



2015 World Archery Coaching Seminar

Fuengirola, Spain

30 September – 4 October 2015



Sport Psychology

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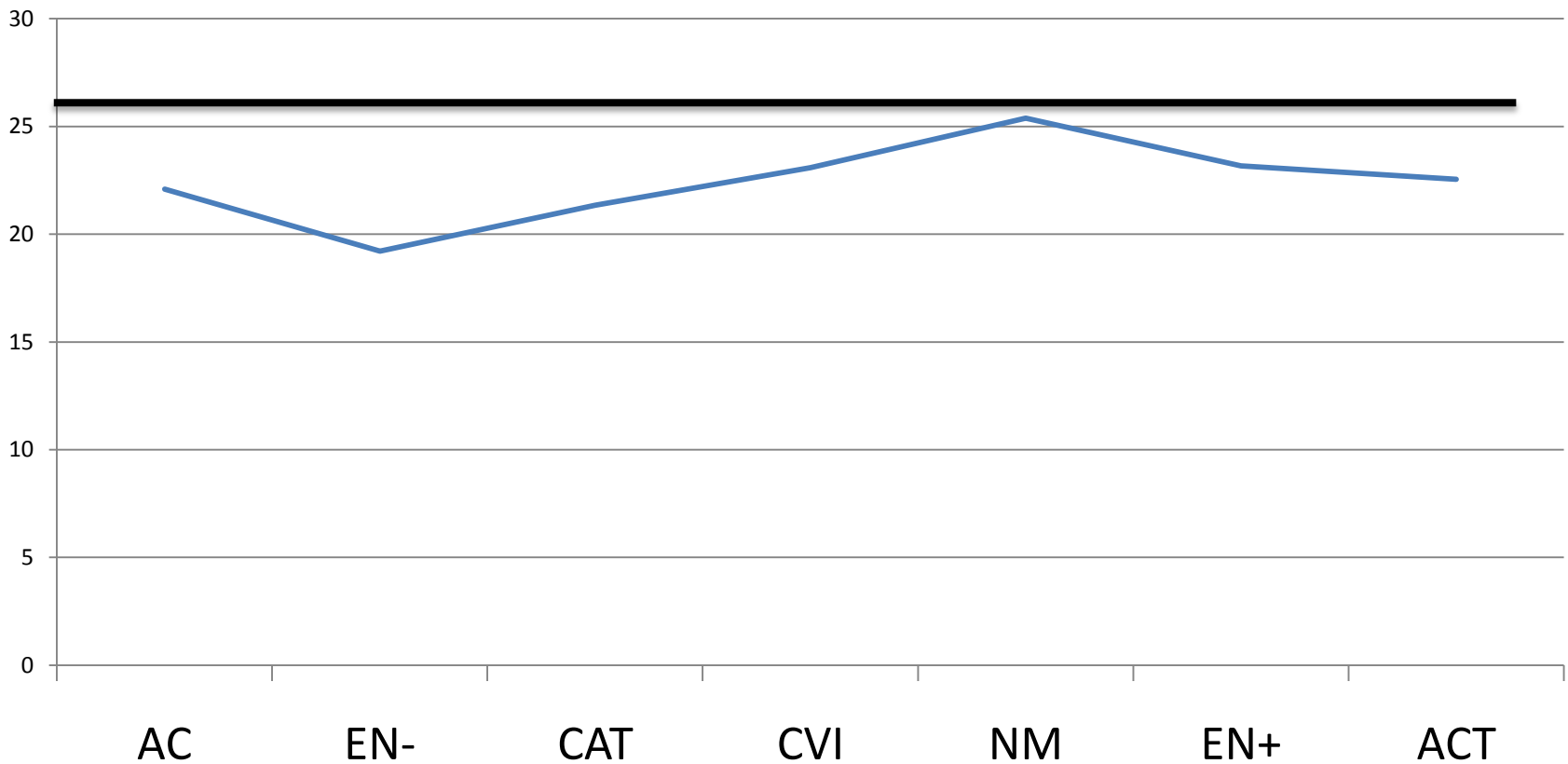


Why is psychological training important in Sport?

