

**UNLEASH YOUR FULL
ATHLETIC POTENTIAL**

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**TOP KEY
COMPONENTS TO
SPORTS IMPROVEMENT**

Volume

1

TOP TEN KEYS TO SPORTS IMPROVEMENT

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Top Ten Keys To Sports Improvement

DAN CANDELL HYPNOSIS – HELPING ATHLETES WORLD WIDE

Discover The Secret Advantage

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The Importance Of Visualization In Sports

Discover why visualization is just as, if not more, important than practice sessions.

There have been several studies on the usefulness of hypnosis, relaxation, and visualization in sports. These components are crucial, and will help you become a better competitor, teammate, and athlete.

Case Study: This case study was done at Chicago State University with a team of basketball players.

Improving Free Throws: A Case Study Using Visualization

There men's basketball team at Chicago State University wanted to improve their free throws. There were thirty teammates, which were broken down into three groups of ten.

Group 1

Group one was the control group. They were asked not to practice or watch basketball for 21 days.

Group 2

Group two was asked to practice their free throws for 20 minutes a day for 21 consecutive days.

Group 3

Group three was asked to just close their eyes and imagine (visualize) taking shots and making them for 20 minutes a day for 21 days.

Results of the Case Study

The conclusion of the study yielded remarkable results. After the three groups reconvened after 21 days, **group one** (the control group) stayed the same. They did not improve, nor decline on their free throws. **Group two** (the practice group) improved on their free throw ability by twenty-four percent. **Group three** (the visualization group) improved by twenty-three percent. The results showed that visualization is just as important as physical practice.

The Key to their Success

When the practice group actually practiced their free throw shots, they not only practiced making them, but they also practiced missing them. When the visualization group imagined (or visualized) making shots, they did just that. They saw themselves doing so with perfect form, and translated this thought into a reality.

Key Number 1

Focus on the desired outcome, not the undesirable activity!

Think about how you would use perfect form. See yourself doing your sport in the way you want to do it. That thought becomes a reality.

Key Number 2

EXPECT TO WIN

Expectation leads to a reality. What we expect tends to happen.

Have you ever walked into a class room to take a test, and told yourself, "I'm going to fail?" When you expect something to happen, and tell yourself that's what WILL happen, it becomes a reality. This is called **Self Fulfilling Prophecy**.

When you walk onto the field, the court, etc. EXPECT to do your best, and you may be surprised with your results. If we go to a comedian, we expect to laugh (and we do). This same philosophy can and should be applied to sports.

Key Number 3

USE POSITIVE SELF-TALK

I can – I will – I know – I do

By using positive self-talk, you can psych yourself up to succeed. This will help with Key Number 2. When you expect to be successful, you will be. You want to talk to yourself like you will and are succeeding. When you perform well at your sport, say to yourself "I can do that again just like that."

Key Number 4

ELIMINATE NEGATIVE SELF-TALK

When we use negative self-talk, we doubt our abilities, and that becomes our reality. Instead of saying “I will never be good enough,” or, “I can’t do that,” tell yourself, “If I work hard enough, I will be able to do that.”

Key Number 4 & 5

ATTITUDE

Lesson

Have the vision to learn and grow!



Check Your Attitude At The Door

Recently, I was conducting a three hour sports workshop for a losing high school soccer team. There were thirty girls on this team. Five out of the thirty girls were sitting together and being very resistant to everything that I would say. If I would say “stand up” they would sit down. If I said “raise your right hand” they would just sit back and watch everyone else and laugh as they texted on their cell phones. Frustrated, I took a break, and took them aside and asked what the problem was. Their response was not surprising...

They said to me, “We don’t need this, we are the star players, and we are the ones who score all of the goals. The other girls need this more than we do! We are just here because our coach made us sit through this stuff...”

After hearing this, I told that small group of girls to leave. When they left, I had asked the remaining girls what they could all improve upon. They said “BEING A TEAM!” They told me that the other girls (the five who “didn’t need to improve”) would take all of the shots, and as a result, brought down the morale of the team.

After The Workshop

After completing the workshop, I asked the resistant girls to come back in and chat with me. I told them that it was unfortunate that they viewed the rest of the team as “not as good” as they were, when in fact, the team pointed out that the small group was a big part of the problem. What happened in the upcoming weeks was not at all surprising...

