Relaxation & Energizing Techniques
Inconsistency in Performing

• Caused by fluctuation in mental control
  – Your physical ability is relative stable
  – Your skills are not lost quickly
  – Strategy can be changed quickly
  – Conditioning does not change quickly
Mental Control

• Should be Automatic (Green & Green, 1977)
• Trick is to learn how to self-regulate:
  1. Arousal
  2. Relaxation
Learning to relax is essential to regulating arousal!

1. Prevents the double pulling

2. Promotes differential relaxation
Excessive Muscular Tension

- Excessive muscular tension is triggered by mental input which is generated by worry and anxiety about performing well!
• More the muscle tension(double pulling), more difficult it is to execute or perform.

• Athlete’s need to recognize unwanted tension and to relax or release tension
Being Relaxed can:

1. Promote proper coordination
2. Promote recovery
3. Promote sleep
4. Enhance performance
Type of Athlete

• Athletes with an internal locus of control and have a positive expectancy are able to master relaxation techniques (Lehrer & Woolfolk, 1993)
What should coaches do?

• Coaches need to match the stress management technique with the symptoms of anxiety complaints by their athlete (Matching Hypothesis).

1. Somatic

2. Cognitive
Stress Management Techniques

Muscle to Mind Technique(somatic)
  Progressive relaxation
  Biofeedback

Mind to Muscle Technique
  Autogenic Training
  Mediation
  Relaxation Response(Benson, 1975)
  Imagery
Muscle to Mind Relaxation

1. Breathing Exercises
2. Progressive Relaxation Exercise
   a. Specific muscle groups
   b. relaxation tapes
   c. Large muscle groups to small
   d. position & message
3. Biofeedback
Mind to Muscle Relaxation

1. Mediation
   a. Mantra
   b. Relaxation Response (Benson, 1975)

2. Visualization
   a. Autogenic training (self hypnosis)
   b. Stages
      - Heavy
      - Warm
      - 3 to 6 cycles
On Site Competition Relaxation Tips (Weinberg, 1988)

- Smile
- Have fun & enjoy
- Simulated practice
- Slow down and take your time
- Stay focused on the present
- Good Game Plan
Most Coaches Are Interested In Psyching Up Techniques

- Coach needs to assess the athlete(s) feelings and attitudes signals that they are under activated.
  - do they seem to move slowly
  - does their mind seem to somewhere else
  - do they feel heavy
  - do they react slowly
Coaches Ways to Increase Arousal!

• Coach should not get excited before a contest! (Anxiety producing effect)
• Use first names
• Set on the site goals
• Use nonverbal cues
• Introduce the starting warm up
• Do a proper physical warm up
Athlete’s Ways to Increase Arousal

• Music
• Have a pre competition or competition routine
• Act energized(become physically involved)
• Use mood words, positive statements
• Use Imagery
• People
• Importance of the event
• Use distractions as a source of arousal
Incorrect Ways of Arousal Regulation that Produces Worry and Anxiety

- Teaching before and during the contest.
- Stress winning and losing
- Use criticism and threaten the athlete!
- Make the athlete feel guilt….
- Say…Don’t do that…
- Tell the athlete that they not have what it takes!
- Blame the official