

# ***Coach to player connect***

## ***Virtual Classroom***

***Mental Preparation***



# Mental Preparation

## *Introduction*

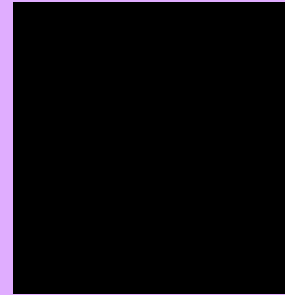


# Coach Background

**Coach Name:** Renée Gauvin, Player Enhancement Program, Mental Performance Coach



**NBHPA 2012-2014**



**Bachelor's Degree in  
Psychology (Honours)**



**TNB and REX/NBHP Coach  
Mental Performance Coordinator**

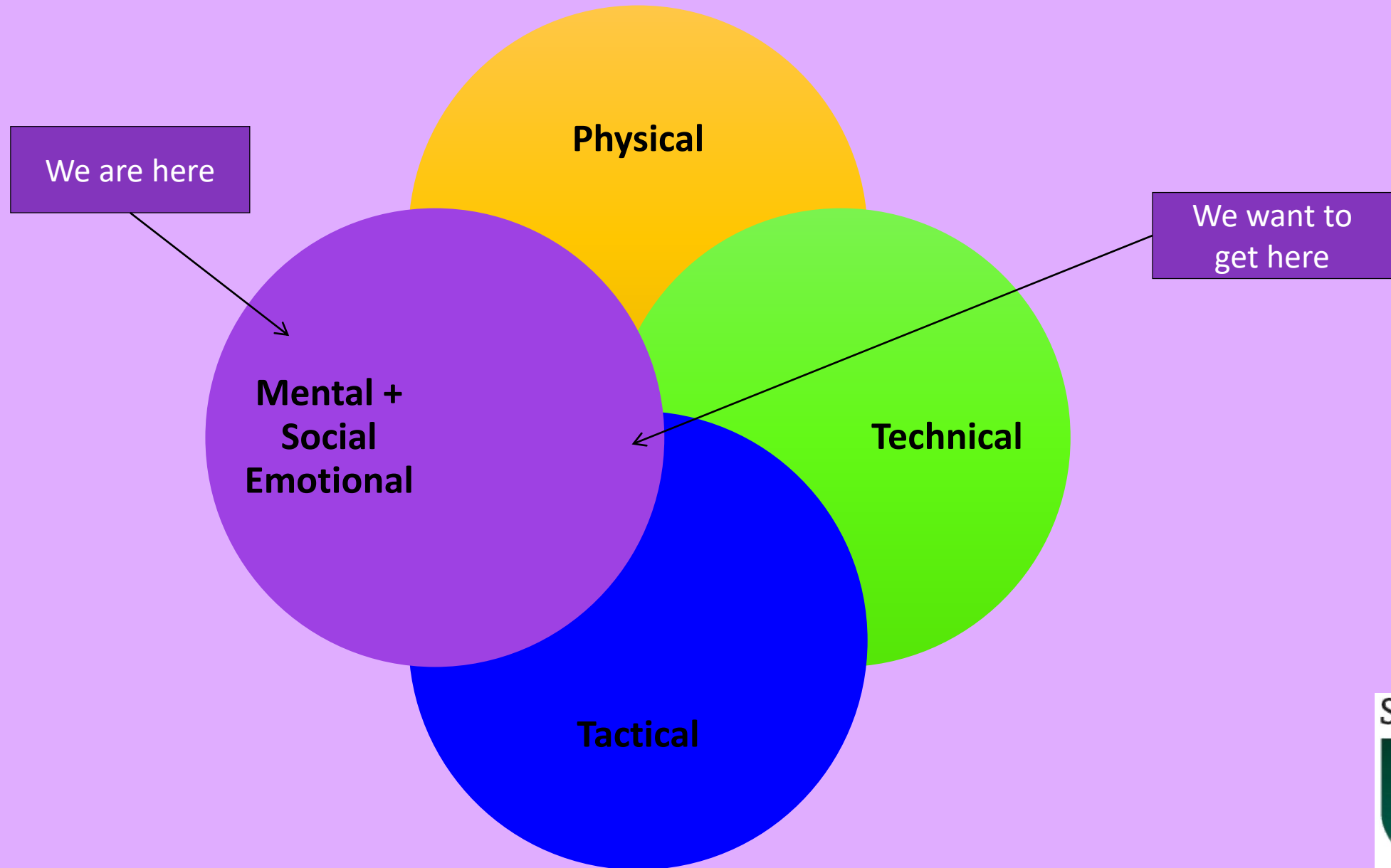


**Aigles bleues 2014-  
2019**



**Assistant Coach UdeM  
2019-2020**

# The 4 Corner Approach



# What does it mean to you?



## Mental

- Self-confident players with a proactive, positive mindset.
- Passionate players who are determined, disciplined and resilient
- Player can excel under high pressure
- Creates culture that reinforces psychological development for everyone in the environment.

(Canada Soccer, 2014)



## Social-Emotional

- Every team member is developing their leadership skills.
- The culture is one where players and staff continually look for, and take advantage of opportunities for growth.
- Behave as a united soccer family, where everyone helps one another to be the best they can be. This connection will form the basis of team performance.
- Develop well-rounded players with the skills to succeed in all aspects of their lives.

(Canada Soccer, 2014)



