

# Imagery

“A polysensory skill that involves creating or recreating an experience in your mind.”

## Benefits

- Enhance motivation
- Cope with pain and injury
- Improve emotional response control
- Improve concentration
- Build self-confidence
- Acquire new skills (or improve current ones)

## Task

What will you be doing?  
What aspects do you need to focus on?

## Timing

Slow it down to watch yourself execute the skill frame by frame, then speed it back up to real time.

## Learning

Update your imagery script as your technique and skills improve.

## Environment

Picture your setting using all of your senses. Use photos or video if you've never been there before.

## Emotion

What do you feel when you see yourself performing well? This can improve confidence.

## Physical

How physical is the task at hand? Do you need to be relaxed or energized?

## The PETTLEP Model

## Perspective

Use internal imagery (1st person) or external imagery (3rd person). Switch between perspectives as needed.



## What am I using it for?

- Cognitive:** Improve confidence or concentration, or conceptualize a new skill
- Behavioral:** Improve technique or build better habits
- Emotional:** Improve emotional responses, adjust energy levels, or reduce anxiety



## How do I do it?

- Cue word:** Attach a word or mantra to your imagery practice for easier access.
- Repetition:** Practice! The more you do it, the easier it gets to tap in to.
- Breathing:** Use the breath as both a trigger to practice imagery, and as a way to settle the mind.



## When can I use it?

- Before:** Upon waking up, during warm-ups, seconds before the start
- During:** Set incremental goals that you can visualize accomplishing, or tap into imagery for confidence
- After:** Reflect on the performance to keep doing what works or to improve what doesn't

## Example Script:

“I am taking a deep breath. Inhaling fully, exhaling slowly. The tension in my body is leaving me. I am letting go of any concerns. I am relaxed and ready to perform. I am prepared, healthy, fit, strong, and confident.

I see myself running. My posture is upright, my arms are swinging back and forth. My shoulders are relaxed and my eyes are facing forward, focused 20 feet ahead. I see the ground in front of me passing by at a steady pace, my feet gliding over the ground. I feel light and energized. I am moving automatically and effortlessly.

I feel the sun on my skin and the breeze in the air. There is perspiration dripping from my forehead, cooling me down. There is no pressure, no concerns, and I feel confident. I take a few easy, comfortable breaths. I am ready to go.”

## QUICK TIP

Be as realistic in your imagery as possible. Imagine real conditions that you would find yourself in at your level of play, and imagine a level of performance that is realistic for you.

Use all of your senses:



The more visceral and lifelike you can make it, the more effective it will be.