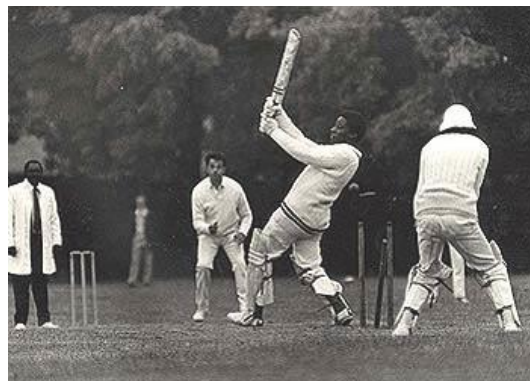




**Sports Performance 15**  
**'The Science of Sport and Fitness'**  
**Unit 4 Sport Psychology**

# **UNIT 4 THE PSYCHOLOGY OF ATHLETIC PREPARATION AND PERFORMANCE**

## *Section 4: Attention Control*



*c.. WP Wagner School, Sports Performance, Tannis Crane, 2006*

*Class Notes:*

1. \_\_\_\_\_ is about concentrating on those things that are important during training or competition and avoiding all unnecessary distractions.



2. **Attention:**

\_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_ : ability to stay focused on your sport task or role.

4. **Focus:**

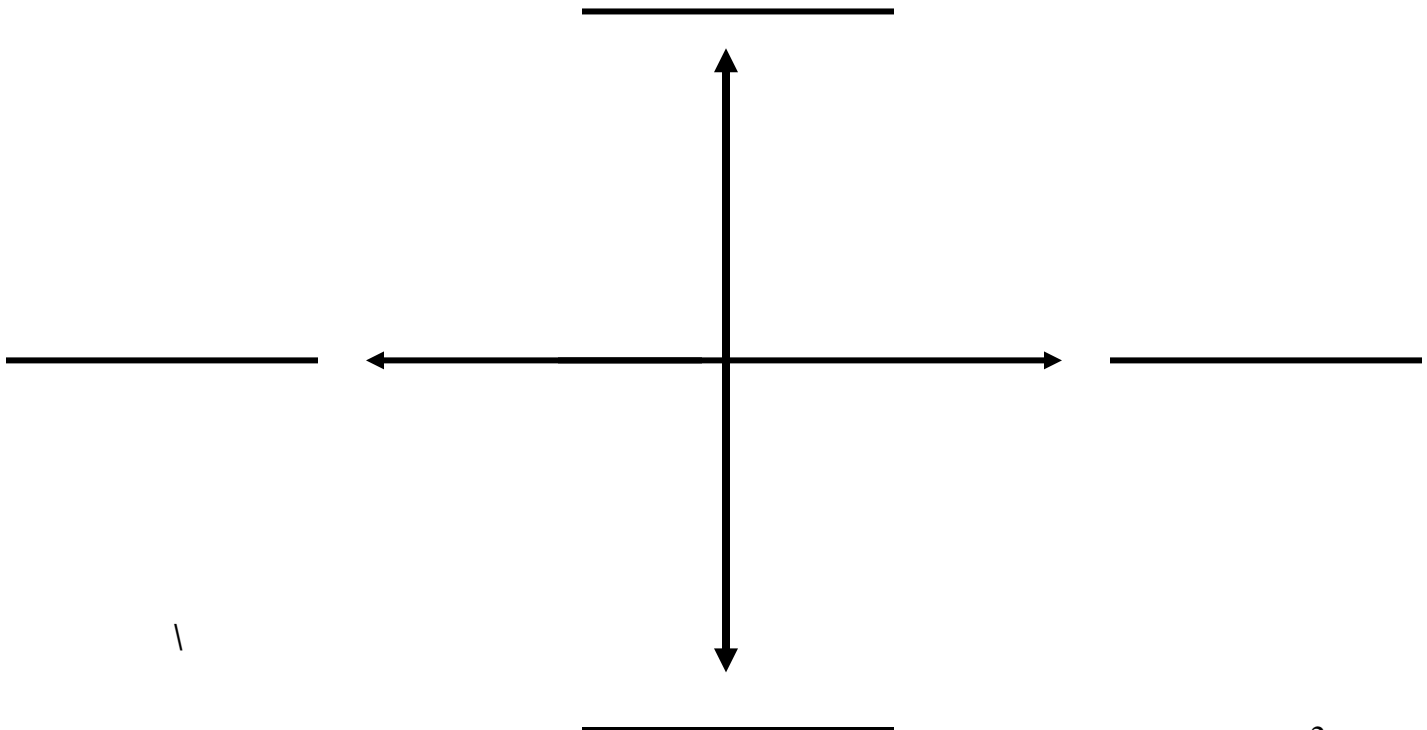
\_\_\_\_\_

\_\_\_\_\_

5. \_\_\_\_\_ : meaningless or irrelevant information about your task.

6. \_\_\_\_\_ : ability to totally involve yourself in your sport/task.

**Dimensions of Attentional Control**



7. What kind of attentional focus would a sprinter have?

8. \_\_\_\_\_  
What kind of attentional focus would a quarterback have?

9. \_\_\_\_\_  
What kind of attentional focus would a batter up to bat have?

10. \_\_\_\_\_  
What kind of attentional focus would a striker in a volleyball match have?

#### **4 Different Attentional Styles:**

##### **11. Broad Internal:**

- These athletes are \_\_\_\_\_ players; they plan the game well in their heads, are quick to make \_\_\_\_\_ adjustments in the game, and are skillful at \_\_\_\_\_ the movements of their opponents and making anticipatory responses.
- They can get caught up in analyzing too much and tend to \_\_\_\_\_ themselves and miss important cues.
- Example of an athlete that may be dominant in this attentional style: \_\_\_\_\_.

##### **12. Broad External:**

- Athletes are able to attend well to \_\_\_\_\_ situations, taking in a lot of information.
- Are susceptible to information \_\_\_\_\_, which can result in their not being able to decide how to respond to rapidly changing events that they readily perceive.