*What happens out there*



*Is a result of what happens in here*



# What do you think?

<https://www.youtube.com/watch?v=vl6mi2k5Pcc>



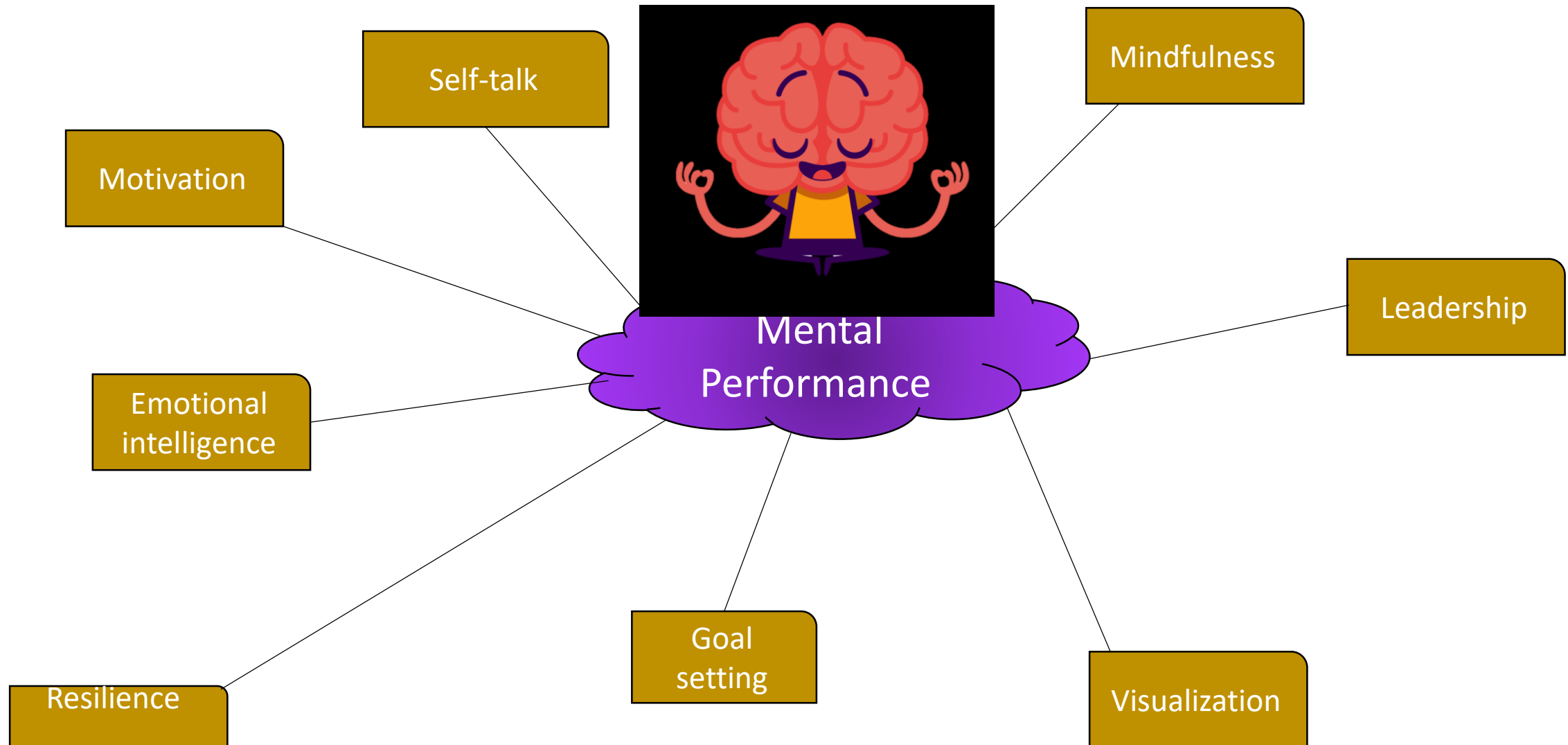
# Reflexion Exercise

1. What qualities make C.Ronaldo mentally strong?
2. Feedback





# Keys to master Mental Performance



# Do you think these skills are general or position specific?

- ✧ Stress management to deal with errors.
- ✧ Refocus after making an error.
- ✧ Good communication
- ✧ Leadership to influence teammates
- ✧ Speed in defensive decision-making.
- ✧ Intelligence to dominate the spaces.

- ✧ Attacking leadership
- ✧ Defensive and attacking initiative
- ✧ Physical regulation
- ✧ Decide quickly under pressure
- ✧ Communicate with referee, especially the assistant
- ✧ Attention to secondary plays

- ✧ Defensive leadership.
- ✧ Concentration during defensive and attacking set pieces.
- ✧ Convey calmness.
- ✧ Communication skills.
- ✧ Defensive aggressiveness.
- ✧ Refocus after important errors.

- ✧ Attacking leadership
- ✧ Confidence front of the goal
- ✧ Fast and precise decision making
- ✧ Communication with the referee/assistant
- ✧ Positive relationship that help increase assists
- ✧ Refocus after important errors

Forward

Centreback

Goal Keeper

Winger



# Questions?



# What is visualization?

Guided visualization or imagery for athletes is consciously controlling the images or directing an athletic script in your head.

