

Integrating Sport Psychology Into Training & Competition

October 2009
Kelowna



(250) 896-2383
bpinel@cesepacific.ca

Dr. Bruce Pinel
Canadian Sport Centre Pacific
Mental Performance Consultant

© 2009 Dr Bruce Pinel

Background

- **Ph.D. – Physical Education: Sport Psychology**
 - University of Otago, New Zealand
- **M.A. – Physical Education: Sport Psychology**
 - University of Alberta
- **Kinesiology - B.A Hons**
 - UVic
- **Member of:**
 - Canadian Sport Psychology Association (CSPA)
 - Association for the Advancement of Applied Sport Psychology (AAASP)

2

© 2009 Dr Bruce Pinel

Background (cont'd)

- **Sport Psychology Consultant for:**
 - Canadian Olympic Team / Athletes
 - Swimming, Rowing, Triathlon, Diving, Cycling, Wrestling, Softball
 - Canadian Paralympic Team / Athletes
 - Rowing, Curling
 - Provincial team / athletes
 - Rowing, Diving, Rugby, Triathlon, Curling, Swimming, Golf, X-country skiing,
 - Professional team / athletes
 - Hockey, Golf, Tennis, Curling
 - Canadian Sport Centre Pacific & Sport Med BC
 - National Coaching Institute
 - Victoria High School Sport Academies

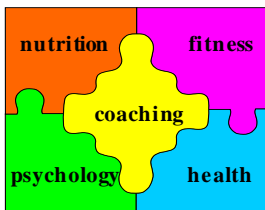
3



© 2009 Dr Bruce Pinel

Where does Sport Psychology Fit?

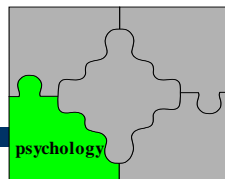
- Success in sport is like a puzzle... incomplete without all the pieces
- When the 'psy chology' puzzle piece is missing it is obvious
- Balance of the Sport Sciences is necessary



5

© 2009 Dr Bruce Pinel

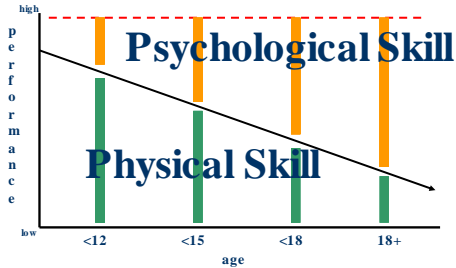
The 'Pieces' Within the Puzzle Piece



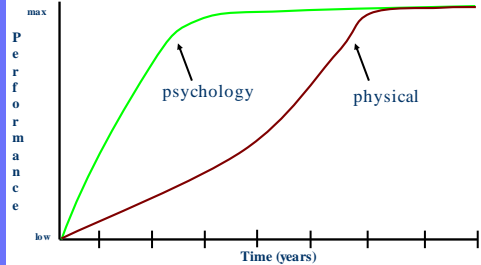
- Composure
- Energy / Anxiety Control
- Relaxation
- Attentional Control - Focus
- Mental Preparation
- Self-Challenge & Goal-Setting
- Distraction Management
- Self-Confidence
- Self-Awareness
- Imagery & Self-Talk
- Self-Direction

6

Physical - Psychological Impact: Difference Makers



World Class Timelines



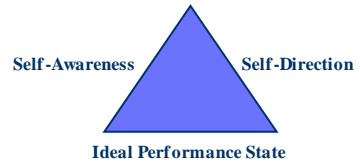
The Mental Steroid

- Unlimited resource
- Won't show up in a urine test!!
- Smart Body & Strong Mind
- Turning -ve into +ve...find the message
 - critique / challenge from coach is only offered if coach believes there is more 'in you'
- Quality vs Quantity Training – do it right more of ten – make it a habit



A Framework for Learning Sport Psychology

- Ideal Performance State (IPS)
- Self-Direction
- Self-Awareness



Direct & Indirect Performance Factors

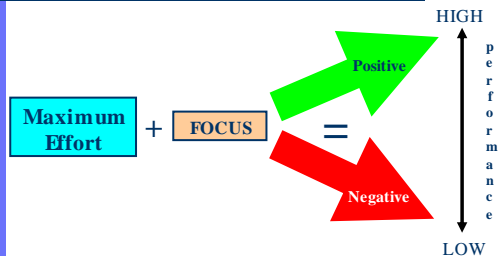
Direct Performance Factors

- Things that happen during training and competition
 - Pre-event anxiety
 - Confidence
 - Task relevant focus
 - History at venue / event
 - Competitors' actions
 - Composure under pressure
 - Environmental distractions
 - Discipline to finish hard
 - Managing Injury / Pain
 - Motivation to train between events
 - Executing specific technical aspects
 - Etc...

Indirect Performance Factors

- Things that happen outside of training and competition
 - Sleep issues
 - Distractions from other events / activities
 - Being away from home
 - Relationships with team-mates
 - Injury rehabilitation
 - Pressures from family & friends
 - Balancing school, work, social – perceived sacrifices
 - Discipline for nutrition
 - Socio-cultural issues
 - Results from other games
 - Media comments
 - Etc...

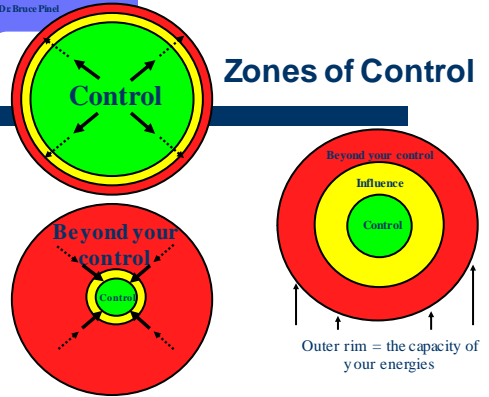
Effort + Focus = Performance



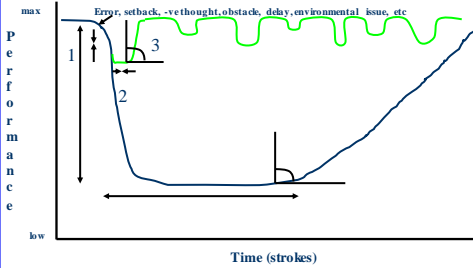
Investment Concept

- Putting \$\$ in the **Bank of <insert your last name here>**
 - Training (on & off the water/ice/court) = deposits
 - Each deposit gains interest, no matter how big or small it is
 - Anyone can train when conditions are perfect (personal & environmental) – this isn't what separates people...the biggest deposits are made when you still train despite 'less than perfect' conditions and these have the highest interest rate as well
 - No guarantee that competition context will be 'perfect'
 - Competition = withdrawal
 - The bigger your account balance (deposits + interest) = the bigger the withdrawal can be = success
 - Competing with the knowledge that you have trained hard through all conditions and have made huge deposits = confidence

Zones of Control



World Class Error Detection, Correction, & Recovery



Thank you and have a great 2009-2010 season!