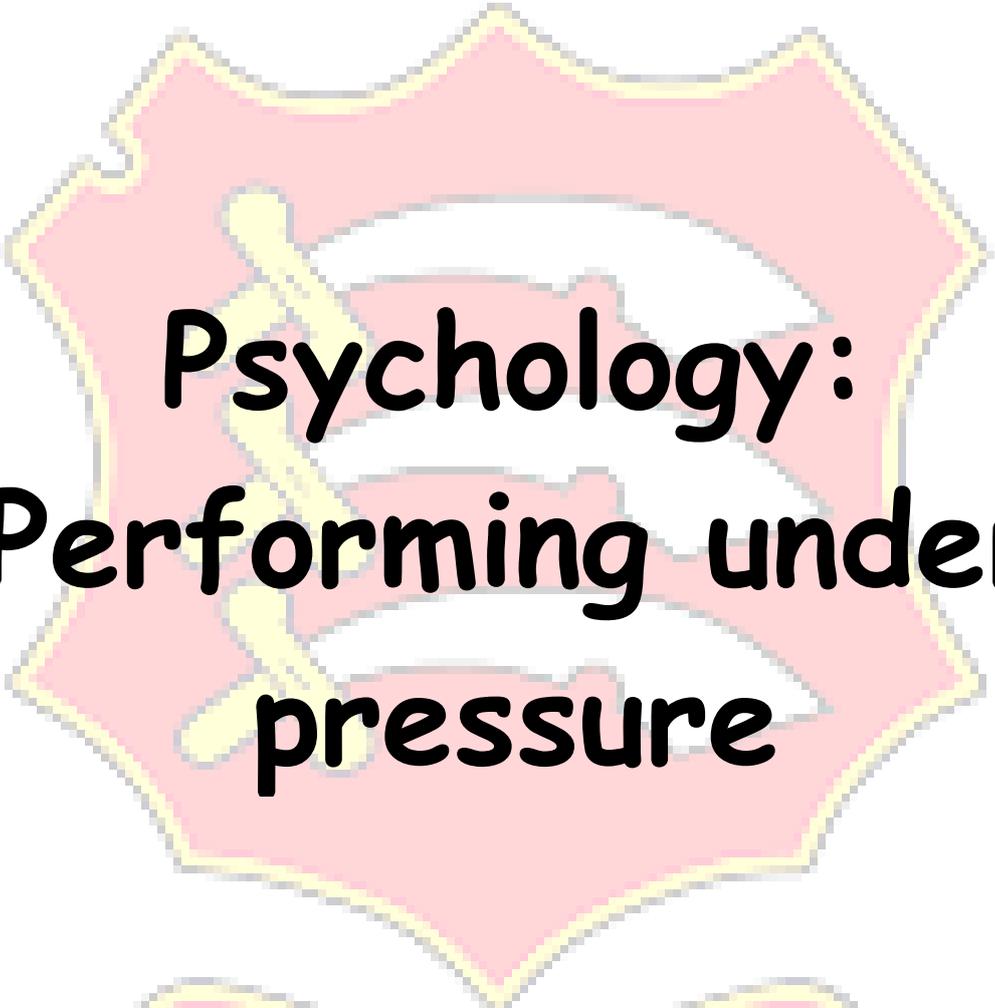


# Workbook



## Psychology: Performing under pressure



Season 2019-20

Name:

Age group:

# Performance

TECHNICAL

TACTICAL

PHYSICAL

PSYCHOLOGICAL/  
SOCIAL

*"Cricket is a game that obviously requires talent, but when talent is equal, as it so often is, the formula for success comes from strength of mind."*

