

Maintaining Focus/Concentration/Attention

Team 3



Your Concentration Can Make Or Break Your Performance: A Former World Champion's Story (4 mins)

<https://youtu.be/NakaBM7wmdY>

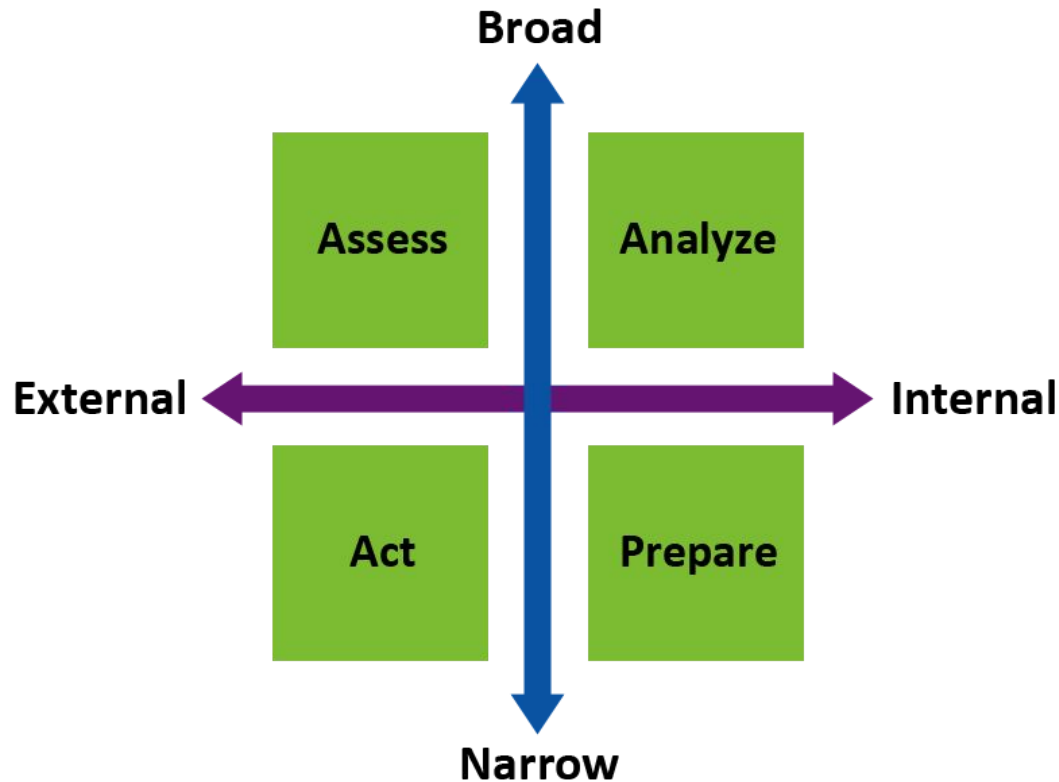
Content

- Introduction Video
- What is Concentration & Why We Cannot Concentrate
- 6 Ways to Improving Concentration
- Class Activity - Test Your Concentration!

What is Concentration?

- Focusing on relevant cues
- Maintaining the focus over time
- Maintaining situational awareness
- Shifting attentional focus

Types of Focus



Four quadrants of attentional focus.

Adapted from Nideffer, 1976 (25).

Why Cannot Concentrate?

Internal Distractions

- Attending to past or future events
- Choking under pressure
- Over-analyzing body mechanics
- Fatigue
- Inadequate motivation

External Distractions

- Visual distractors
- Auditory distractors

#1 - Self-Talk

- Self-Talk is a personal statement or thought
- Self-Talk can be used to enhance performance
- Self-Talk can be positive, instructional, negative or neutral



#1 - Self-Talk (*continue*)

- Rules for Effective Self-Talk
 - short and specific phrases
 - me and now
 - positive
 - affirm
 - be kind to yourself
 - repeat

- Stop Negative Thoughts

#2 - Simulation in Practice

- Real World Contexts
- First Hand Experience
- Mental & Physical Preparations

- e.g. Friendly games, remote or unfamiliar locations, limited tries

#3 - Establish Routines

- Repeating what's needed for the specific performance
- Practice makes perfect
- Can be used before and during performances