## What happens to our body and brain when we visualize?

- ✓ Competitive advantage
- ✓ Create mental awareness
- ✓ Hightened sense of well-being
- ✓ Increase confidence
- ✓ Build muscle memory
- ✓ Reduces the pressures of competition
- ✓ Reduces over-analyzing (react instinctively)

When your coach is explaining a drill, and you picture it in your head, you are practicing **guided imagery!**



# Things to Consider

Visualise the  
outcome  
you WANT

Use ALL  
your senses  
from a **1st  
person POV**

Practice  
frequently,  
and don't  
be afraid to  
go back to  
the past

Use visualizing as a training  
experience, a preparation  
experience and a warm-up  
experience. Be SPECIFIC

Have you used visualization or  
guided imagery prior to a  
sports performance? What  
was the outcome?

# A four corner approach to imagery

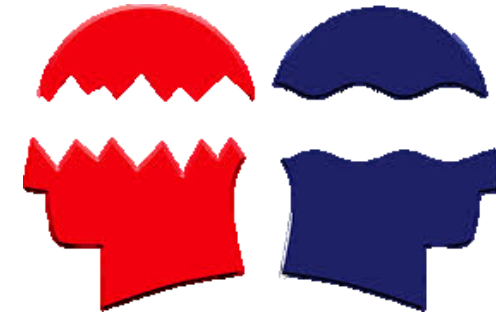
Builds muscle memory:

Better reaction time  
Greater strength  
Injury recovery

Better vision/awareness

Effective decision making  
under pressure

Helps with soccer IQ  
(platform work)



Improve the execution  
of specific skills under  
pressure

Increase confidence

Increase predictability of  
the game

Increase focus and  
concentration

## Pro tip

Incorporate your  
triggers. You can use  
visualization as an  
educational tool for  
your brain and body.

# Questions?