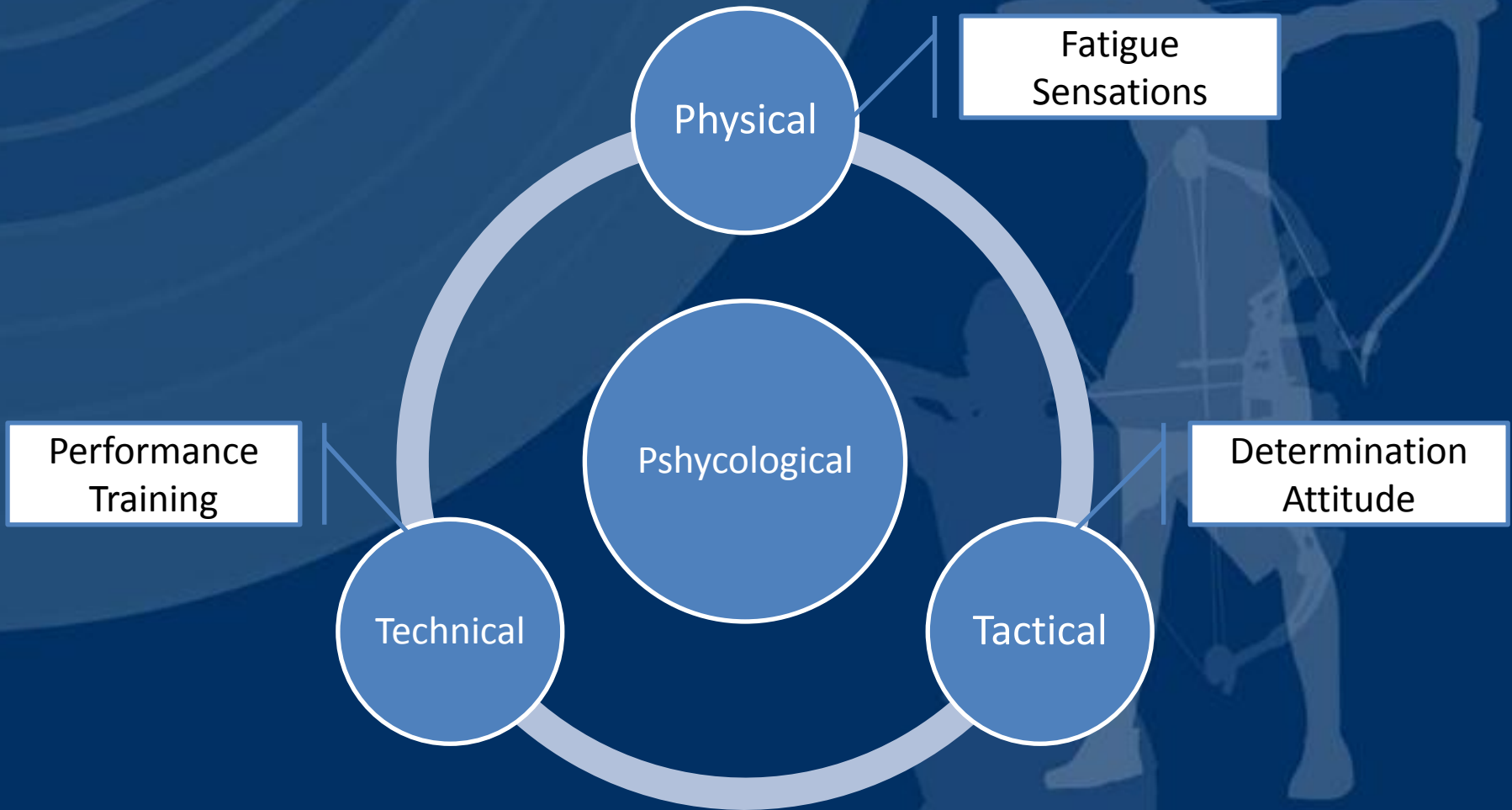


Psychological performance in Archery

Resultados IPSRD 2012-2015

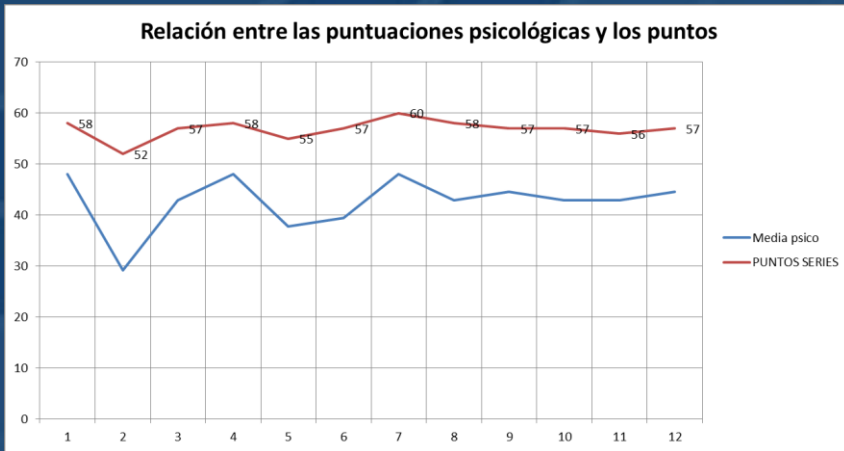


Why is psychological training important in Sport?

