



***PRIME* SPORT TRAINING 202**

***TOTAL PREPARATION
FOR MAXIMIUM PERFORMANCE***

Workbook

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CLASS #1: Attitude Toward Training

Types of Training

- Physical conditioning (strength, stamina, flexibility, agility).
- Technical and tactical training.
- Mental training.
- Equipment.
- Nutrition.
- Sleep.
- Life.

Importance of Training

- Training is the foundation of everything you do in your sport efforts.
- Training establishes the physical fitness and technical, tactical, and mental skills necessary for success.
- Whatever you do in training is what you will do in competitions.

Close the Gap

- A key goal in training is to close the gap between where you are and where you believe you can be.
 - Only way to close the gap is to consistently look for ways and make the commitment to close it.
 - Constantly push limits and expand comfort zone.
- Identify what you need to do to close the gap.
 - Mind, body, technical/tactical, equipment, nutrition, sleep..
- Closing the gap is about acting on every opportunity training and life to get better.

Exercise 1.1: Evaluate the size of the gap between where you are and where you want to be: small, medium, or large. _____

Exercise 1.2: Indicate several areas you need to improve on to close the gap.

What is Prime Training?

- “Maintaining consistently high quality training resulting in optimal preparation for competitive success.”
- Value of prime training.
 - Maximize your sport development.
 - Efficient use of your time.
 - Ingrain effective physical, technical, tactical, and mental capabilities.
 - Transfer from training to competition.
- Goal: prime training.
 - Every workout.
 - Every training session.
- How to achieve prime training.
 - Have a goal: what area you want to improve that day.
 - Have a purpose: what specifically you will work on to improve that area.
 - Focus: maintain consistent focus on that purpose.
 - Intensity: get body totally ready.
 - Total preparation every effort.
 - Relentless in efforts: never give up!

Exercise 1.3: On a scale of 1-10, rate the quality of your conditioning and your sport training (1-poor; 10-excellent). Conditioning: _____; Sport: _____

Exercise 1.4: Indicate areas in your conditioning and sport training in which you need to improve.

Six Laws of Prime Training

- First Law: *Competitions are not won on the day you compete, but rather in the days, weeks, and months before the competition.*
 - Success is determined more by what you do leading up to a competition.
 - If you've put in the time and effort, you will have the skills and the belief to perform your best on the day of the competition.
- Second Law: *Take responsibility for everything that can impact your sport.*
 - You must know every area that influences your sport.
 - If you address every one of these areas, you will be totally prepared to perform your best.
- Third Law: *Preparation is the foundation of all physical, technical, tactical, and mental skills.*
 - There is no magic to preparation.
 - Developing skills requires commitment, focus, and repetition.

- Fourth Law: *The purpose of training is to develop effective skills and habits.*
 - Training ingrains physical, technical, tactical, and mental skills.
 - Whatever you practice, those are the skills and habits that you will learn and use.
- Fifth Law: *Failure is essential for Prime Training.*
 - Many athletes believe that failure is bad; if you fail, you're a failure and will never succeed.
 - But there can not be success without failure.
 - Shows you what is not working.
 - You are moving out of your comfort zone.
 - Taking risks.
- Sixth Law: *Prime Training is devoted to preparing yourself to perform your best under the most demanding conditions in the most important competitions of your life.*
 - Anyone can perform well in an unimportant competition, under ideal conditions, against an easy field.
 - Ultimate goal of Prime Training: Perform your best when it really counts.

Consistency

- Consistency separates great athletes from good athletes.
 - Training: conditioning, technical/tactical, mental.
 - Preparations: routines.
 - Life: nutrition, sleep, school, work.
- Goal: consistency in every aspect of your efforts.

Exercise 1.5: On a scale of 1-10, rate the consistency of your conditioning and your sport training (1-not at all; 10-very). Conditioning: _____; Sport: _____

Exercise 1.6: List the specific areas in your training and your life in which you should improve your consistency.

3 Ps

- Patience.
 - Essential for long-term success.
 - Helps overcome frustration.
 - Stay positive and motivated when struggling.
 - Attitude: Will do the work and put in the time to be successful.
- Persistence.
 - Ability to keep working toward your goals for as long as it takes.
 - Relentless.
 - Won't give up.
- Perseverance.
 - Willingness to keep at it in the face of setbacks, fatigue, and pain.
 - Keep a positive attitude when you're struggling.