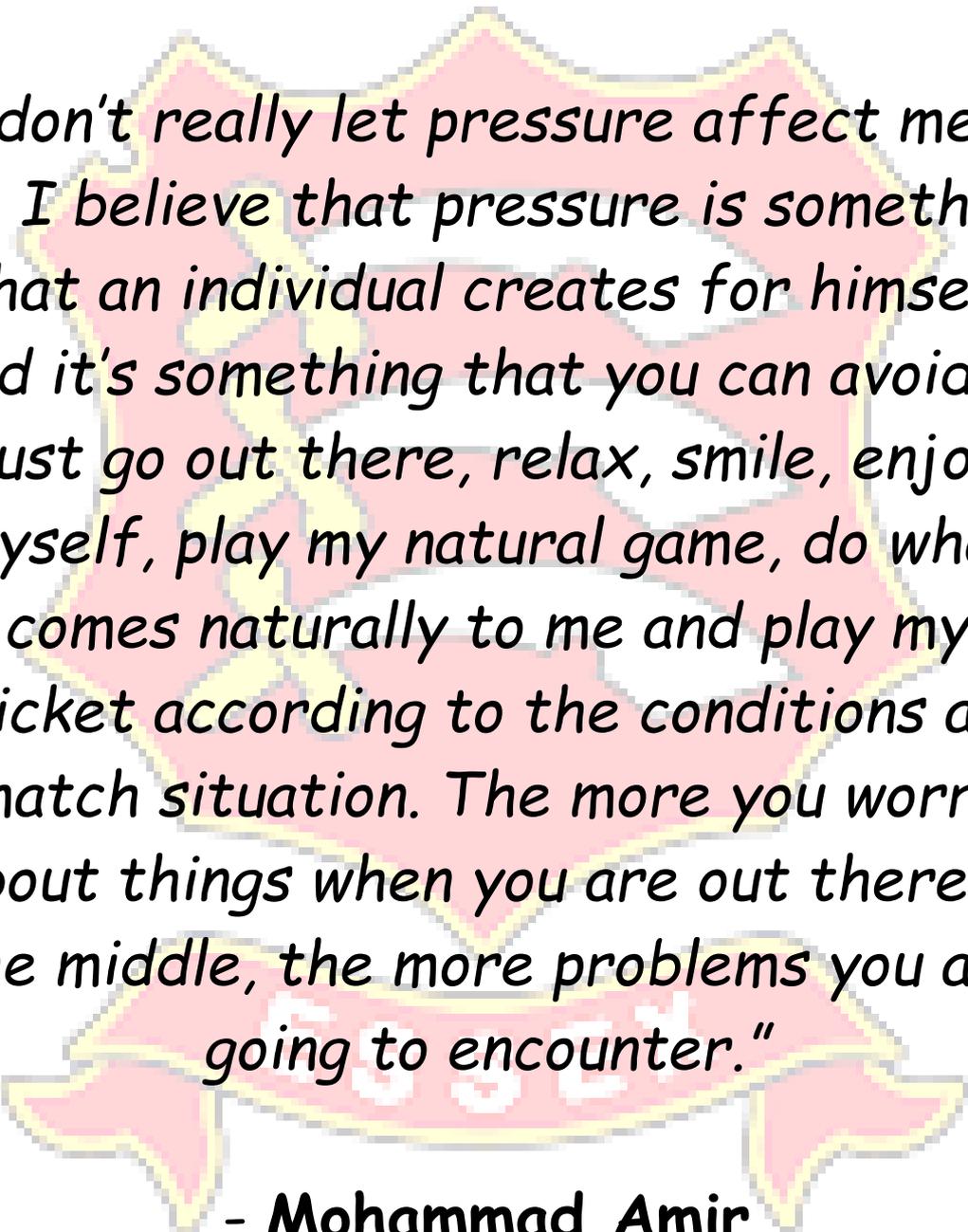
**- Steve Waugh**

*"At least with me, the match starts much, much earlier than the actual match."*

**- Sachin Tendulkar**

*"I think ability is a 10 to 20 per cent requirement, you need 80 to 90 per cent mental strength."*