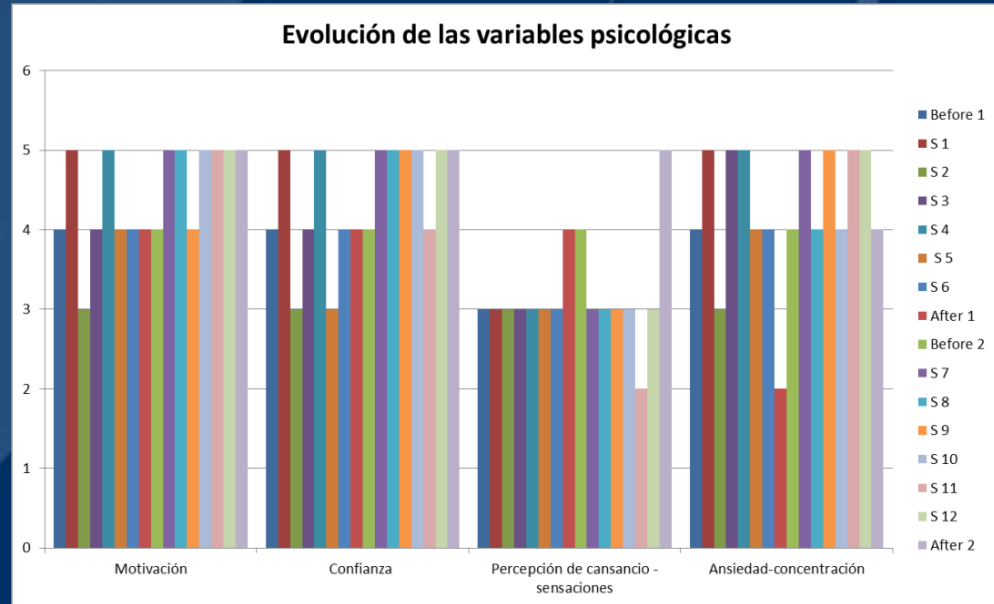


Psychological performance in Archery

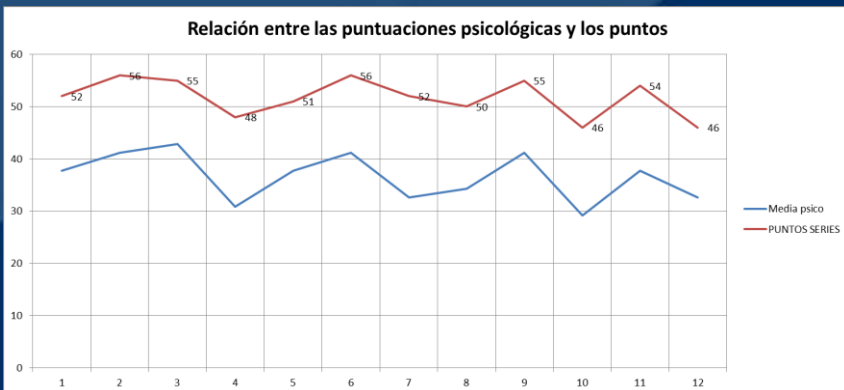
Relación entre las puntuaciones psicológicas y los puntos



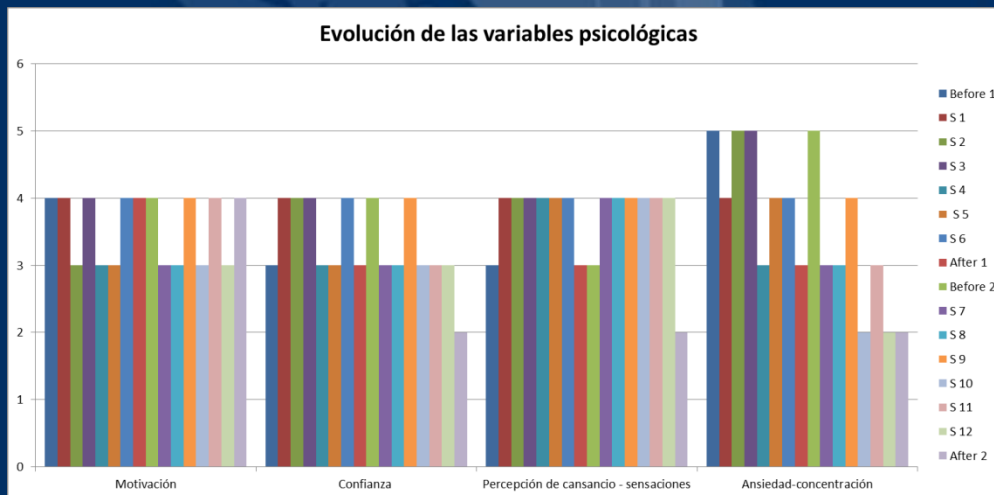
Evolución de las variables psicológicas



Relación entre las puntuaciones psicológicas y los puntos



Evolución de las variables psicológicas



Psychological variables involved in sport performance

Psychological work in archery

	BEFORE	DURING	AFTER
Training	Planning and mentalizing	Performance Improvement	Assessment, assimilation & recovery
	Planning and anticipation of difficulties	Learning situation	Assessment & assimilation of the training
	Planning objectives	Fatigue or tiredness situation	Time management
Competition	Tuning & Preparation	Self control and Self application of strategies	Release and rest
	Why not competing as training	Self regulation	Emotional release
	Precompetitive pressure and anxiety control	Critical situation	Evaluation of the competition



