PRE-COMPETITION ROUTINES IN SPORTS

How to prepare athlete before, during, and after competition

The preparation includes physically and psychologically

Physical preparation includes building a muscular fitness and energy fitness

Psychological preparation involves integrator, realistic goals, mental rehearsing, mind for competition
GENERAL PSYCHOLOGICAL PREPARATION

1. Integrator of Psychological skills, athletes
Use their imagery skills to image entire contest
Seeing themselves executing the physical skills & strategies to the best of their abilities
Encourage them to image their psychological preparation for the contest
Imaging the attainment of the optimal energy zone
Seeing themselves manage any stress
Selecting & shifting their attention effectively
Keeping focused on their performance goals
2. Setting Performance Goals,

The day before contest:

Athletes have record their goals
Athletes should be set their goals
Using goal-setting principles that will discussed in other topic
Athletes evaluate these performance goals
GENERAL PSYCHOLOGICAL PREPARATION

3. Engineer the Environment

Engineer the environment as much as possible to accommodate the athletes preferences. Eliminate any hassles that may cause athletes to experience unnecessary distraction or stress.

Make certain that wake-up calls are promptly made.

Meals are eaten on schedule.

Transportation is properly planned.

Equipment is in proper condition.

Room assignment are made.
3. Engineer the Environment

Engineer the media too (when the media can visit & they are off to the athletes)
Athlete focus on positive side of competition
Let them arrange the environment to suit their preference as much as possible
ON-SITE PREPARATION

The first objective when athletes arrive at the venues is to become familiar with it. Should begin to consider any other environmental factors (e.g. weather) that might influence the competition. If they find factors in the environment that cause them concern, they should have them changed if possible. If not possible to changed them, then plan the strategy for dealing with them.
ON-SITE PREPARATION

Within one hour of competition, athletes should reexamine their goals & make appropriate adjustment
Athletes begin psychic energy
Using stress management techniques
To find their optimal energy zones
As part of the effort to get in the right frame of mind
To be high in positive psychic energy
PRE-COMPETITION ROUTINE

Pre-competition can be used prior to the start of a game in sports. Athletes have developed their own routines prior to a contest. They eat the same food before each game. They go through a specific routine for warming-up. Superstitious (what anything may have caused an excellent performance). There is no ideal pre-competition routine. The elements that constitute a better routine than others.
**PRE-COMPETITION ROUTINE**

These elements are follow:

1. The routines should begin with some cue that the signals the athlete to begin the routine

2. After the cue, I suggest athlete engage in a very short imagery session

3. As athlete complete imagery, they should focus on a positive feeling of having performed well

4. Next athlete should have a checklist of activities to perform

5. As athlete complete the checklist, attention should be focused fully on the appropriate cues for performing the task
WHAT TO DO BEFORE BEFORE A MATCH: Developing Routines

1. Provide rhythm
2. Increase familiarity of situation
3. Build consistency of thought
4. Focus & concentration
5. Minimize distraction & negative thoughts
6. Increase feelings of control & self-confidence
7. Reduce uncertainty
8. Increase the feeling that the match is just another match
9. Rehearsal of the match strategy & game plan
10. Relaxation & mental rehearsal
BEFORE A MATCH: Psychological preparation

1. Develop a pre-match plan that keeps the athlete focused
2. Develop consistent routines to focus on the oncoming match
3. Emphasize concentration & relaxation
4. Set aside 20-30 minutes before the match in a quiet place
5. Try to prepare the athlete for playing in the zone
6. Visualize how athlete wants to play & feel
7. Prepare the athlete to give their best effort
DURING A MATCH:

1. If lost the point say: no problem, lets go, etc (self-talk)
2. If won the point say: come on, yes, etc (self-talk)
3. Decide what to do in the next point
4. Concentrate on the next technique
5. Rehearse movement
6. Visualize the target area
DURING A REST (dead time):
1. Listen the coach instruction or command
2. Sit down (get ready for next point)
3. Dry off with towel
4. Eat banana & drink a cool water (100)
5. Relax or active depending on your emotional state
6. Forget mistakes & don’t analyze
7. Plan ahead the tactics for the next game
AFTER THE MATCH:

1. At least 1 hour after finishes to evaluate the match
2. Don’t link winning with success & losing with failure
3. Learn to analyze the match from positive aspect
4. Analyze the match no matter the score
5. Write down the match characteristic & keep a match file
6. Use visualization to review what happened during the match
7. Showing them good examples to copy
8. Visualize the situation & reinforcing concentration
PRE-COMPETITION ROUTINES IN SPORTS

2 WEEKS BEFORE A MATCH:

1. Physical kualiti harus sudah mencukupi untuk bertanding (perlu physical test)
2. Bentuk latihan speed and power
3. Simulasi kompetisi (ciptakan situasi dan kondisinya sama dengan kompetisi)
4. Mempertajam senjata teknik-teknik (weapons) yang diandalkan
5. Berat badan sudah mendekati ideal (karate, silat, taekwondo)
6. Sasaran latihan lebih fokus pada mental
7. Kondisi mental sensitif (banyak pressure)
1 WEEK BEFORE A MATCH:

1. Bentuk latihan simulasi & high intensity (situasi & kondisi mirip kompetisi)
2. Mempertajam senjata teknik yang dimiliki
3. Berat badan harus sudah relatif stabil (karate, silat, taekwondo)
4. Kondisi mental sudah relatif stabil (jangan heran dengan peningkatan kemampuan)
5. Keselamatan diri terus dijaga
6. Pola makan dan istirahat harus benar
7. Jika banyak pressure, atlet justru akan banyak melakukan kesalahan
24 HOURS BEFORE A MATCH:

1. Jangan memaksakan teknik baru dan jangan merubah teknik
2. Jangan menambah kecemasan/gagar (anxiety) atlet masa latihan (dari coach & association)
3. Aktiviti fisik ringan & riang (shadow technique)
4. Atlet diajak bicara untuk memecahkan masalah (bila ada)
5. Saling memaafkan kesalahan bagi semua tim (officials, coach, atlet)
6. Disiplin dan menepati jadwal makan dan tidur
7. Jangan makan dan minum yang tidak biasanya dimakan dan diminum
8. Gunakan masa 15-20 menit untuk visualisasi
9. Kondisi mental atlet cenderung sangat sensitif
3 HOURS BEFORE A MATCH:

1. Makan dan minum dengan benar (yang biasa dimakan dan diminum), meskipun susah dipaksakan makan

2. 20 – 30 menit lakukan konsentrasi

3. Lakukan aktiviti ringan dan riang

4. Cek ulang tempat dan jadwal kompetisi

5. Cek ulang pakaian dan perlengkapan kompetisi yang akan dipakai (pakaian yang dipercaya dan membanggakan)

6. Jaga perasaan setiap atlet, karena kondisi mental sangat sensitif

7. Jangan lupa membawa roti atau buah-buahan

8. Selalu berdoa selama perjalanan ke arena kompetisi
1 HOUR BEFORE A MATCH:

1. Sudah disekitar arena kompetisi (dalam perjalanan)

2. Jika sudah di venue kompetisi lakukan warming-up dan practice secukupnya

3. Pakailah pakaian dan perlengkapan kompetisi secara benar

4. Makan roti atau buah (pisang) secukupnya, banyak minum air oralit (isotonik) yang biasa diminum

5. Pergilah ke tandas untuk buang air kecil

6. Berdoalah sebelum memasuki arena kompetisi dan lakukan rituals
THANK YOU VERY MUCH FOR YOUR ATTENTION

TERIMA KASEH