**- Glenn McGrath**



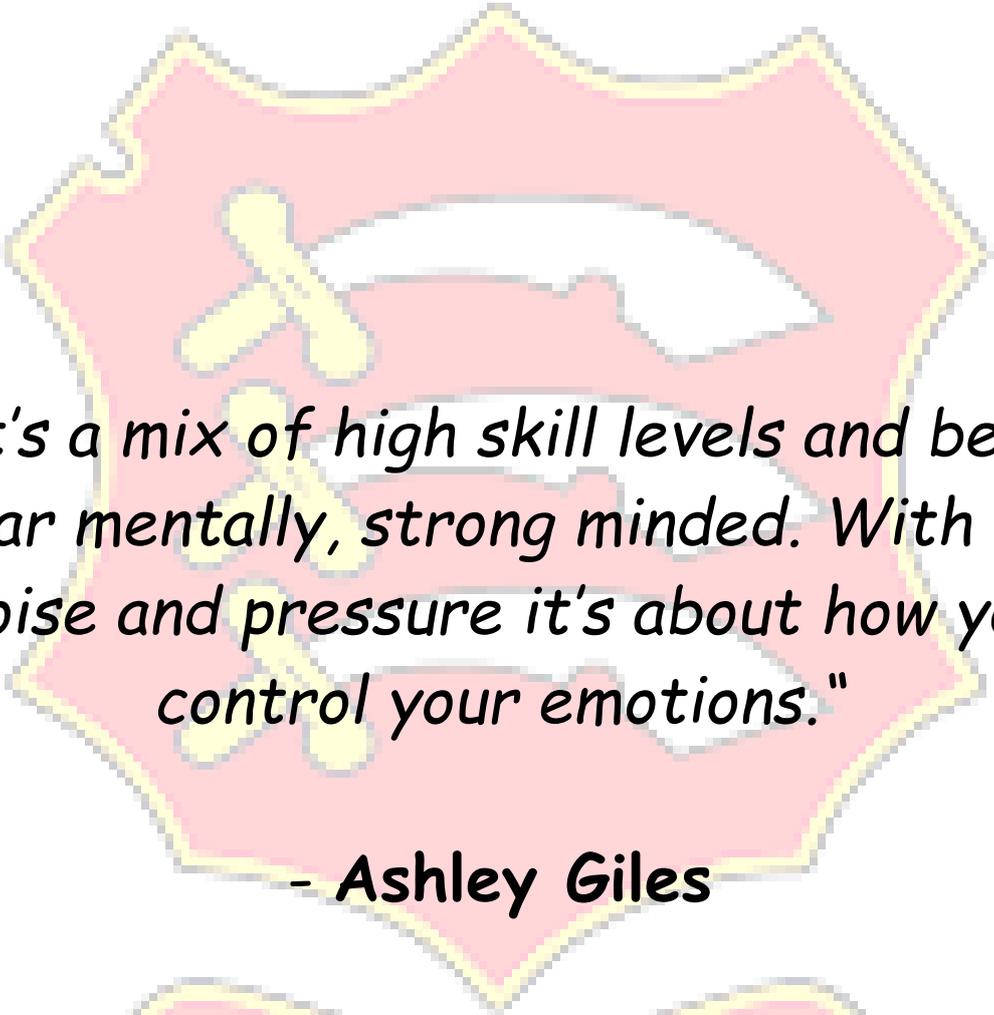
*"I don't really let pressure affect me at all. I believe that pressure is something that an individual creates for himself and it's something that you can avoid. I just go out there, relax, smile, enjoy myself, play my natural game, do what comes naturally to me and play my cricket according to the conditions and match situation. The more you worry about things when you are out there in the middle, the more problems you are going to encounter."*

**- Mohammad Amir**

# **Task 1: Identifying my internal and external sources of 'pressure'**

**Internal:**

**External:**



*"It's a mix of high skill levels and being clear mentally, strong minded. With the noise and pressure it's about how you control your emotions."*