CLASS #1: CHALLENGE AND GOALS

- **Challenge: Commit to prime training every day.**
- **Goals.**
 - **Make prime training your daily goal.**
 - **Figure out how to close the gap.**
 - **Embrace the six laws of prime training.**
 - **Establish consistency in your training.**
 - **Apply the 3 Ps to your training.**

CLASS #2: Maximizing Conditioning

Conditioning Is The Foundation Of Athletic Success

- What you do in conditioning sets the stage for what you do sport.
- What you can do in your sport training depends on your strength, agility, flexibility, and stamina.
- Goal: put maximum effort into all aspects of your conditioning program.

Efforts vs. Goals

- Is there a disconnect between your goals and your efforts?
 - You have very big goals.
 - Are you doing everything you can to achieve them?
 - If not, you are very unlikely to achieve your goals.
- Two options.
 - Lower your goals to match your effort.
 - Raise your effort to match your goals.
- The choice is yours!

Exercise 2.1: On a scale of 1-10, rate how aligned your efforts are with your goals (1-no alignment; 10-complete alignment). Conditioning: _____; Sport: _____

Exercise 2.2: If not aligned, in what areas of your training is there a disconnect between your effort and goals?

The Grind

- Definition: the point at which training is no longer fun.
 - It's tiring, painful, boring, and you'd rather do something else.
- Typical reaction to the Grind: quit or ease up.
- Champions' reaction to the Grind.
 - The point at which it begins to matter.
 - When the real gains are made physically, technically, tactically.
 - When you do the little bit extra that will optimally prepare you for competition.
- Goal: When you experience the Grind, you push forward.

Exercise 2.3: On a 1-10 scale, rate how good you are at pushing through the Grind (1-not at all good; 10-very good). Conditioning: _____; Sport: _____

Pay Now or Pay Later

- You have a choice when you train.
 - Pay now in fatigue, pain, and boredom.
 - Pay later in disappointment and regret because you weren't as prepared as you could have been.
- Which hurts more?
 - Pain from training only lasts till the end of the workout.
 - Pain from disappointment and regret of failure can last forever.
- It's your choice: Pay now or pay later.

Pain

- What is pain?
 - An uncomfortable physical experience intended as a warning of a threat to our survival.
 - Pain worked for cavepeople, but it can interfere with athletic performance.
- Pain in perspective.
 - Injury pain: severe, long lasting and uncontrollable.
 - Exertion pain: less severe, short term, and controllable.
- Mediated by the mind: your perception of the discomfort.
 - How you interpret your pain will determine how it affects you.
- Pain as your enemy.
 - Negative perception: bad, threatening, to be avoided, indication of failure.
 - Negative emotions: frustration, anger, despair.
 - Ignore pain: you can only do it so long.
- Pain as your ally.
 - Accept it as a normal and important part of training and competition.
 - Pain means you are working hard.
 - Pain as information: exertion or injury; adjust pace, technique, tactics.
 - Relax: deep breathing, loosen shoulders, hands, and face.
- Goal: See pain as positive.
 - Creates positive self-talk.
 - Produces positive emotions.
 - Releases endorphins which reduce the pain.

Exercise 2.4: On a 1-10 scale, rate how good you are at handling the pain of conditioning (1-not at all good; 10-very good). _____

Mental training starts in the gym

- Conditioning is a great place to begin strengthening mental muscles and using mental tools.
- What do sport training and conditioning have in common?
 - Both are physical, technical, and mental performances.
 - Both require total preparation and maximum effort to gain the most benefits.
 - Both have preparation, execution, and exertion.
- Advantages of mental training in the gym.
 - Sports are complex with many variables that can distract from mental training.
 - Conditioning is a simpler environment with fewer distractions.
 - Better able to focus attention on using the mental tools.
 - Opportunity for more repetition and making mental tools ingrained habits.
- Develop a gym routine.
 - Motivation/confidence: Make a conscious commitment to give your best effort from start to finish (e.g., “10 reps at 225 lbs., I can do this!”).
 - Intensity: Move body and actively adjust intensity to fit the exercise (high for power, low for stretching).
 - Focus: Repeat keyword to focus on important area of execution.
 - Mindset: Create a mindset that will maximize your efforts (aggressive for lifting, calm for stretching).

Exercise 2.5: Create a gym routine and incorporate it into your workouts.

