

What is Imagery?

Imagery is creating a picture in your mind of a 'real life' situation. The aim is to recreate an event as an extra form of 'practice'. By using imagery you can practice a skill or recreate a situation without physically being there.

Uses of Imagery

Imagery can be used to recreate a large range of situations that can benefit you and your sport:

- Competition preparation
- Review of performances
- Learning a skill
- Injury recovery
- Emotional control
- Reinforce tactical cues needed during competition

Keys to Good Imagery

1. Colourfulness

To create a colourful image you need to be able to imagine all of your senses. This includes what you might:

- See
- Hear
- Taste
- Feel
- Movements you might make
- Emotions you might feel

The aim when creating an image is to be able to use all of these senses to make the image in your mind as rich and colourful as possible. This will make the image as life-like as it can be and therefore be as close to the real thing as possible.

2. Control

Once you are able to create a very colourful and life-like image in your mind you need to be able to hold this image and move the image in a real-time manner.

Timing - Crucial aspects is the timing the image include:

- Knowing the order of events in the image
- Having a clear start and finish point.
- The time frames match the 'real' situation you're trying to recreate
- Have a smooth flow to the image
- Not to rush the image

Point-of-view – How you 'see' the image?

- 1st-person perspective. That is, like there is a camera on your forehead and you see what you would see in real life.
- TV perspective. The most common point-of-view is similar to watching a TV show or broadcast of you competing in your sport.

Practice - Like any physical skill, image can be developed and perfected by practicing. You can practice imagery:

- In training
- Before or after training
- Before you go the sleep
- Whilst falling asleep
- Pre-competition