**- Ashley Giles**



**ESSEX**

## Task 2: Deep Breathing

### Steps:

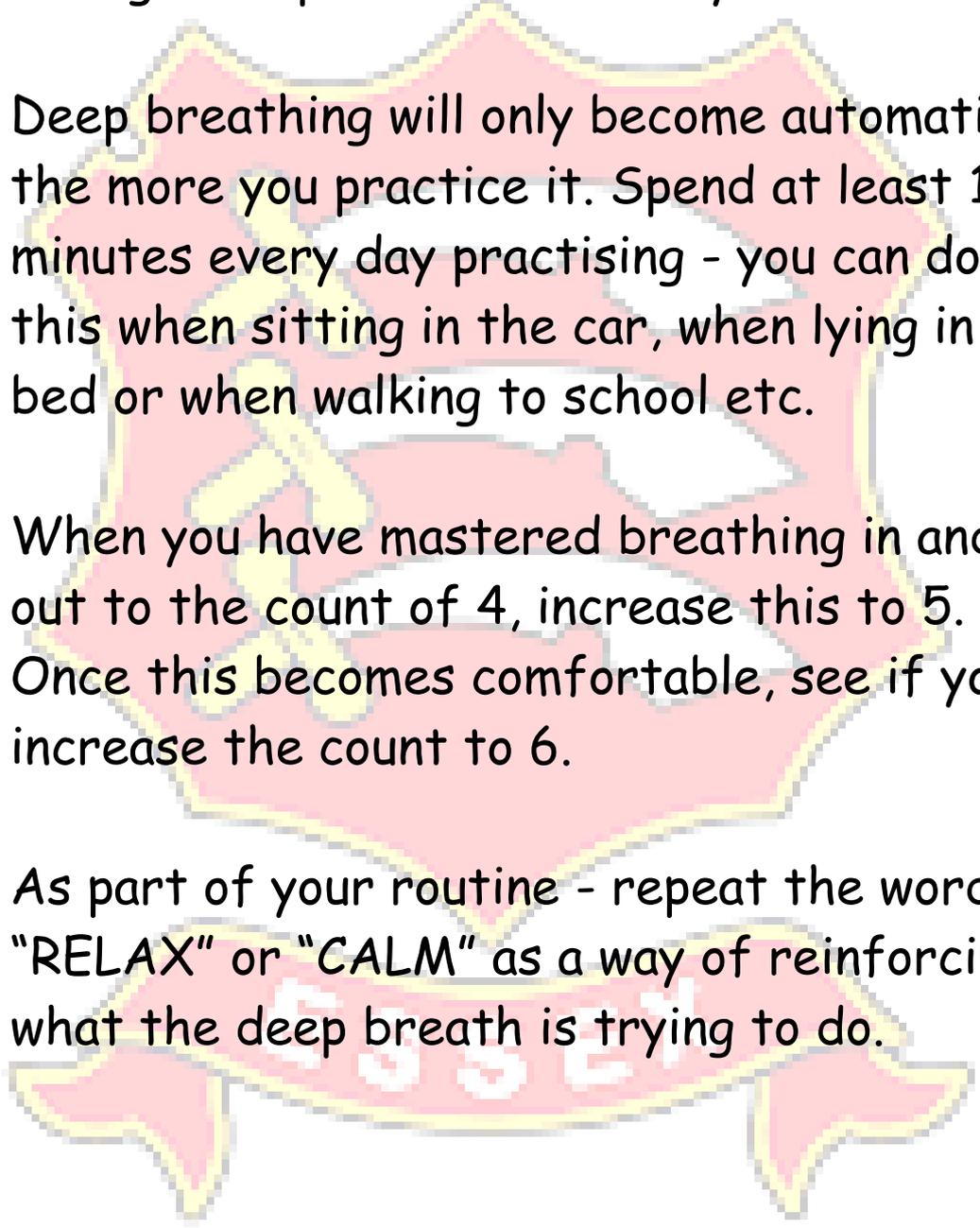
- Find a quiet and relaxing place where you are comfortable and will not be disturbed.
- Put one hand on your abdomen and the other hand on your upper chest.
- All breaths 'in' should be through the nose and 'out' through the mouth.
- You are going to breathe in deeply through your nose (to the count of 4) and out through your mouth (also to the count of 4).
- Focus on a controlled rhythm to your breathing and a body part that feels relaxed (e.g. fingertips).
- As you breathe in, it may help to imagine that your lungs are divided in to 3 levels and you are filling each one up with oxygen:

