THE TASK – THE MAIN POINT

TO HAVE YOUR BEST FOCUS …
TO BRING YOUR BEST FOCUS …
TO MAINTAIN YOUR BEST FOCUS …
AND TO UTILIZE YOUR BEST FOCUS …

THE TASK – THE MAIN POINT

TO ACHIEVE THE VERY BEST COMBINED EVENT PERFORMANCE POSSIBLE!!
IT IS ABOUT FOCUS!

WHAT IS FOCUS?

It's WAY MORE than just CONCENTRATION!
This is the wellspring of FLOW!
And it’s COOL!!!

THE EVENT

The most challenging, most demanding, most exciting, and thus, the most fun and most rewarding event in all of Track and Field!

HEPTATHLETES AND DECATHLETES HAVE SPECIAL GIFTS

• Speed
• Strength
• Endurance
• Extraordinary Kinesthetic Capacities
Heptathletes and Decathletes are Special People

- Energy
- Passion
- Independence
- Self-Motivated
- Self-Starters

Heptathletes and Decathletes

- Enjoy Learning
- Seek Teaching and Coaching
- Ask Lots of Questions
- Are Eager to “Give it a try!”

Heptathletes and Decathletes

- “Thrill Seekers” and “Risk Takers”
- Like Roller Coasters and fast cars!
- Love to Share an experience …
- But also love the center of attention!
- They Laugh Easy … and Cry Hard!

Heptathletes and Decathletes

- Are very Interesting People!
- Are very Fun People to be with and Share Life with!
- Are usually very Complicated and Frustrating …

Heptathletes and Decathletes

Are Really FUN to COACH!!!

THE EVENT

NOT a Series of 7 or 10 events added together
ONE EVENT!!

The DECATHLON or HEPTATHLON!
Best approached and experienced as ONE COMPLETE WHOLE!

THAT IT IS ONE EVENT...

The most basic understanding that must inspire, guide and sustain both the Coach and the Athlete!!

THE MENTAL CHALLENGE

• Wide Array of Events
• Numerous athletic challenges and physical demands
• The Sheer Length of the Competition
• 2 Days and several hours of competitive engagement each day

THE MENTAL CHALLENGE

• Responding continually to performance evaluations
• Processing Failure and Frustration … Success and Celebration
• Dealing with Personalities and Idiosyncrasies of fellow competitors, coaches and officials

THE MENTAL CHALLENGE

How well Athletes have dealt with this psycho-emotional challenge has determined the Success or Failure of many competitions!

SPORT PSYCHOLOGY

• “Thinking Right in Sport”
• Taking CONTROL of our thoughts, emotions and performances!!!
**CONTROL IS THE KEY**

1. Emotional Control
2. Attentional Control
3. Arousal Control
4. Transitional Control

**EMOTIONAL CONTROL**

Athletes Must Practice and Develop Great Skill in Maintaining Their COMPOSURE!

**EMOTIONAL CONTROL**

The Loss of Emotional Control ALWAYS has a Price …
And it usually is a High Price!

**ATTENTIONAL CONTROL**

Commonly known as CONCENTRATION

**AROUSAL CONTROL**

For a given Person, with a given Task, on a given Day, in a given Environment, with a given set of conditions … there is a GIVEN LEVEL OF AROUSAL that will ALLOW for OPTIMAL PERFORMANCE!!

**CONTROL YOUR CONCENTRATION**

Assure that your thoughts are FOCUSED on the KEY elements of your skill and strategy for each event!
AROUSAL CONTROL

- Athlete must understand what levels of Arousal work BEST for them in each event.
- Control “Getting There”, “Coming Down”, “Going Back Up” for the next event!

TRANSITIONAL CONTROL

This is an Application of Emotional Control, Attentional Control and Arousal Control to a very specific aspect of the Combined Event Competition

THE TRANSITIONS

The “breaks” … between events … between days!

THE REALITY OF THE TRANSITIONS

Whatever the situation, whatever the circumstances, whatever the challenge, whatever the cause, the physical and emotional experience of this transition period CAN AND MUST BE CONTROLLED!!

THE REALITY OF THE TRANSITIONS

The previous event does not control the athlete’s experience during the transition time.

The ATHLETE CONTROLS the Transition!!
TEACHING TRANSITIONAL CONTROL

1. PROCESS – leaving the past behind
2. CALM – creating a peace
3. STRATEGY – review the plan
4. PSYCHOMOTOR – key technical cues or triggers
5. PSYCHO-EMOTIONAL – “Thinking Right”

WITHIN THE PSYCHO-EMOTIONAL

1. Arousal – where should it be?
2. Attention – what am I focused on?
3. Affirmation – trust yourself?
4. Activation – DO IT!!

