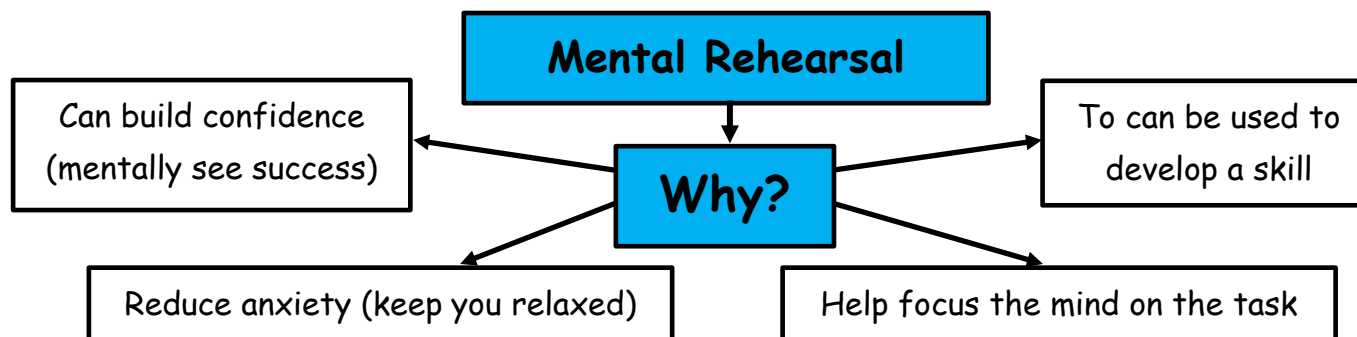






Mental Preparation

Mental preparation or mental rehearsal is a technique used by elite performers. It involves mentally practicing a skill before actually doing it.



Mental Rehearsal

| | Explanation | Example 1 | Example 2 |
|------------------------|---|---|--|
| Warm-up | <p>One of the reasons why we warm-up is to mentally prepare, this can be done by mental rehearsal</p> <p>The performer goes through a skill or sequence of events they are about to perform in their mind</p> <p>This helps them clarify the skill they are about to perform, so they are confident they are ready to perform</p> | <p>Before a gymnastics performance they will imagine performing the actual routine, going through the various skills and visualising the whole routine</p>  | <p>Before participating in the bobsleigh, the driver will mentally go through the race, visualising every bend and turn down the track before actually racing</p>  |
| During an event | <p>Although mental rehearsal is completed before the start of a performance as part of their warm-up. It can also be used during a break or during the performance</p> <p>During a match when play is paused</p> | <p>If awarded a free kick in football the performer will see themselves completing the skill and where the ball is going to go before they take it</p>  | <p>During a free throw in netball the performer will imagine themselves successfully completing the shot before taking it</p>  |