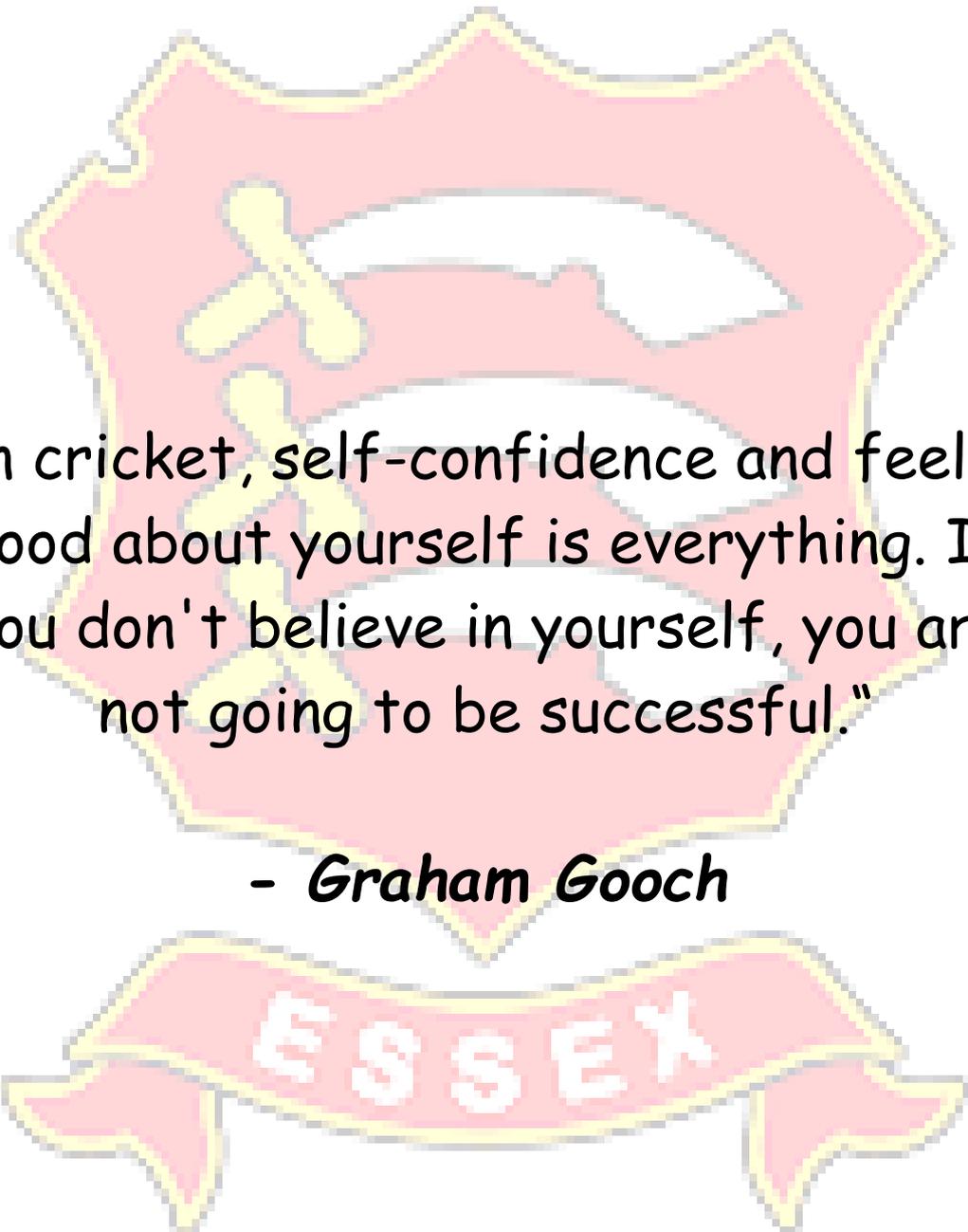
1. Fill the lower section of the lungs by relaxing the belly and letting it gently expand as you deeply inhale from the stomach