Training

Psychological work in archery

Psychological work in archery		
	BEFORE	
Training	Planning and mentalizing	
	Planning and anticipation of difficulties	
	Planning objectives	

Psychological work

Training

Before

Planning of the season

What determining situations arise in the season?

- Adjusting at the moment during the season

What situations are presented to the athletes as critical to their performance?

- Adjusting to the specific conditions of the athlete

Be prepared for what might happen and have strategies to deal with it

Octubre 2014	Noviembre 2014	Diciembre 2014
1 2 3 4 5	1 2	1 2 3 4 5 6 7
6 7 8 9 10 11 12	3 4 5 6 7 8 9	8 9 10 11 12 13 14
13 14 15 16 17 18 19	10 11 12 13 14 15 16	15 16 17 18 19 20 21
Concentración	17 18 19 20 21 22 23	22 23 24 25 26 27 28
20 21 22 23 24 25 26	24 25 26 27 28 29 30	Descanso
27 28 29 30 31		29 30 31

Enero 2015	Febrero 2015	Marzo 2015
1 2 3 4	1	1
5 6 7 8 9 10 11	2 3 4 5 6 7 8	2 3 4 5 6 7 8
Entrenamiento en casa	Cto. Esp. sala	
12 13 14 15 16 17 18	9 10 11 12 13 14 15	9 10 11 12 13 14 15
	Clael. Maec1	Clael. Maec2
19 20 21 22 23 24 25	16 17 18 19 20 21 22	16 17 18 19 20 21 22
Nlmea	Descanso	
26 27 28 29 30 31	23 24 25 26 27 28	23/ 24/ 25 26 27 28 29
		30 31 European GP

Abril 2015	Mayo 2015	Junio 2015
1 2 3 4 5	1 2 3	1 2 3 4 5 6 7
6 7 8 9 10 11 12	4 5 6 7 8 9 10	8 9 10 11 12 13 14
Clael. Maec3	WC Shanghai	15 16 17 18 19 20 21
13 14 15 16 17 18 19	11 12 13 14 15 16 17	JJ Europeos Espu.
Descanso	18 19 20 21 22 23 24	22 23 24 25 26 27 28
20 21 22 23 24 25 26	25 26 27 28 29 30 31	Clael. Maec4
27 28 29 30	WC Antalya	29 30

Julio 2015	Agosto 2015	Septiembre 2015
1 2 3 4 5	1 2	1 2 3 4 5 6
6 7 8 9 10 11 12	3 4 5 6 7 8 9	7 8 9 10 11 12 13
Univeralada		WC Medellin
13 14 15 16 17 18 19	10 11 12 13 14 15 16	14 15 16 17 18 19 20
	WC Polonia	Test event Rio
20 21 22 23 24 25 26	17 18 19 20 21 22 23	21 22 23 24 25 26 27
27 28 29 30 31	24/ 25 26 27 28 29 30	28 29 30
Cto. Mundo	31	

Long Period of training

Qualifying and intermediate competitions

Conciliation case studies

Long Season Subsequent competitions after the main competition

Main competition

Psychological work

Training

Before

Objectives approach

It's a **MOTIVATIONAL** technique that:

- It gives meaning to what we do → What do I want to achieve?
- It facilitates action taking → What should I do in order to achieve it?
- It drives our effort → How much effort is required?



Facilitating the athletes to fulfill their goals at every session



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Psychological work

Training

Before

Objectives approach

What do I want to achieve?

What should I do achieve it?

Objective						
	* What do you expect to achieve?					
Estrategies						
EI		ES		EF		

How much effort is required?

Psychological work

Training

Before

Objetives Approach

Long Term Goals
season

OBJECTIVES

Among the top 4 in the GP of Europe

Dif.