After each workshop, I email each person who attended helpful hints along with an audio hypnosis session to help them continue improving. It just so happens that I can

see who opens the links that I send out. It was no surprise that all of the girls took advantage of the links and tools that I sent out, with the exception of the five girls who were “too good to improve.”

After about three weeks, the coach of the team contacted me and said, “Dan, after your workshop, all of the girls (who attended and used the tools that you provided to them) improved, both as individuals and as a team, they came together and won every game, while before they were a losing team.”

It was great to hear this feedback, but then he continued... “Unfortunately, the small group of girls who chose to skip out on the workshop did not improve, and their attitude was bringing down the morale of the team again, so the other coaches and I made a very difficult decision to eliminate the previous “star players” from the team due to their lack of willingness and their negative attitude.”

Lesson

No matter how good you are, there is still room for improvement, and you should never turn down an opportunity to learn something new.

Key Number 6

VISUALIZATION EXERCISE

Visualization exercises can help focus your mind on areas that you can improve upon. They should be repeated every day.

Sit or lay down in a spot where you will not be disturbed. Think about something in your game that you can improve upon that is pertinent to your sport (example: I can be more competitive, I can improve my foot work, ball control, passing ability, etc.)

Once you have are thinking about a goal, close your eyes, and imagine that you sitting in the front row of a giant movie theater. Now, imagine that you are watching a movie projected onto the screen in front of you. This movie should be either YOU, or someone who already does (flawlessly) what you would like to accomplish. If you are visualizing yourself, then picture yourself on that movie screen accomplishing your goal.

Once you visualize your goal being completed, zoom in the picture, and make it very crisp and clear, and notice the form. Notice what makes this scene perfect. Notice how this may differ from what you are currently doing. Take time to really study all of the movements.

Finally, after you observe what you need to observe, imagine JUMPING into that movie, and feel what you would feel in that moment. Hear what you would hear, see what you would see. Enjoy it, and then open your eyes, and make that image a reality.

Key Number 7

USE WHAT YOU LEARN IN OTHER AREAS OF YOUR LIFE

People who are successful will learn something new, and in order to make it stick, they use it in as many areas of their life as possible. This will make what you learn a habit. If you learn about working with people on your team, extend what you learned to a class or group exercise. The more you use what you learn, the better off you will be.

Key Number 8

LOOK FOR OPPORTUNITIES INSTEAD OF LOOKING FOR PROBLEMS

Successful people look for opportunities where unsuccessful people find problems. They use every experience as a learning experience, and they learn from their mistakes. This same principle should be used in sports too. If you have made mistakes in your game, instead of dwelling on them, move on and learn from them.

Lesson

Turn failure into feedback and learn from your mistakes.

A Case Example:

I worked with several athletes who let anger control their game when they would make mistakes. One such individual was a baseball player. He would play a great game, but with the slightest mishap, he would freak out. He would throw his helmet, throw the bat, punch the fence around him, and on occasion, he would even go after other players on his team. He would let his mishaps and mistakes control the way he was playing his game. He would consistently make the same mistakes over and over. He was even denied from major league teams because of his anger issues.

He came to my office in dire need of help. His career depended on it. Using some very simple techniques in my office that we then extended to his game, he was able to eliminate the anger and frustration. He was also able to eliminate negative mental and emotional baggage that used to hold him back from performing at his peak (e.g. breakups, fights, job stress, etc.) This was not only information that he used in his athletic baseball career, but in his personal life as well.

Key Number 9

PARTICIPATE WITH YOUR TEAM

Everyone wants to be the “star player” of their team. However, part of what makes a star player is their ability to interact with the team.



A team cannot be composed of all leaders or all followers. A team is a perfect blend of people with many different strengths and weaknesses. A good way to participate is to suggest or take part in team bonding exercises. When the competing team sees how well you all interact together, it will be very intimidating for them. Doing team chants, group huddles, and giving each other support will make your team more cohesive and will cause the opposing team to question their own abilities.

Lesson

Lead and others will follow.

Key Number 10

GET HYPED UP AND IN THE ZONE

There are many ways that people “get in the zone.” One of the most common ways is to listen to exciting music before a game. Also, turn this into a team activity. Come up with a team song that your team listens to as a ritualistic activity.

Even if you use one or two of the tips above, you will find yourself improving. Don’t be like the losers who never want to improve. They will only be letting themselves and their teams down.