2. Next fill the middle portion of the lungs by expanding the chest and raising the rib cage

3. Finally bring the breath all the way to the top of the lungs by raising your collarbones and widening your shoulder blades

- As you breathe out, imagine each section of the lungs emptying.
- To identify if you are doing the technique correctly and taking a deep, complete breath from the stomach, only your hand on the abdomen should move with inhaling and exhaling - the hand on your chest should remain relatively still.

- 
- Continue to use your hands when practicing this technique until you become comfortable with it and feel confident that you are taking a deep breath correctly.
  - Deep breathing will only become automatic the more you practice it. Spend at least 10 minutes every day practising - you can do this when sitting in the car, when lying in bed or when walking to school etc.
  - When you have mastered breathing in and out to the count of 4, increase this to 5. Once this becomes comfortable, see if you increase the count to 6.
  - As part of your routine - repeat the word "RELAX" or "CALM" as a way of reinforcing what the deep breath is trying to do.

The image features the crest of the Essex Cricket Club. It consists of a red shield with a yellow border, containing a white cricket ball and two yellow cricket stumps. Below the shield is a red banner with a yellow border, displaying the word 'ESSEX' in white capital letters.

"In cricket, self-confidence and feeling good about yourself is everything. If you don't believe in yourself, you are not going to be successful."

**- Graham Gooch**

## Task 3: Positive Affirmations

- It is important that you remain positive and use positive self-statements to engage in a positive frame of mind.
- These could include:
  - A reminder of your strengths
  - A reminder that you deserve to succeed
  - A reminder about how hard you have worked

My positive affirmations:

1.

2.

3.

## Task 4: Best Performance Imagery

Close your eyes...

- Recall the last time you performed well and felt confident in a demanding situation
- Relive the positive experience
  - See yourself as you were succeeding in the actual situation
  - Hear the same sounds involved
  - Feel the same positive emotions
  - Repeat the same positive things you were saying to yourself
- Repeat again and add more detail this time
- Now describe this experience to someone else. Get them to ask you questions about the experience
- Develop this 'imagery script' so you can practice it daily and use it before and during training and matches

## **My Best Performance Imagery Script:**

*"I had to psyche myself into seeing the packed stadium, the Australian team waiting in the middle along with the two umpires. I also had to imagine my partner, Virender Sehwag, was walking alongside me.*

*Then I did my ritual, running a couple of mock runs, before settling in to take strike. I did everything I would in the real match. I mentally drew a line just outside the off stump, to use as a marker for letting balls go. Anything pitched outside that line would be allowed to go through to the keeper and the rest were to be played. Then I'd stand in my stance and visualise all the Australian bowlers running in and bowling in different areas. It is a routine I've followed ever since."*