Exp

9

7

Be finalist in the Spanish Outdoor Championship

8

8

TECHNICAL

EI

ES

EF

1. Shorten the execution time to achieve shots to a more fluid rate

6

6

6.5

Open stance from the beginning , no closed stance
Maintain Back tension ,no stop moving

2. Work on the right position of the head to get proper vertical axis of the body

7

9

9

Feet well planted firmly a bit behind, No on toes

PHYSICAL

1. Feel well physically prepared as advantage (no a concern)

6

8

8

Meet the physical training rutine

9

9

9

Medium term goals +
estrategies
term

PSYCHOLOGICAL

1. Improve self confidence in specific situations such as: facing errors, fear of failure, self evaluation of physical condition

4

4

5

Positive Self Talk
Work with an appropriate shooting pace
Objective assessment of performance

2. Maintain motivation during long periods of training

7

8

8.5

Goals Program
Training diary

TACTICAL

1. Be prepared from the beginning to release the first arrow (240–180 seg)

6

8

7.5

Find more references: perform a good shot
Work comfortably but activated

Training

Psychological work in archery

Psychological work in archery		
	DURING	
Training	Performance Improvement	
	Learning situation	
	Fatigue or tiredness situation	

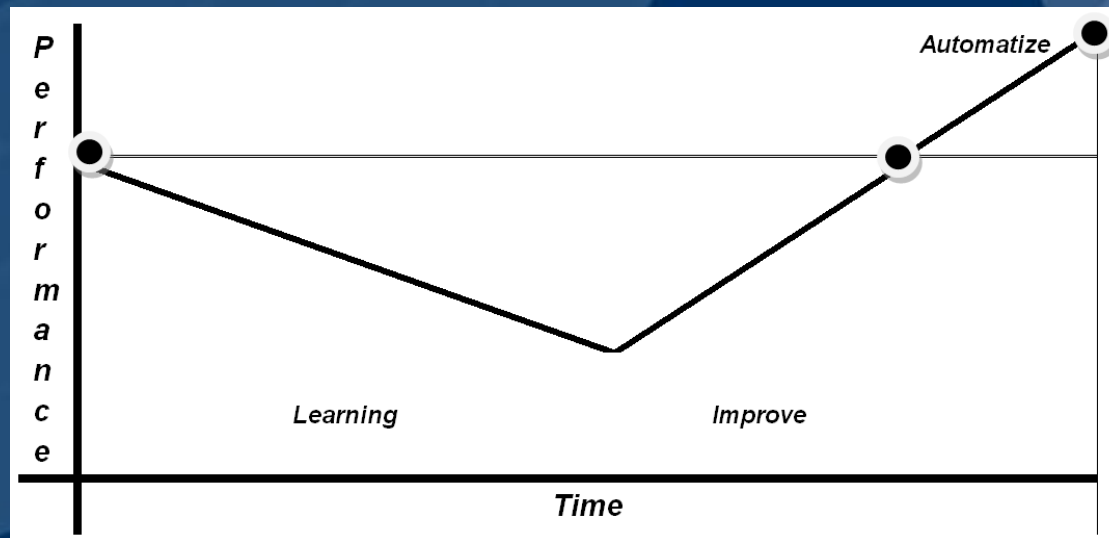
Psychological Work

Training

During

Learning Situations

Learning a new execution, modifying the shooting cycle or performing technical changes successfully by taking into account how the learning process is done



Learning properly the execution of the desirable change
Make a good adjustment, trust and endure

Psychological Work

Training

During

Learning Situations

Perform a **CAUSE-CONSEQUENCE** analysis in order to be:

- Effective → Do it properly
- Distinctive → Do it autonomously
- Permanent → If it doesn't work in the future, know how to adjust it



External Feedback

+

Internal Feedback

Cause-consequence analysis



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Psychological Work

Training	During
	Learning Situations

Causes	Technical Goal	Consequences
Actions controlled by the archer	Move Backwards	Accuracy, strength, sensation, concentration, control, result...
<i>If it's true...</i>		
The bow arm shoulder remain stationary		Better back alignment of the back , major shooting control
Body posture a bit forward		More stability, prevents moving backwards
<i>If it's an error...</i>		
No solid and consistent anchor position		Clicker takes longer, more than normal
Re positioning when drawing the bowstring		Slower shot and insecure release

Psychological Work

Training

During

Learning Situations

Differentiate technical work from the shooting sensations. Work from control to flow:

Control ----- **Flow**



We train techniques, but we compete for sensations

Psychological Work

Training

During

Fatigue Situations



Motivation
Ticking goals
achieved

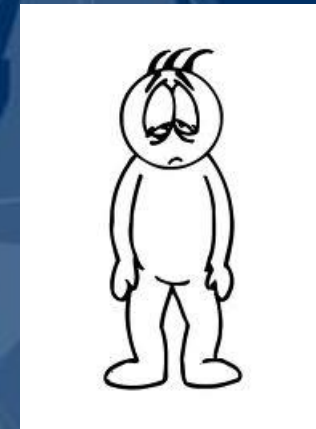
Evaluate load

Attentional Focus
Guided
instruction to take
action



Self confidence
Encouraging,
Achieving and
capability
messages

¡Be careful!
Prevent Fatigue



Differentiate situations of tiredness and get over situations of fatigue

Training

Psychological work in archery

Psychological work in archery		
		AFTER
Training		Assessment, assimilation & recovery
		Assessment & assimilation of the training
		Time management

Psychological Work

Training

After

Time Management

Time management is a source of stress for the athletes

We should know how time tables and activities allowed to the sport affect or limit performance:

- Stressful activities out of training (studies, family...)
- Rest (hours and sleeping quality) and recovery (massages, spa...)

