

# 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:

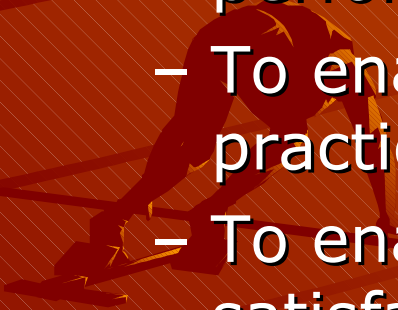
- confidence
- motivation
- concentration
- relaxation



# 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

✦ 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



The background of the slide features a running track with curved lanes. On the left side, a silhouette of a sprinter is shown in a starting crouch. A large yellow pyramid is centered on the slide, containing a list of factors. The text is in a bold, dark red font.

**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



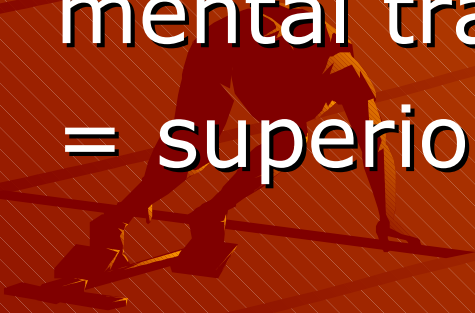
# ***8 laws of preparation***

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