



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:**

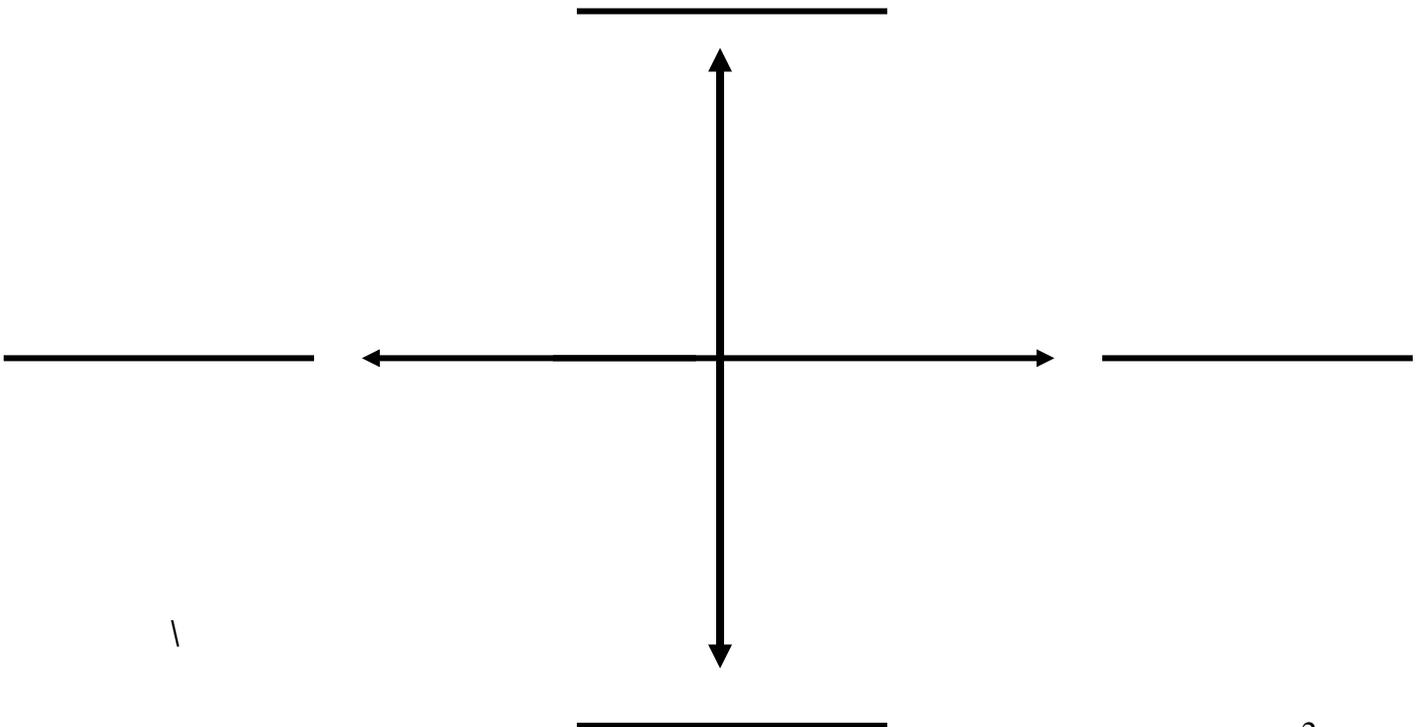
3. _____ : ability to stay focused on your sport task or role.

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: _____.



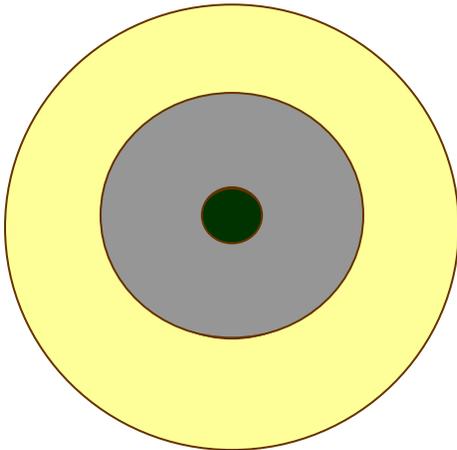
15. Identify a list of common or recurring distractions that you experience in your sport.

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:

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18. Just the right amount of focus.



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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?

- _____
- _____
- _____
- _____
- _____