Ensure an adequate recovery of the athlete and be aware of stressful situations out of the sport activities

Psychological Work

Training

Después

Assessment and Assimilation

What do we get from a proper ASSESSMENT:

- Helps our minds to select the most important from training
- Better retention of interesting facts
- Facilitates repetition of what we want to achieve

Training diary
<i>Best moment of the training</i>
Morning second control
<i>Actions, thoughts, sensations associated</i>
Relaxed. Preparing arrows. Didn't look through the telescope , knew what had done

Week 5	Sessions	1 T	2 M	2 T	3 M	3 T		4 T	5 M	5 T
Calm sensation	Application	8	8	8	7	8		7	8	8
	Control	5	6	6	6	7		7	7	7
	Confidence	5	6	6	6	8		7	8	8
Rutine: alignment-drawing-release	Application	6	6	6	7	7		7	8	7
	Control	5	5	6	6	6		7	7	6
	Confidence	7	6	7	7	7		8	8	7
Stance	Application	8	7	7	8	9		9	9	9
	Control	8	8	8	8	9		8	9	9
	Confidence	9	9	8	8	9		9	9	9

Evaluate my performance, see if I am getting what I want and check progress

Training - Conclusions

- Be prepared for what might happen and have strategies to deal with it
- Facilitating the athletes to fulfill their goals at every session
- Learning properly the execution of the desirable change. Make a good adjustment, trust and endure
- Cause-consequence analysis
- We train techniques, but we compete for sensations
- Differentiate situations of tiredness and get over situations of fatigue
- Ensure an adequate recovery of the athlete and be aware of stressful situations out of the sport activities
- Evaluate my performance, see if I am getting what I want and check progress

Competition

Psychological work in archery

		BEFORE	
Competition	Tuning & Preparation		
	Why not competing as training		
	Precompetitive pressure and anxiety control		

Why not performing in competition as well as in training?

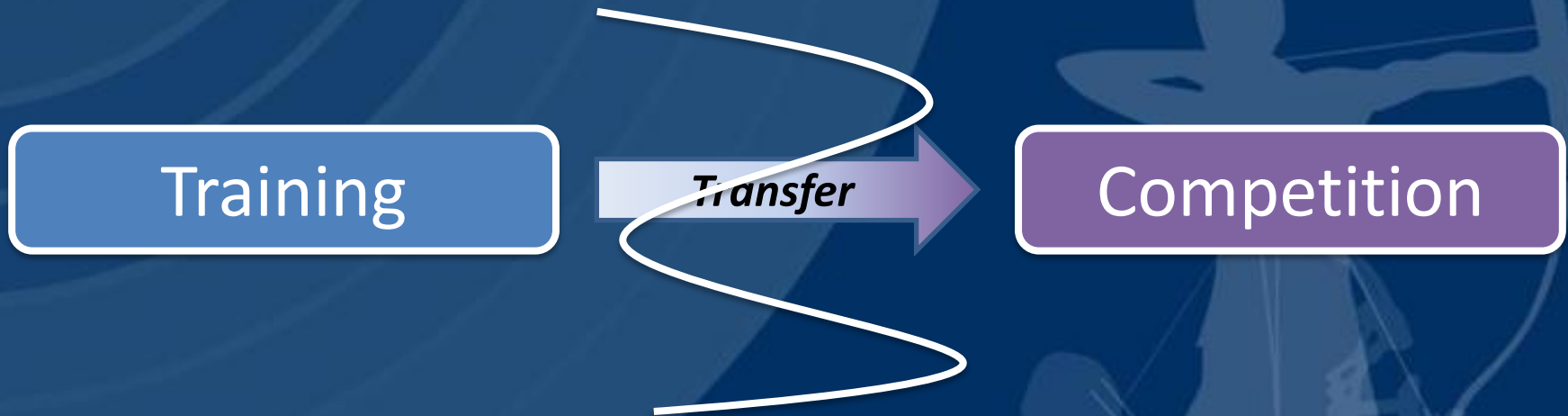
Training

Transfer

Competition



Why not performing in competition as well as in training?



