

Practice with Visualization

Seeing and Feeling the Skill

Pick a skill that you have done perfectly. As you visualize the skill, first "see" yourself perform the skill and concentrate on important parts of your technique. Concentrating on this part, try to feel the performance.

What skill did you visualize? Were you able to see and feel the skill being performed as perfectly as you have done it before?

Practicing Just Before the Activity

In a practice area, visualize yourself performing a task that you commonly perform in a competitive situation. Try to see yourself performing the skill perfectly as you would want it done during competition. Now actually do the task as you did in your visualization.

Were you able to visualize yourself perfectly? How was your performance after the visualization? How can you use this technique before or during practices or games?

Feeling the Skill

Like the exercise you just did, in a practice area, visualize yourself performing a task that you commonly perform in a competitive situation. This time try to feel yourself doing the skill perfectly as you would want it performed during competition. Now actually do the task as you did in your visualization.

Were you able to feel yourself performing the skill? How was your performance after the visualization? How can you use this technique before or during practices and games?