DEVELOPING A ROUTINE

1. Immediate Post Event – Process (5-8 minutes)
2. Beginning of the Transition – Calm (5-7 minutes)
3. Readying for the Next Event – Strategic, Psychomotor, Psycho-Emotional (15-20+ minutes)

BETWEEN THE DAYS

- Process the experience of Day #1
- Move to a time of Calm, peaceful dinner, evening of relaxation.
- Good night’s sleep and nutritious breakfast.
- Great Warm-Up, appropriate arousal, focused attention, affirming thoughts,
- An activating cue, a GREAT PERFORMANCE, and on to the NEXT TRANSITION!!

TRANSITIONAL CONTROL Routines FOR THE HEPTATHLON

Pre-Meet Preparation
- Taper
- Blow-out workouts
- Technique tune-ups
- Modeling
- Logistical Issues
  - Travel
  - Meals, supplementation, hydration
  - Equipment
  - Check In
  - Support Group
- Meet Day Concerns
  - General warm up
- Psycho-emotional
  - Arousal – Moderate
  - The Heptathlon is ONE event!
  - I am a HEPTATHLETE!
  - I will score more!!
  - Let’s have FUN!!

100 Meter Hurdles
- Strategy
  - Transition from not competing to competing.
  - Specific warm-up – flexibility, strides, acceleration, hurdle drills, tune-up, starts.
- Psychomotor
  - Prepare to attack – “Drive to erect”
  - Stride Frequency Between Hurdles – “Step over the rock”
  - Posture in Final Stages – “Tight Abs”
- Psycho-emotional
  - Arousal – High (on the scale of Very Low, Low, Moderate, High, Very High)
  - I am FAST!!
  - Attack!
  - See It … Feel It … Trust It … Do It!!
  - GO!
TRANSPORTATIONAL CONTROL Routines FOR THE HEPTATHLON

HIGH JUMP
- Process
  - "Park" the Heptathlete
- Calm
- Strategy
  - Time consuming event, hydration, rest opportunities
- Measurements, opening height, pace, timing of warm-up and run-through
- Psychomotor
  - Out of the back - "Push ... Push ... Push"
  - On curve, "Grab the ground, bug, push!
  - Penultimate/Take-off - "Push through ... PULL"
- Psycho-emotional
  - Arrival - High
  - Control, Become a JUMPER!
  - How to JUMP HIGH
  - Trust the Approach!
  - See it ... Feel it ... Trust it ... Let's Do it!

SHOT PUT
- Process
  - "Park" the High Jump
- Calm
- Strategy
  - Technical lead-up activity:
    - overhead, shoulders, push-ups, toss and catch
  - Warm-up is done elsewhere.
- Psychomotor
  - Compression in back - "Compress"
  - Unwind on up-stroke - "Push ... Push".
  - (Push out the back ... Push through it)
  - Fire the hips - "Fire!"
- Psycho-emotional
  - Arrival - "Very High"
  - Become a THROWER!
  - Controlled, Turn!
  - Go DEEP!
  - See it ... Feel it ... Trust it ...
  - Go Get it!

TRANSPORTATIONAL CONTROL Routines FOR THE HEPTATHLON

200 METER DASH
- Process
  - "Park" the Shot Put
- Calm
- Strategy
  - Consider heat and lane assignment; timing of warm-up
  - Active speed, acceleration, maximum velocity, start
- Psychomotor
  - Start/acceleration - “The up, hold up”
  - Curve running - "step over the opposite knee”
  - Latter stages (fatigue) - "step over and glide"
- Psycho-emotional
  - Arrival - Very High
  - "Sound releases you ... quick handle”
  - "I am FAST!"
  - See it ... Feel it ... Trust it ...
  - GO!

TRANSPORTATIONAL CONTROL Routines FOR THE HEPTATHLON

LONG JUMP
- ... 
- JAVELIN
- ... 
- 800M
- ... 
- Post Competition
- ...

TRANSPORTATIONAL CONTROL Routines FOR THE HEPTATHLON

FIRST DAY – SECOND DAY TRANSITION
- Process
  - Warm down immediately following 200 meters; stride, jog, walk; flexibility, hydrate and carb intake within 15 minutes of completion of 200 meters.
  - Review Day #1
  - Ice Bath, Massage, et al;
  - Replenish, Rejuvenate and Regenerate – physical and emotional
  - Dinner
  - Relax
  - Great Sleep! (Quantity and Quality)
- Wake up – literal and neuromuscular (go for walk)
- Appropriate Breakfast
- Check equipment
- General warm up; massage;

TRANSPORTATIONAL CONTROL Routines FOR THE HEPTATHLON

CONCLUSION
- Develop your own plan! This is not a secret recipe for everyone!
- But, become highly skilled at executing your own plan for TAKING CONTROL of YOUR TRANSITIONS!
- CONTROL bringing your BEST FOCUS
- CONTROL – It’s a CHOICE!