Mental Imagery

- What is mental imagery?
 - Seeing and feeling yourself performing the way you want.
 - Reproducing the actual sport experience.
- Most powerful mental tool.
 - Swiss Army knife of mental training.
 - Mental, technical, tactical benefits.
- Mental imagery is a tool you need to use regularly to master and gain the benefits from.

Exercise 2.6: Create an imagery program and schedule imagery sessions into your weekly calendar (follow steps #1-4 below).

Step #1: Imagery Goals

Directions: In the space below, indicate the following: 1) The areas you want to improve in your imagery; 2) The current status of the areas you want to work on; 3) Your goal for the areas you want to improve; and 4) What mental tools you will incorporate into your imagery to achieve the goal.			
Areas to Work On	Current Status	Goal	Mental Tools
Technical/Tactical (ex. stance, line) 1. 2. 3.			
Mental (ex. intensity, mindset) 1. 2. 3.			
Performance (ex. speed, consistency) 1. 2. 3.			

Step #2: Imagery Scenario

MENTAL IMAGERY SCENARIOS	
Directions: To guide your imagery sessions, you can create your own imagery scenarios for training and competitions. You may memorize or record these imagery scenarios.	
Training Scenario	Competition Scenario
<p>You should now be sitting or lying in a comfortable position in a quiet place. You will begin this imagery session with relaxation exercises. Take five deep breaths and, with each deep breath, feel the tension drain out of your body and feel yourself becoming more and more relaxed. After the five deep breaths, you should feel warm, relaxed, and comfortable.</p> <p>Take yourself out to a familiar training venue. Identify the area you want to work on in your imagery. Begin your imagery with your training routine in which you are totally prepared to perform your best in the upcoming training performance. Then, imagine yourself performing in the training setting 5-10 times while focusing on your improvement area. See and feel yourself performing the very best you can.</p> <p>When you have completed your imagined training session, again, take five deep breaths and during that time, leave the training venue and return to your room.</p>	<p>You should now be sitting or lying in a comfortable position in a quiet place. You will begin this imagery session with relaxation exercises. Take five deep breaths and, with each deep breath, feel the tension drain out of your body and feel yourself becoming more and more relaxed. After the five deep breaths, you should feel warm, relaxed, and comfortable.</p> <p>Choose a competitive venue in which you will perform in your imagery. Identify the area you want to work on in your imagery. Begin your imagery with your competitive routine in which you are totally prepared to perform your best in the upcoming competitive performance. Then, imagine yourself performing in the competitive setting 5-10 times while focusing on performing your very best. See and feel yourself performing as well as you can.</p> <p>When you have completed your imagined competitive performance, again, take five deep breaths and during that time, leave the training venue and return to your room.</p>

Step #3: Imagery Sessions

- Do imagery sessions 3x/week.
- Identify a time in your day in which you know you will be free.
- Set alerts in your phone so you don't forget.
- Find quiet, comfortable place.
- Lasts 10-15 mins.
- Do relaxation (5 deep breaths).
- Follow imagery scenarios.

Step #4: Imagery Log

Directions: Record your impressions of how the imagery session went.						
Date	Rung of Ladder	Imagery Quality: 1-poor; 10-great	Areas Worked On	Improvements Seen	Problems	Things to Work on Next Session

Create a Life That Supports Your Sport

- You can't separate you the athlete from you the person.
- When you compete, you take you the person with you.
- Your life outside of sport impacts your life inside of sport.
 - Sleep.
 - Nutrition.
 - School.
 - Relationships.
 - Media use.
- Make sure your life supports your sport.

Exercise 2.8: On a scale of 1-10, rate how well your life supports your sport (1-not at all; 10-completely). _____

Exercise 2.9: Indicate what areas of your life you can improve to better support your sport efforts.

CLASS #2: CHALLENGE AND GOALS

- **Challenge:** Get the most out of your conditioning every day.
- **Goals.**
 - Make sure your efforts align with your goals.
 - Embrace the Grind.
 - Use the pain tools to work harder.
 - Create a gym routine.
 - Develop a mental imagery program.
 - Look for ways to ensure your life supports your sport.

CLASS #3: Maximizing Sport Training

Experiment

- Change is essential to continue to progress toward your sport goals.
 - Is uncomfortable.
 - Takes time.
 - Can be frustrating.
- You must be open and motivated to try new things, physically, technically, tactically, mentally, and with equipment.
- Only through experimentation will you find the precise mixture of performing your best.
- Texas saying: “If all you ever do is all you’ve ever done, then all you’ll ever get is all you’ve ever got.”
- Goal: Constantly seek out and experiment with new ways to perform better.