NERVES → internal or external evaluation
FEAR → importance of the consequences
SELF DEMAND → want to do more, go to the result
OTHER DEMANDS → showing off

INCREASE CONFIDENCE
DIMINISH THE STRESS
CONTROL EXPECTATIONS

Psychological Work

Competition

Before

Coping with Pressure

Increase Self confidence

- Current physical condition
- Strengths
- Clear objectives

- Rest & recovery
- Coach Support
- Control expectations

Diminish stress

What factors beyond our preparation, don't decrease our performance

Competition

Psychological work in archery

Psychological work in archery		
	DURING	
Competition	Self control and Self application of strategies	
	Self regulation	
	Critical situation	

Psychological Work

Competition

During

Auto regulation

Training

Transfer

Competition



Preparation

Task

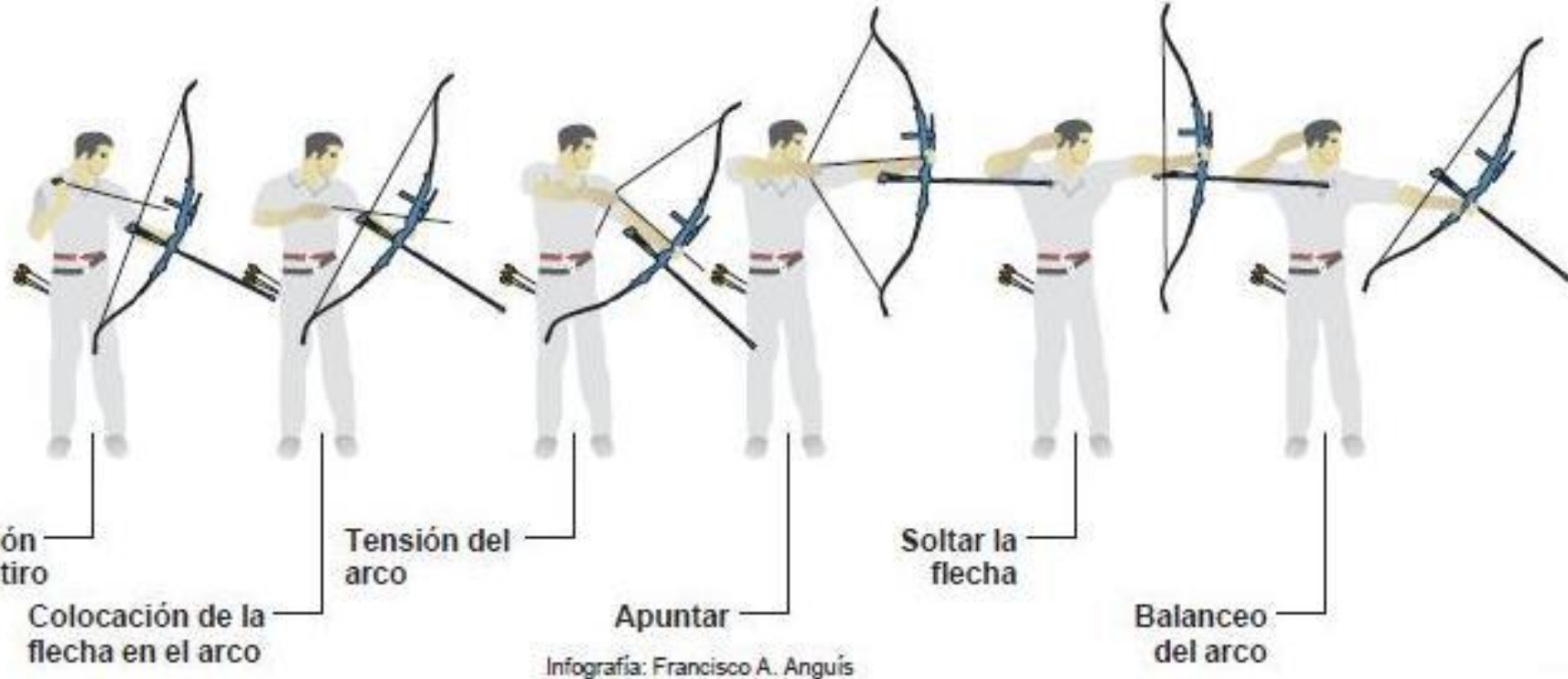
Result

Focusing on the most important things during competition

Preparation

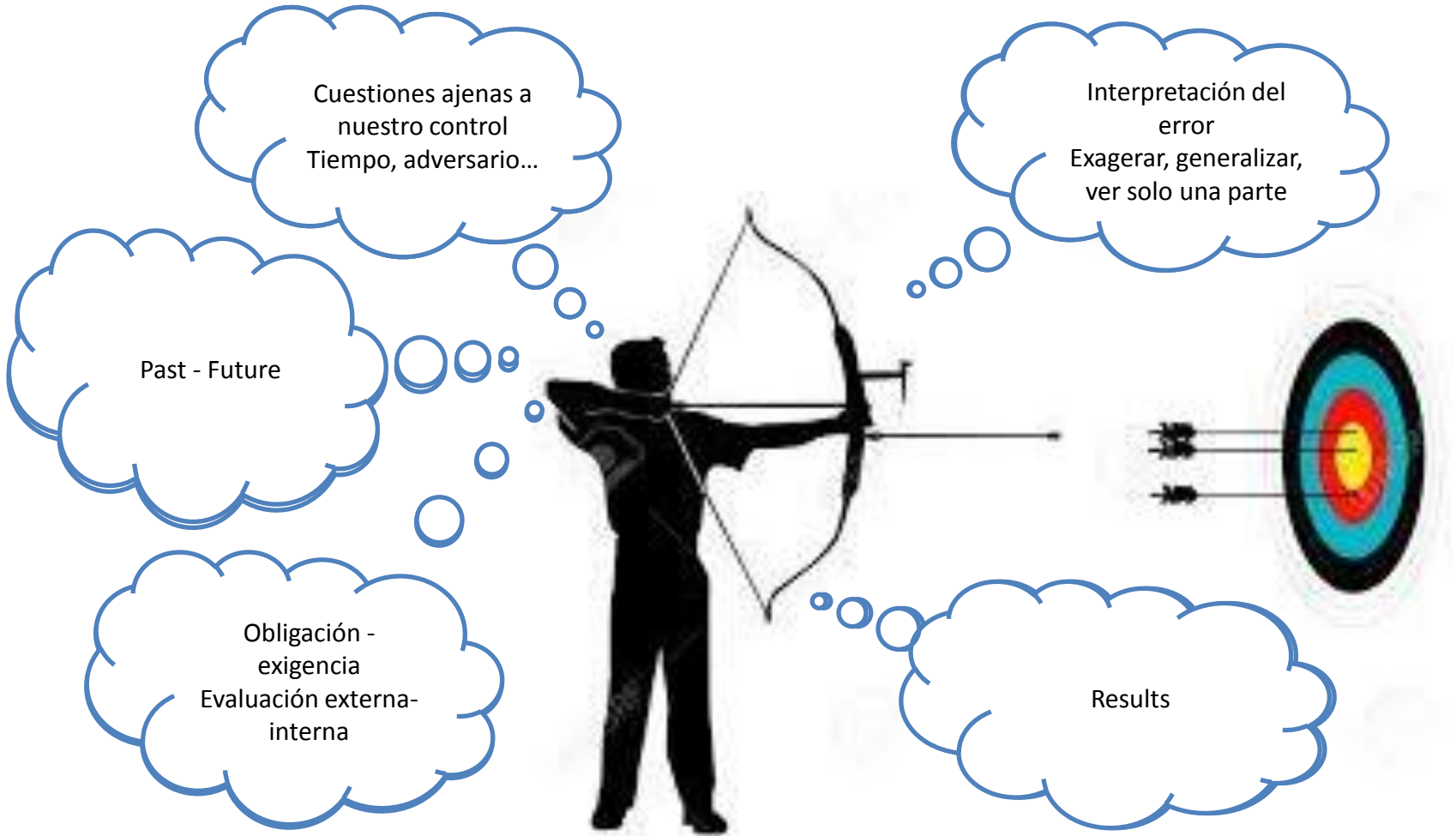
Task

Result



Preparation	Shot cycle	Reaction before result
Activation Control	Choose the moment: «I'm ready»	*What have I done?
Planning review	Attentional control Doing → shooting	What am I going to do?

 General Critical situations	Specific Critical situations
Weather conditions	Know how to compensate
	Keep focusing on task
	Avoid excuses and annoyance
Bad sensations	Don't know why arrows aren't flying clearly
	Don't know how to react before technical errors
	Take our shot for granted when no feeling well
	Facing irregularity
Bad results	Exasperating, get annoyed (get carried away by negative emotions)
