel the energy & positive emotions running through your mind and body

Body & Breathing

Sit in a comfortable place
Relax your body
Take several long, slow breaths



Time

Practice imagery daily - devote 10-15 minutes
Begin by imaging high quality movements for short periods of time

