Introduction to Imagery in Gymnastics



TEAM USA

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Imagery

Creating a pictures in your mind's eye ***

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Imagery Basics

- *Vividness* –make it real
 - → use all 5 senses: sight, sound, feel, taste, hear
- Controllability- learn to manipulate your images so they do what you want them to do





When Do We Use Imagery?

- Before and after practice
- Before and after a meet
- Between events and/or days of competition
- During your own time away from the gym
- When recovering from an injury



Why Do We Use Imagery?

- Relaxation
- Activation management
- Stress management
- Goal-setting
- Self-confidence
- Attentional focusing
- Recovery from injury
- Practice of skills/techniques
- Correcting mistakes

1. Use all of your Senses



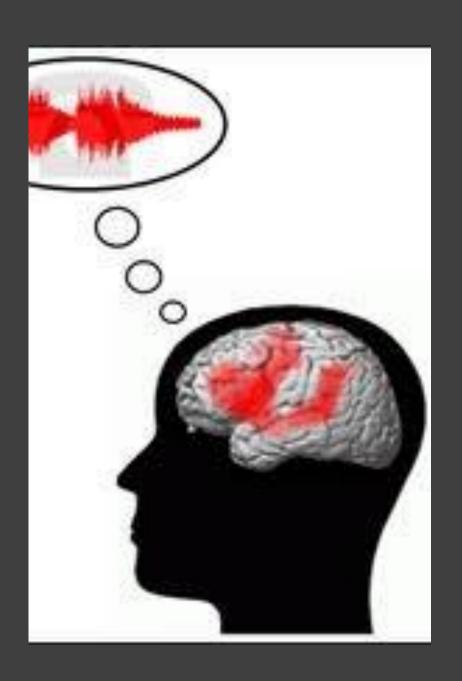
- See in vivid color
- Hear the sounds during competition and training
- Smell where you train and compete
- Feel the air around you and how your body feels as you move
- Taste



3. Use internal and external imagery



- Internal: you see what you would see if you were looking OUT of your eyes
- External: what you would see if you were watching yourself on a video monitor



4. Practice imagery regularly

Practice makes permanent!

5. Practice imagery in a relaxed state

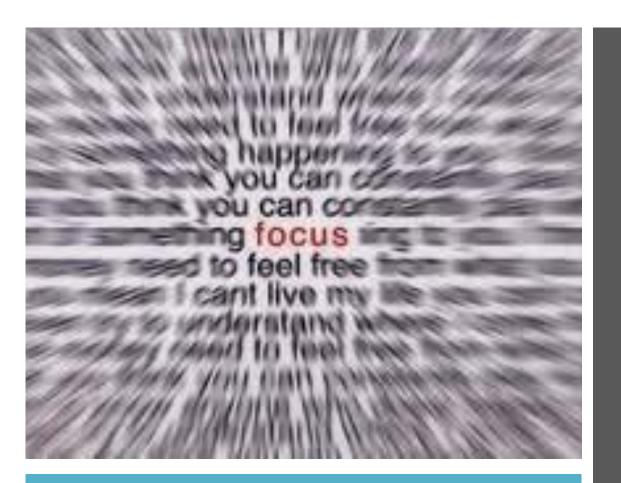
- Start with relaxation
- Then challenge yourself when in a more distracted state





6. Develop coping strategies through imagery

In your mind, practice dealing positively with the unexpected before it happens



You can use cue words or other reminders (music, count) when you are using imagery

7. Use cues or triggers to help your imagery rehearsal

8. Practice kinesthetic imagery



Kinesthetic means actually feeling the movements when you are using imagery

9. Image in "real time"

- Take the same amount of time to do imagery as it takes to actually do the skill you are imaging
- Exception: If you are having difficulty seeing your desired outcome in your image. Then you can try imagery in slow motion or see the image frame-by-frame until everything looks right
- Then gradually speed up to real time



10. Use imagery logs

Example:

Date	Time	Description	Practice Time	Success
4/28	4:30	Practiced floor routine	10 minutes	Imagined skill, but outcome isn't always positive

One more thing...

Let's Try It!





Questions?