	Think in the target and points
	Try to recover arrows (past) or get back in a bad result (future)
Bad start or bad end	Generalize in a subjective manner
	Condition the rest of performance
Qualifying	Major pressure, get a result less arrows
	Opponent quality
	Tiebreaker arrow
Teams	No being in a comfortable stance
	No trusting colleagues
	Running out of time



Fewer interfering situations, greater control over the task

Competition

Psychological work in archery

Psychological work in archery		
		AFTER
Competition		Release and rest
		Emotional release
		Evaluation of the competition

Psychological Work

Competition

During

Emotional release



Experiment unique moment experiences, live those experiences

Psychological Work

Competition

After

Evaluation of the competition



Satisfaction
→ with work done

Efficiency & effectiveness
(Application of valuable sources)

→ Results



Psychological Work

Competition

After

Evaluation of the competition

- What helped my performance?
- Reactions in critical situations?
- Determining factors?
- Strategical approach?

To maintain



To improve

A good evaluation, closes the competition and helps us to prepare the following

Competition - Conclusions

- What factors beyond our preparation, don't decrease our performance
- Focusing on the most important things during competition
- Fewer interfering situations, greater control over the task
- Experiment unique moment experiences, live those experiences
- A good evaluation, closes the competition and helps us to prepare the following



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