

Teaching Track and Field Athletes the Skill of FOCUS!

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Teaching the Skill of FOCUS

- "RIGHT " THOUGHTS HELP SPORT PERFORMANCE!
- RIGHT THOUGHTS, POSITIVE THOUGHTS, AND FOCUSED THOUGHTS HELP SPORT PERFORMANCE!

Teaching the Skill of FOCUS

What Do ALL Coaches Want?

Teaching the Skill of FOCUS

- THINKING RIGHT IS A SKILL!
- LIKE ANY OTHER SKILL, "THINKING RIGHT" CAN BE LEARNED!

Teaching the Skill of FOCUS

- THIS IS THE MOST BASIC UNDERSTANDING:
- "WRONG" THOUGHTS HURT SPORT PERFORMANCE!
- WRONG THOUGHTS, NEGATIVE THOUGHTS AND DISTRACTED THOUGHTS HURT SPORT PERFORMANCE!

Teaching the Skill of FOCUS

- WRONG THOUGHTS HURT OUR PERFORMANCE!
RIGHT THOUGHTS HELP OUR PERFORMANCE!
- WE WILL LEARN THE SKILL OF "THINKING RIGHT"!

Teaching the Skill of FOCUS

FOCUS

- THIS IS OUR GOAL – TO BE ABLE TO FOCUS ON EVERY PLAY!
- AND ... TO BE ABLE TO RE-FOCUS FOR THE NEXT PLAY!

Teaching the Skill of FOCUS

- I AM RESPONSIBLE FOR MY THOUGHTS – YOU ARE RESPONSIBLE FOR YOURS.
- IF I HAVE A WRONG THOUGHT OR A NEGATIVE THOUGHT OR A THOUGHT THAT I DON'T WANT TO HAVE, ALL I HAVE TO DO IS PICK A DIFFERENT THOUGHT, A RIGHT THOUGHT!

Teaching the Skill of FOCUS

- I THINK MY THOUGHTS – YOU THINK YOURS.
- I THINK MY THOUGHTS ONE AT A TIME – YOU THINK YOUR THOUGHTS ONE AT A TIME.

Teaching the Skill of FOCUS

- IF YOU HAVE A WRONG THOUGHT, ALL YOU HAVE TO DO IS PICK A RIGHT THOUGHT, AND THE WRONG THOUGHT IS GONE.
- I CONTROL MY THOUGHTS. YOU CONTROL YOURS!

Teaching the Skill of FOCUS

- I PICK MY THOUGHTS – YOU PICK YOURS.
- YOU CAN'T MAKE ME THINK ANYTHING – I CAN'T MAKE YOU THINK ANYTHING.

Teaching the Skill of FOCUS

- I CHOOSE TO TAKE CONTROL OF THINKING RIGHT THOUGHTS! YOU CHOOSE TO TAKE CONTROL OF YOU THINKING RIGHT THOUGHTS!
- I CHOOSE GREAT PERFORMANCE! YOU CHOOSE GREAT PERFORMANCE!!

Teaching the Skill of FOCUS

- FOCUS is just a THOUGHT!
- FOCUS IS CONTROLLABLE!!
- FOCUS IS A CHOICE!!!
- YOU MAKE THE CHOICE! YOU TAKE CONTROL!!

Teaching the Skill of FOCUS

FOCUS is the single most fundamental SPORT SKILL!!

Teaching the Skill of FOCUS

**FOCUS is Just a Thought!
Thus, FOCUS is a SKILL!**

Teaching the Skill of FOCUS

**Coaches Can (and MUST)
Teach the Skill of FOCUS!**

Teaching the Skill of FOCUS

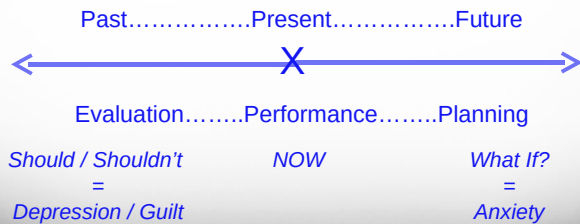
- FOCUS is WAY MORE than just CONCENTRATION!
- FOCUS is the well spring of "PEAK PERFORMANCE" ... of "IN THE ZONE" ... and, of "FLOW"!!
- FOCUS IS THE KEY TO GREAT PERFORMANCE!

Teaching the Skill of FOCUS

**There are actually 5 Key Skills
in FOCUS!**

- Time Orientation-Right Here! Right Now!
- Positive Self Talk- Affirmations
- Composure-Maintain Optimal Arousal
- Concentration- Find What Matters
- Confidence-It's a CHOICE!

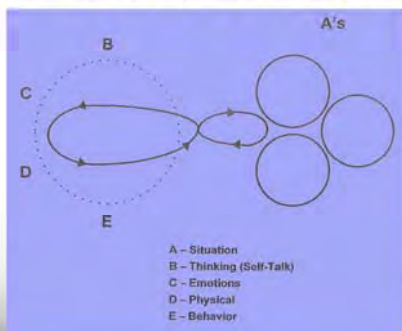
Teaching the Skill of FOCUS Time Orientation



Teaching the Skill of FOCUS Positive Self Talk

- I AM GREAT!
- I AM STRONG!
- I AM PREPARED!
- I AM TOUGH!
- I AM READY!
- I TRUST!
- I BELIEVE!
- WE ARE TOGETHER!
- WE ARE READY!
- WE ARE STRONG!
- WE ARE FOCUSED!
- WE WILL STOP THEM!
- WE WILL SCORE!
- I AM FOCUSED!

