Pre Performance Routines in Sport

TheSportInMind

Student Revision Booklet
PRE PERFORMANCE ROUTINES

REVISION QUESTIONS

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About the Author: Paul Russell

I am an Associate Fellow and Chartered Sport and Exercise Psychologist with the British Psychological Society (BPS), an Accredited Sport and Exercise Scientist (Psychology) with the British Association of Sport and Exercise Scientists (BASES), a registered Psychologist with the Health and Care Professions Council (HCPC) and a Chartered Scientist. I have been a practicing sport psychologist since 1997.

As a performance sport psychologist I have worked with some of the most recognisable and established National sporting bodies in Great Britain including: England and Great Britain Boxing Association, England Hockey, UK Athletics, England Squash, England Badminton, Great Britain Water Polo, England Netball, Great Britain Olympic Wrestling, as well as in Premiership Football, Premiership Rugby Union and professional cricket, and Super League Rugby League. I have also worked with many combat sport athletes, particularly in boxing and MMA, who complete successfully at a world level.

I also run a web site www.thepop.org.uk It is all about the psychology of performance and has loads of fun resources which you might find interesting.

You can also follow me on twitter @sportpsychpaulr
About The Sport in Mind

My name is Adam Morris and I am the director of TheSportInMind, a website dedicated to increasing the awareness of sport and exercise psychology in the sport community. The website has a team of over 130 members who write for the site on a monthly basis and includes video interviews with leading professionals in sport. TheSportInMind now currently runs performance psychology and curriculum workshops for schools, colleges and sports clubs across the country.

I currently hold a BSc (Hons) in Psychology with Sport Science, a MSc in Sport and Exercise Psychology and will be undertaking a Phd in sport psychology. I believe that by educating others about sport psychology this will give athletes, coaches and practitioners the skills to apply psychology principles to not only their performance but also to the performance of others.
This workbook has been written to help you understand more about sport and exercise psychology. You should watch the video presentations which accompany this booklet. It is a great idea to write some notes down when you are watching the videos. It will help you remember and learn more about the key points. Once you have watched the video try to answer the questions in the booklet. It doesn’t matter if you can’t remember the answer to any of the questions you can always go back to the video and rewatch bits of it to help you.

We hope that you really enjoy completing the questions in the booklet and that it helps you with your studies at college.

Best of luck with your work and in the future

Paul
1. What do you understand by a pre performance routine?

2. Give several examples of athletes who seem to have a consistent pre performance routine, and record what their routine seems to consist of. It might be a good idea to have a look on You Tube and see if you can find any which you can watch.
3. There are 2 types of “classification” of skills which lend themselves to using a pre performance routine with. What are they and give some examples from your sport and other sports which you are less familiar with.
4. Name 4 benefits of using a pre performance routine. For each benefit give a personal example of when you have been playing sport which is related to each one.

i. 

ii. 

iii. 

iv.
5. When developing an effective pre performance routine there are certain things which you could focus on. List these and give an example from your experiences as an athlete.

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6. You are a sport psychologist. A famous Rugby Union player has contacted you. His position is a hooker, as part of this role he is responsible for throwing the ball into play at line outs (it might be useful if you have a look on You Tube at some examples of world class hookers doing this, just so that you fully understand what happens). He has heard that some players have a pre performance routine that helps them. He doesn’t have any pre performance routine but thinks that having one will help him perform better. He would like to know more.

What information can you give him about the benefits of a pre performance routine and how would you go about helping him to construct his own pre performance routine which he could use before he throws the ball in at the line outs.