Got to Extremes

- One way to experiment is to go to extremes.
 - With anything you are working on, technical, tactical, mental, start at one extreme and see how it feels.
 - Move to the other extreme and see how it feels.
 - Experience the sensations and performance of each extreme.
 - If appropriate, try a middle ground.
 - Decide which place on the continuum works for you.
- Experimentation works best with extremes.
 - Go to each extreme.
 - Find where you work best.

Exercise 3.1: Identify areas in your sport training where you can benefit from going to extremes.

Get Out of Your Comfort Zone

- Nobody likes to feel uncomfortable.
- But if you’re not uncomfortable, you’re not getting out of your comfort zone or improving.
- Why don’t athletes like to leave their comfort zone.
 - It doesn’t feel good.
 - It doesn’t make you better at first.
- Key attitude: It’s good to feel bad.
- Getting uncomfortable in time expands your comfort zone: what was once uncomfortable becomes comfortable.
- Goal: get uncomfortable as much as possible.

Exercise 3.2: On a 1-10 scale, rate how good you are at getting out of your comfort zone (1-not at all good; 10-very good). ____

Exercise 3.3: Identify situations in your sport training where you can get out of your comfort zone more.

Mistakes in Training

- No one likes to make mistakes.
- But they are essential for improvement and performing your best.
- If you're not making mistakes:
 - In training, you're not getting out of your comfort zone or progressing.
 - In competitions, you're not giving your best effort.
- Mistakes are good.
 - Pushing your limits.
 - You are performing better, but your body and mind haven't caught up with changes yet (they will).
 - You're focused on new technique that you haven't ingrained yet, so the new technique hasn't yet translated into improved overall performance.

Start to Finish

- Goal: sport consistently well from start to finish.
- Problems.
 - Training performances: Ease into performance and let up before it ends.
 - Training sessions: Ease into training and then let up near the end.
- Training matters.
 - Whatever habits you ingrain in training you will do in competitions.
 - You want to instill good habits in every aspect of your training.
- Start of training.
 - Consistent training routine for total preparation before you begin training.
 - Committed start to training.
- Finish of training.
 - Stay motivated, intense, and focused to the end of the training performance.
 - "It ain't over till it's over": Push hard till the end.

Exercise 3.4: On a 1-10 scale, rate the quality of your training from start to finish of training performances and training sessions (1-not at all good; 10-very good).

Training performances: ____; Training sessions: ____

Exercise 3.5: Identify situations in your sport training where you can increase its quality from start to finish of training performances and training sessions.

Adversity

- Meaning of adversity: conditions that are difficult and challenging.
- Adversity can be external or internal.
 - External: weather, venue conditions.
 - Internal: fatigue, illness, injury, negativity, overthinking, distracted.
- Problem: adversity can cause threat reaction.
 - Get negative.
 - Lose motivation.
 - Feel fear, doubt, and worry.
 - Ease up or give up.
- Adversity is about how you perceive and react to it.
- Response to adversity.
 - Be confident and motivated to overcome adversity.
 - Figure out how to overcome the adversity.
 - Generate positive emotions such as excitement and inspiration.
 - Choose to fight the adversity no matter how difficult it is.
- Goals.
 - Seek out adversity in training so you're ready when you face it in competitions.
 - Constantly challenge yourself to respond positively to adversity.

Exercise 3.6: On a 1-10 scale, rate how well you deal to adversity in training and competitions (1-not at all good; 10-very good). Training: ____; Competitions: ____

Exercise 3.7: Identify adversity you face in training and describe how you want to overcome it.

CLASS #3: CHALLENGE AND GOALS

- **Challenge: Maximize the quality of your sport training every day.**
- **Goals.**
 - **Look for opportunities to experiment (and go to extremes) in training.**
 - **Get out of your comfort zone and make mistakes in training.**
 - **Engage in prime training start to finish of every training effort and training session.**

CLASS #4: Mental Tools for Training

Mental Progressions to Improve Training

- Intensity.
- Breathing.
- Focus.

Identify and reach your prime intensity

- Recall past competition performances.
 - What was your intensity when you performed well?
 - What was your intensity when you performed poorly?
 - Identify pattern.
- Experiment.
 - Train with low, medium, and high intensity.
 - At what level of intensity do you perform your best?