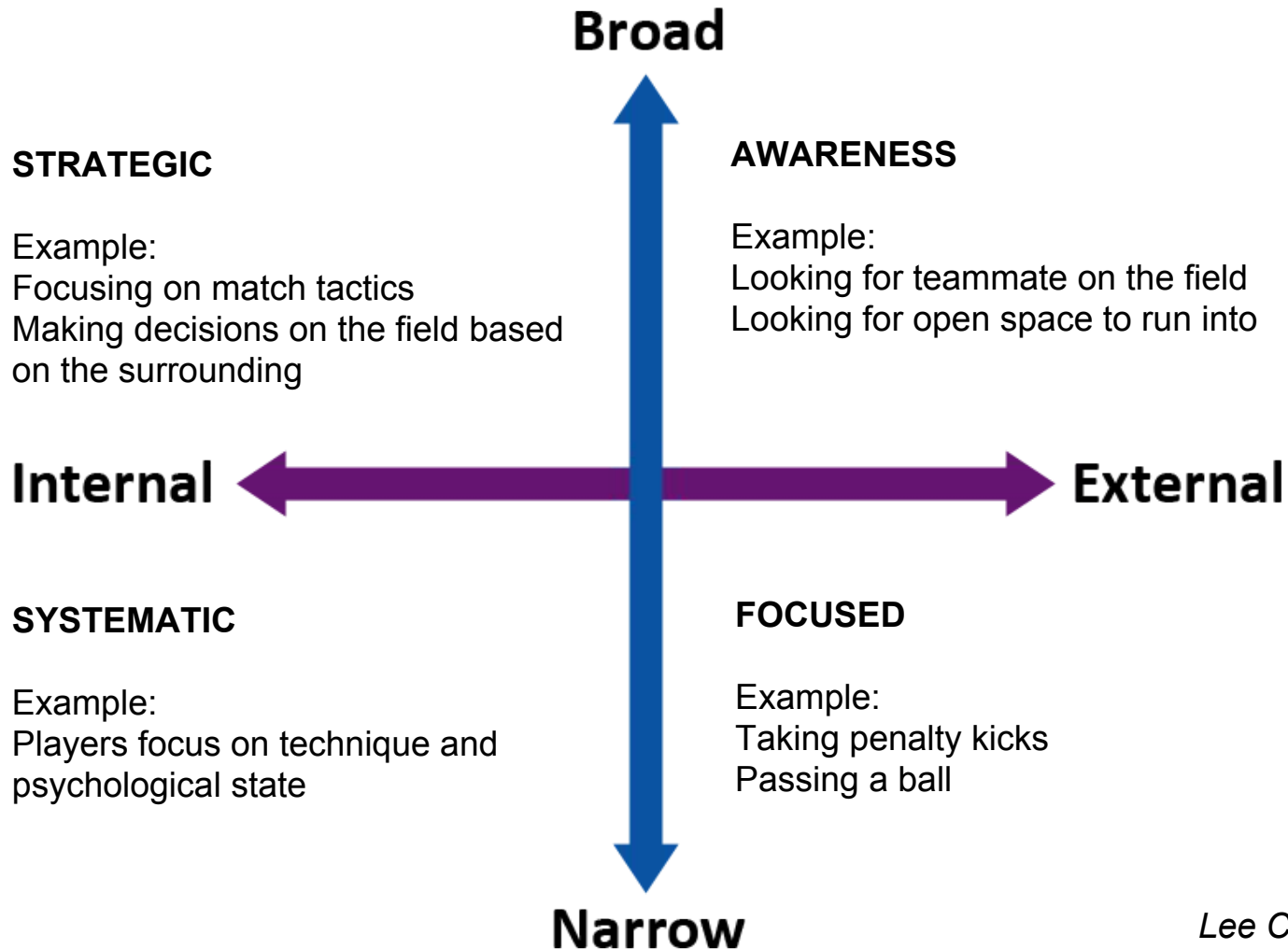
#4 - Competition Plans

- Establishing pre-competition and competition plans in maintaining attentional focus.
- These plans not only help athletes prepare for their event but also to facilitate focus on:
 - process goals
 - ‘what ifs’ situations ---> coping plans
 - pre-planning on logistics on competition day

#5 - Understanding Attentional Styles

- Directions
 - Internal (Thought, imagery and physical sensation)
 - External (Environmental e.g teammates or opponent)
- Width
 - Broad (Peripheral cues e.g the field of play)
 - Narrow (One particular cue or small number of stimuli e.g ball or the goal)

#5 - Understanding Attentional Styles (cont)



#6 - Focus in Present

- Mindfulness about ***now***
- Identifying attentional field and train the mind to avoid potential distractions
- Ideal Performance State (IPS) - get in the ***flow***

Activity - Test Your Focus!

| | | | | | | | | | |
|----|----|----|----|----|----|----|----|-----|----|
| 37 | 46 | 32 | 93 | 58 | 36 | 30 | 94 | 31 | 16 |
| 89 | 87 | 70 | 22 | 7 | 69 | 54 | 15 | 17 | 52 |
| 99 | 67 | 45 | 14 | 71 | 92 | 26 | 64 | 68 | 6 |
| 75 | 25 | 55 | 85 | 95 | 77 | 41 | 80 | 100 | 8 |
| 12 | 91 | 83 | 10 | 3 | 72 | 19 | 82 | 90 | 43 |
| 23 | 27 | 2 | 98 | 84 | 61 | 1 | 40 | 38 | 73 |
| 97 | 11 | 35 | 47 | 96 | 76 | 18 | 28 | 48 | 51 |
| 57 | 65 | 5 | 60 | 34 | 42 | 88 | 20 | 59 | 49 |
| 66 | 9 | 79 | 74 | 50 | 53 | 63 | 4 | 78 | 44 |
| 81 | 56 | 86 | 39 | 21 | 29 | 33 | 62 | 24 | 13 |

Concentration Grid

Thank You!