Seminar Title: The Mental Game in Beach Volleyball: Resetting to Success – Teach It, Train It

Speaker(s): Ami Strutin-Belinoff

Learning Objectives:

- Understanding the range and spectrum of mental strategies and practical applications to creating a winning atmosphere and resetting from mental mistakes by:
  1. **Assess**: mental strengths and weaknesses and well as physical skill sets
  2. **Effective** goal planning with objectives (long term, dream goals, and short terms)
  3. **Implement** specific team and individualized mental strategies and techniques
  4. **Prepare** off the court to be successful on the court (health habits)
  5. Evaluate and tracking yours and your team’s progress. Tracking Goals
  6. Communicate effectively

Key Points:

- **A.** An in depth perspective of self-knowledge of an athlete and a coach’s understanding of his/her team and athletes is imperative to moving forward and dissolving mental mistakes.

- **B.** Learning to reset quickly by incorporating such strategies as self talk, deep breathing, cue statements, adjusting anxiety levels, mental imagery and visualizations to enter a flow state, “HERE and NOW”

- **C.** Learning to being a consummate evaluator of one’s team and one’s game. Creating a positive team atmosphere by taking an integrative approach

Conclusion:

Today’s athlete is facing immense pressure and competition. Intense competition for kids starts at a much younger age today and with technology, sports science and the culture of today’s competitive spirit of outcome based success, athletes are coming under more and more pressure.

It is imperative to address the mental aspect of on and off the court issues to create a successful athlete and team. To do this one must have an approach and a method. The intent of this conversation is to open minds and create positive approaches to learning how to be successful athlete in the specific area of the mental game.