Exercise 4.1: On a 1-10 scale, identify your prime intensity for competitions (1-very relaxed; 10-very intense). _____

Exercise 4.2: List strategies you can use to reach prime intensity in training.

Breathing

- Types of breathing.
 - Deep and slow.
 - Full and aggressive.
- Use of breathing.
 - As part of training routines before every training performance.
 - During training performances.
 - To recover after training efforts.
- Goal: make breathing a tool and a habit.

Exercise 4.3: Experiment with and identify which type of breathing is best for you, and incorporate it into your sport training.

Focus

- Keywords: short and active words that remind you what to focus on.
 - Help you stay focused start to finish.
 - Technique, tactics, mental.
- Keyword progression.
 - When you are first learning a new skill, say your keyword out loud.
 - As you ingrain the skill, say your keyword quietly to yourself.
 - You know you have the skill learned when you do it automatically.
- Use keywords in your sport training.

Exercise 4.4: Identify keywords (technical, tactical, mental) you can use to focus while training.

Mental Imagery

- Benefits.
 - Narrows focus onto performance, blocks out distractions and negative thinking.
 - Focuses on improvements for next performance.
 - Primes mind and muscles.
 - Helps reach ideal intensity.
 - Builds confidence.
- Where to use imagery.
 - At start as part of your training routine before training performances.
 - At finish: replay good performances to ingrain good images and feeling, edit bad performances to erase bad images and feelings and replace with good images and feelings.
- Imagery must be done consistently, before and after every training performance.

Exercise 4.5: Indicate where you can incorporate imagery into your sport training.

Training Routines

- Benefits of training routines.
 - Ensures total preparation for every training effort.
 - Creates mental and physical consistency.
 - Transfers to competitive routines.
- You need to create a training routine that works for you.
 - Equipment.
 - Physical (warm-up, breathing, reach ideal intensity).
 - Mental (focus, mindset, imagery, keywords, self-talk).
 - Just before training effort: breathe, focus.
 - Committed effort right from the start.

Exercise 4.6: Design and use a training routine that ensures that you are totally prepared for every training performance.

Frustration

- Your biggest obstacle to improvement.
 - Improving is difficult.
 - You want to get better right away.
- Problem: change takes time.
- Result: You can get frustrated when you can't improve quickly.
- Stop frustration.
 - Step away from the cause of frustration (get physical and emotional distance).
 - Breathe and relax body.
 - Get perspective: be patient.
 - Identify cause of frustration.
 - Look for solution.
 - If no immediate solution, change goal or stop for the day.

Exercise 4.7: Describe what you think and how your body feels when you get frustrated, and how that hurts your performing.

Exercise 4.8: Identify frustrating situations in training and describe how you will use the strategies above to stop yourself getting frustrated.

CLASS #4: CHALLENGE AND GOALS

- **Challenge:** Use the mental tools to create prime training every day.
- **Goals.**
 - Go through the three progressions (intensity, breathing, focus).
 - Use imagery in your sport training.
 - Develop a consistent training routine so that you feel totally prepared before every training performance.
 - Use the steps described earlier to overcome frustration.

CLASS #5: From Training to Competition

Transition from Training to Competition

- Your biggest challenge as an athlete.
 - Many athletes perform well in training, but not in competitions.
 - Why?
- Training performances and competitive performances are objectively the same.
 - Both have a venue, conditions, and weather.
- The difference is in how you perceive them.
 - Competition matter!

Exercise 5.1: On a 1-10 scale, how well do you perform in competitions compared to training (1-always worse; 10-always better). _____

Train Like You Compete or Compete Like You Train?

- Question: Should you train like you compete or compete like you train?
- Answer: You should train like you compete, so you can compete like you train.
- Three rules of training.
 - The purpose of training is to develop good skills and habits.
 - Whatever you do in competitions, you must first do in training.
 - Whatever you do in training is what you will do in a competition.
- What is your goal on the day of a competition?
 - To be as prepared as you can be to perform your best.
- What should be your goal on a training day?
 - To be as prepared as you can be to get the most out of your training.
 - Ingrain the skills and habits that will optimally prepare you perform your best.
 - The more you can make training like competition, the easier it will be to compete like you train.
- Problem: athletes often practice bad skills and habits in training (e.g., 70% focus and intensity).
- How to train like you compete?
 - Ensure that your training routine is a mini-competitive routine (and use it consistently).
 - Devote some training performances to just going all out.