Teaching the Skill of FOCUS Positive Self Talk



Teaching the Skill of FOCUS Composure: Optimal Arousal

Not Too HIGH, Not too LOW, Just RIGHT!!

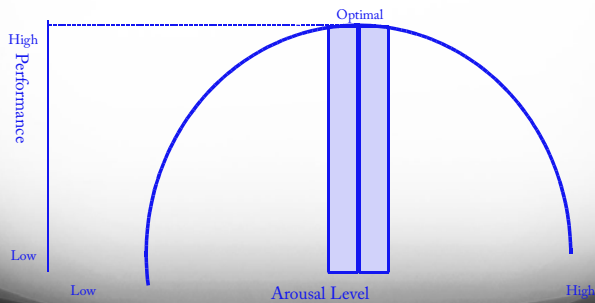
Teaching the Skill of FOCUS Positive Self Talk

AFFIRMATION – STRONG, POSITIVE
STATEMENT ABOUT YOURSELF, YOUR
TEAM, YOUR MISSION!

Teaching the Skill of FOCUS Composure: Optimal Arousal

- FOR A GIVEN PERSON ...
- WITH A GIVEN TASK ...
- ON A GIVEN DAY
- WITH A GIVEN SET OF CONDITIONS ...
- There is a GIVEN LEVEL of AROUSAL that will allow for OPTIMAL PERFORMANCE

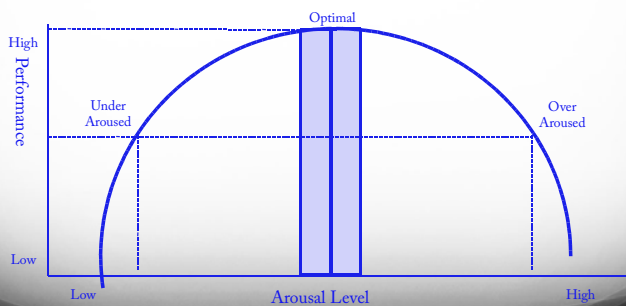
Teaching the Skill of FOCUS Composure: Optimal Arousal



Teaching the Skill of FOCUS Concentration

- CONCENTRATION is about Finding the RIGHT information, and then staying FOCUSED on it!
- Some of the information available to us is RELEVANT to what we are doing
- This information MATTERS!!
- But most of the information available to us is IRRELEVANT to what we are doing.
- This information DOES NOT MATTER!

Teaching the Skill of FOCUS Composure: Optimal Arousal

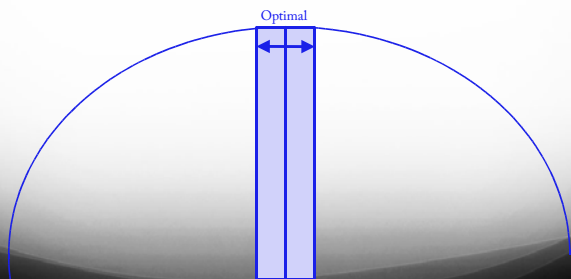


Teaching the Skill of FOCUS Cook's Model of Concentration

Observe
Strategy
Image
Trust

See It – Feel It – Trust It

Teaching the Skill of FOCUS Composure: Optimal Arousal



Teaching the Skill of FOCUS Confidence

It's a CHOICE!

Teaching the Skill of FOCUS Confidence

Actually it's TWO Choices!

Teaching the Skill of FOCUS The Coach as the Environmental Engineer!

- ☐ Model- What You Do, and What You Say
- ☐ Instruction- Positive Constructive Instruction
- ☐ Experiences- Athletes Learn By Experiences
- ☐ Repetition- Repeat, Repeat, Repeat, Repeat...
- ☐ Anchor- Create a "Go To" Anchor

Teaching the Skill of FOCUS Confidence

- ☐ 1. Competence builds Confidence!
- ☐ First, CHOOSE to become more COMPETENT!
- ☐ Bring your BEST FOCUS to practice every day! Get better every day!

Teaching the Skill of FOCUS Accountability

- ☐ This is what it is ALL ABOUT!
- ☐ This is WHY we learn the skill of THINKING RIGHT!

Teaching the Skill of FOCUS Confidence

- ☐ 2. Focus Confidence on Your Performance, not on the outcome!
- ☐ Confidence is about your upcoming performance, not the outcome!
- ☐ Second, CHOOSE to be FOCUSED on and CONFIDENT about your performance!

Teaching the Skill of FOCUS Accountability

- ☐ What is this all about?
- ☐ This is NOT ABOUT "magic tricks"!
- ☐ This is NOT ABOUT "Good Luck Charms"!
- ☐ This is NOT ABOUT "Entertainment"!

Teaching the Skill of FOCUS Accountability

- ▣ This IS ALL ABOUT ...
- ▣ LEARNING and APPLYING
- ▣ NEW SKILLS!!

Teaching the Skill of FOCUS Accountability

- ▣ Demand ACCOUNTABILITY from YOURSELF!
- ▣ Demand ACCOUNTABILITY from YOUR TEAMMATES!
- ▣ Be ACCOUNTABLE TO YOURSELF!
- ▣ Be ACCOUNTABLE TO YOUR TEAMMATES!

Teaching the Skill of FOCUS Accountability

- ▣ YOU ARE DEVELOPING THESE SKILLS!
- ▣ YOU HAVE THESE SKILLS!

Teaching the Skill of FOCUS Accountability

- ▣ ACCOUNTABILITY!!
- ▣ Be the RIGHT GUYS!!!

Teaching the Skill of FOCUS Accountability

- ▣ It's now about one thing ...
- ▣ ACCOUNTABILITY!

Teaching the Skill of FOCUS

Kids Meet Sport at the
COACH!