

**KINGS’ SP**

STANDARD MENTAL PRACTICE TRAINING

**Dr. Neal Sports Psychology**

1. **The Circle**

* Find a quiet place. Assume a comfortable position
* Create a colored circle, make the circle big then make it shrink.
* Change the color of the circle.
* Relax, deep breaths, muscle relaxation

1. **A 3D Glass**

* Create an image of a 3d glass.
* Fill the glass with a liquid.
* Add ice and a straw
* Write a caption underneath the image

**3. SPORT SCENE**

* Create a sports related scene.
* Visualize people in the scene.
* Create a sports scene you are interested in, watch the scene as an observer.
* Now place yourself in the scene as a performer.
* Perform a difficult task successfully.
* Change the setting and repeat the process.
* Take a deep breath and open your eyes.

The goal is to increase controllability and vividness of mental imagery