Exercise 5.5: Make a list of things you need to do in training to train like you compete.

Every day can be a good day of training

- On 'good' days, the benefits are clear.
 - you make technical, tactical, or performance gains.
 - You feel good.
 - Your coach is happy.
- On 'bad' days, the benefits are less clear and the challenges are greater: poor venue conditions, bad weather, not performing well, tired, frustrated.
- 'Bad' days are great for mental training.
 - Staying positive and motivated.
 - Getting comfortable with being uncomfortable.
 - Adapting to the conditions.
 - Dealing positively with frustration and disappointment.
- You get stronger mentally and ingrain positive mental habits on those so-called bad days.
- These experiences and new habits prepare you for the same challenges you will face in competitions.

Exercise 5.6: On a scale of 1-10, rate yourself on how well you can turn a 'bad' day into a good day (1-not able to at all; 10-easily able to). _____

Own Your Training

- You must own every aspect of your training and life.
 - If it affects your sport, you must own it: conditioning, technique, tactics, equipment, psychology, relationships, school, sleep, diet.
- Are you owning every aspect of your training?
- One hour a week for five weeks isn't enough to own your training.
 - This course only gives you the information and tools to own your training.
 - You must express that ownership in everything you do.
- Examples of owning your training.
 - Consistently focused effort in conditioning.
 - Use of routines and imagery in sport training.
- Until you own your training, you will not get the most out of your training.

Exercise 5.7: On a 1-10 scale, rate how much you own your conditioning and sport training (1-not at all; 10-completely). Conditioning _____; Sport _____

Exercise 5.8: Make a list of areas of your training that you need to gain more ownership of and how you would.

CLASS #5: CHALLENGE AND GOALS

- **Challenge: Make the transition from training to competition.**
- **Goals.**
 - **Train like you compete.**
 - **Make every day a good day of training.**
 - **Own your training.**

Mental Tools

Motivation Tools

- Set goals.
- Focus on your long-term goals.
- Train smart: Have a training program that includes variety, plenty of rest, and allows balance in your life.
- Have a training partner or group who can push you.
- Use motivational cues: words, phrases, photographs.
- Identify your greatest competitor: Ask if you're working hard enough to beat him/her.
- Ask two daily questions: Morning: "What can I do today to become the best athlete I can be?"; Evening: "Did I do everything possible today to become the best athlete I can be?"

Confidence Tools

- Preparation.
- Mental toolbox.
- Adversity.
- Support from others.
- Success.
- Positive self-talk.
- Fire-up negative thinking.

Intensity Tools

- Psych-up: move your body, intense breathing, high-energy self-talk and body language.
- Psych-down: calming self-talk, deep breathing, muscle relaxation, slow pace.
- Mental imagery.
- Talk to friends.
- Listen to fire-up or chill-out music.
- Smile!

Focus Tools

- Have clear goals and process.
- Identify and limit distractions.
- Mental imagery.
- Breathing.
- Routines.
- Messages on equipment.
- 3 Ps: positive, process, present.

Mindset Tools

- Self-talk.
- Breathing.
- Imagery.

Emotional Tools

- Frustration.
 - Step away from cause of frustration (get physical and emotional distance).
 - Breathe and relax body.
 - Get perspective: be patient.
 - Identify cause of frustration.
 - Look for solution.

Imagery Tools

- Create an off-sport imagery program.
 - Goals: what you want to work on in your sessions.
 - Ladder: a progression of training and competitive situations you will imagine.
 - Training/Competition-specific: Choose a venue and either a training situation or a specific competition you'll be in this season.
 - Scenarios: narratives that will guide you through each session.
- Imagery sessions.
 - Do imagery sessions 3x/week.
 - Identify a time in your day (10-15 mins.).
 - Set alerts in your phone so you don't forget.
 - Find quiet, comfortable place.
 - Follow imagery scenarios.

Routine Tools

- Create pre-competitive routine that begins the night before.
- Create a competitive routine that begins when you arrive at the venue.
 - Equipment.
 - Physical.
 - Mental.
 - Location of routine.
 - Specifics of routine.
 - Order of routine.

Breathing Tools

- Types of breathing.
 - Deep and slow.
 - Full and aggressive.
- Breathing as a tool.
 - As part of training and competitive routines.
 - During performances.
 - To recover after performances.

Trust Tools

- Have a physical, technical, and mental program that you believe in.
- Total preparation.
- Make conscious commitment to trust.



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