- Example of an athlete that may be dominant in this attentional style: \_\_\_\_\_.

### 13. Narrow Internal:

- Good at being able to focus on a \_\_\_\_\_ with full attention but such diagnostic tendencies carry the risk of becoming \_\_\_\_\_ of self-analysis.
- Athletes with this type of attention style perform better in sports where change takes place \_\_\_\_\_.
- Example of an athlete that may be dominant in this attentional style: \_\_\_\_\_.

### 14. Narrow External:

- Are able to focus on one or two objects while blocking out \_\_\_\_\_.
- Except when the environment \_\_\_\_\_ and decisions need to be made about how to respond to the changes.
- Example of an athlete that may be dominant in this attentional style: \_\_\_\_\_.



### 15. Identify a list of common or recurring distractions that you experience in your sport.

---

---

---

---

**16. What kind of things do you do to get ready for a game? To get focused?**

---

---

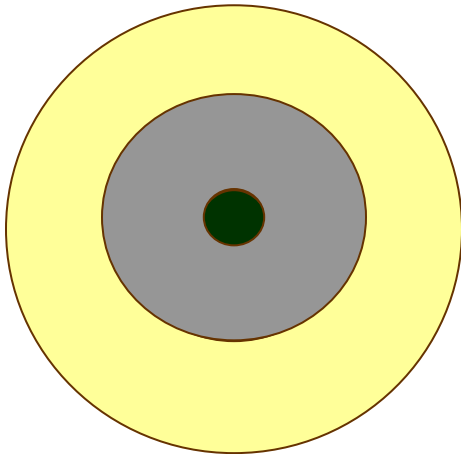
---

---

**17. List as many sports as you can from the slide you just saw:**

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

**18. Just the right amount of focus.**



---

---



---

---



---

---

19. Many athletes find it difficult to focus correctly, especially when under competitive pressure. This can result in:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



20. Choking is mainly due to the fact that athletes do what?

---

---

---

---

---

---

---

21. There are **two types of distractions**, name and explain both:



- a. \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- b. \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

22. How do we lose our attention?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

23. How do we improve our attention?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

