Mental training
Mental training

Many pilots having similar flying skills

The winner is the pilot who wins the mental race
Mental training

Pilots:
- who are the most motivated to practice
- who have the greatest confidence in themselves
- who fly the best under pressure
- who stay focussed on their race
- who keep their emotions under control
- who overcome the stress on race day

will most often achieve their soaring goals.
Mental training

There are many aspects of sports psychology. The most important of which are:

- confidence
- motivation
- concentration
- relaxation
Mental training

Goals of this presentation:

– Provide clear and understandable information about succeeding in the mental race
– Offer simple and practical techniques to raise performance to a new level
– To enable consistently best performance in practice and racing
– To enable you to gain the greatest amount of satisfaction and joy from the sport
Mental training

- It takes time to develop physical and technical skills
- It also takes time to develop mental capabilities
- Need to commit to mental training
Introduction to superior performance

Not peak performance
– that denotes an unnatural high
– a subsequent down side

Superior performance is:
– performing at a consistently high level
– under the most challenging condition.
Two key words

**Consistently**
- Perform at a high level, flight after flight
- Not 100% all of the time
- Perform at a high level with few ups and downs
Two key words

Challenging

Easy to have a good performance:
- in good conditions
- against weak competition
- on a task that isn’t important

The great pilots are successful by being able to perform their best
- under the worst conditions
- against strong opposition
- in the most important races
Superior performance will lead to:

- success
- immense enjoyment
- satisfaction
- goal achievement
Superior performance

Mental factors are only one part of a superior performance

You also need to be:

– physically healthy
– well conditioned
– well rested
– free from injury or illness
– eating a balanced diet
Superior performance

Can achieve superior performance by being:

– physically
– technically
– tactically
– mentally
prepared
Superior performance pyramid

Motivation
Confidence
Intensity
Focus
Emotions
Pain
Superior performance profiling

Need a better understanding of yourself as a pilot

Strengths + weaknesses = overall gliding performance
Motivation

The ability to initiate and persist at a task.

Motivation is the only contributor to your performance over which you have full control.

Ability – difficulty of competition + motivation = performance
Strategies to improve motivation

- Focus on long term goals
- Establish a support system
- Set goals
- Recognize your accomplishments
Strategies to improve motivation

1. Vary your training

3. Use motivational cues

5. Ask daily questions

7. Develop the heart of motivation
Confidence

How strongly you believe you can perform your best and achieve your goals
Confidence

It is the best pilots’ profound belief in their ability to perform:

- against the strongest field of competitors,
- under the most difficult conditions,
- in the biggest race of their lives that enables them to be successful.
Confidence

Maintaining confidence in gliding is challenging because there are so many different types of skills and conditions that you must train for and confront in training and races.
Confidence

Confidence is a skill, one that can be developed through practice and experience.

- Positive self talk
- Training positive self talk
- Balance the scales
- Positive key words
- Using negative thinking positively
Intensity

Psych down techniques

Psych up techniques
Focus

Focus on what you control

Four Ps
- Positive
- Process
- Present
- Progress
Emotions

3 emotional challenges

- Fear
- Frustration
- Despair
Goal Setting

Vision + motivation + goals = progress
Key race goals

- Get to the start
- Be totally prepared
- Race smart
- Finish strong
- Enjoy the race
- See results
Training

Awareness + time + quality = positive change
8 laws of preparation

- Take responsibility for everything that can influence your performance
- Superior performance is about the grind
- Superior performance requires that you train smart
- The purpose of training is to develop effective competitive skills and habits
8 laws of preparation

1. Consistent training leads to consistent performance

3. Patience and persistence are essential for superior performance

5. Failure is necessary for superior performance

7. Superior preparation is devoted to readying you to perform your best under the most demanding conditions in the most important race of your life
Routines

preparation +
equipment +
physical training +
mental training +
= superior performance
Tips from the top

- Trust your preparation
- Personalize your mental approach
- Expect it to be difficult
- You can't always be on
- Respond quickly to challenges
Tips from the top

- Keep it simple
- Learn from your setbacks
- Race experience is invaluable
- Take time to rest your mind
- Accept the challenge