

Visualization for Games

Put yourself in a situation where the competition is at a very important point. (ie. you are ahead near the end of the competition and your opponent seems to be catching up to you quickly) , how can you use visualization to help you concentrate in this situation?

Put yourself in a common situation that you sometimes have trouble with during a competition , visualize the best response against this opponent) that you think should happen in this situation.

Put yourself in a situation that might cause anxiety or stress in your competition (ie. you don't like the opponent, there are scouts watching you) , visualize a response that you would find calming or helpful to keep your concentration and energy level productive.

Put yourself in a very tense situation (ie. the coach just said or did something that you found disturbing) , see if you can use visualization to bring on a calming effect that will keep you focused on the competition and not what just happened.
