

# Advanced Tactics Imagery - What to visualize?

Specific Tactics/Anticipation/Deception

Patterns (e.g., Flynn, 1998; Parker/Provencal: personal communication)

Styles of Play

Opponent-Related

Psychological Qualities & Styles of Play (adapted from Bacon, 2003)

Style	Psychological Qualities	Methods to Develop
Retriever		
Attritional		
Lobber/slow		
Hard Hitter		
Shotmaker		

"Winning Ugly" (Gilbert & Jamison, 1993) & "Geoff Hunt on Squash"

"Gamesmanship" situations:

Themes (Adapted from Tennis Canada, 1992)

1. Tactical-Technical
2. Tactical-Physical
3. Tactical-Perceptual
4. Tactical-Psychological

Focus Plan Related - Rehearse Plan

- 1.
- 2.

### Advanced Tactics Visualization Example #1 (Adapted from Suinn, 1987):

To practice specific tactics

1. Pick a competition scene during which you would use the certain tactics or strategy.
2. Use breathing to relax and clear your mind - 2-5 minutes.
3. Switch on the competition scene, visualizing yourself performing this specific set of movements or actions (5-10 min.).
4. Notice the way in which your body moves and the general "feel" as you correctly perform the tactics.
5. Switch off the scene and return to your breathing (2-3 min.)
6. Repeat the scene again. Make sure you rehearse the movements correctly. Remember that you are programming your body and mind and therefore you want to program the correct movements.
7. Switch on your "Best-Ever" scene, experiencing the success feelings (3-5 min.).
8. End the session with breathing (2 min.).

Tactics I would like to improve using imagery:

- A.
- B.
- C.
- D.

Advanced Tactics Visualization Exercise #2 (Adapted from Suinn, 1987):  
To practice for an upcoming competition (e.g., Worlds, Nationals) over and over until you are so familiar that you have an edge.

1. Decide on what you want to cover in your visualization that involves the upcoming competition. For example you might want to:
  - practice the strategy you need to win, for example to overcome your opponent's strengths or to adjust to anything your opponent might try in the match;
  - practice the success feelings that would be usable if you need that extra motivation to push when you are tired - visualize yourself pushing to win...being ahead and winning;
  - practice what you will do to refocus when distractions and expected things occur (such as referee calls you disagree with, cheating opponent, losing the first game 9-0, etc.)
2. Pick a competition scene during which you would use the certain tactics or strategy.
3. Use breathing to relax and clear your mind - 2-5 minutes.
4. Switch on the competition scene, visualizing yourself performing this specific set of movements or actions (5-10 min.).
5. Notice the way in which your body moves and the general "feel" as you correctly perform the tactics.
6. Switch off the scene and return to your breathing (2-3 min.)
7. Repeat the scene again. Make sure you rehearse the movements correctly. Remember that you are programming your body and mind and therefore you want to program the correct movements.
8. Switch on your "Best-Ever" scene, experiencing the success feelings (3-5 min.).
9. End the session with breathing (2 min.).

Situations I would like to practice:

## References

(I have only listed a few of the main references - contact me for a complete list)

Abma, C.L., Fry, M.D., Li, Y. & Relya, G. (2002). Differences in imagery content and imagery ability between high and low confident track and field athletes. *Journal of Applied Sport Psychology, 14*, 67-75.

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