



Focus/ Concentration

Focus/ Concentration: One the major mental skills in sport is the ability to focus one's attention without being unduly distracted (which is especially hard when competing under pressure)

- Focusing simply means attending to task-relevant cues. It is at that point that you can effectively block out whatever distractions are bothering you or interfering with your performance

When focus and concentration is lost, the following happens:

- Perception is hampered
- Decision making ability is weakened
- Movement becomes disorganized
- Performance deteriorates

It is easy to be distracted by the following:

External

- Crowd/ audience
- Weather or facility conditions
- Competitors

Internal

- Worries
- Thoughts unrelated to performance
- Concentrating on concentrating

- The key is to learn to increase your “selective awareness” (awareness of task-relevant stimuli) while decreasing your awareness of distracting or non-task-relevant stimuli

List some of your potential distractions: What will you do to deal with them?

<i>External Distractions</i>	<i>Plan of Focus</i>	<i>Internal Distractions</i>	<i>Plan of Focus</i>