**- Aakash Chopra**

## Task 5: Mental Rehearsal Imagery

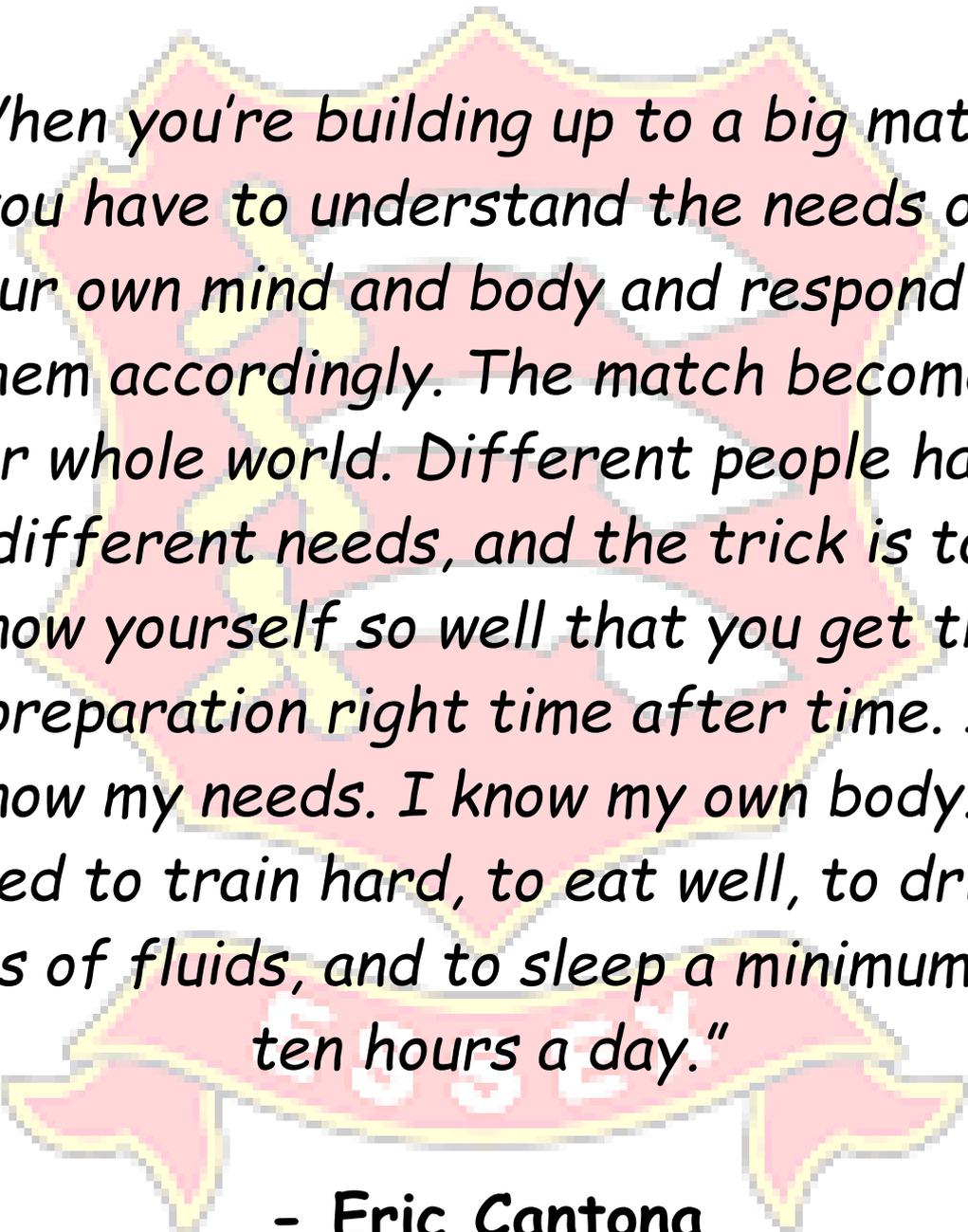
Close your eyes...

- Think of a demanding match situation you may face.
- Realistically create this situation in your mind
  - See what you would see in the actual situation
  - Hear the same sounds
  - Feel your body as you perform the movements
  - Imagine being controlled and composed
  - Successfully execute the exact processes and perform exactly how you want to perform
- Run through different scenarios
- When you imagine demanding situations the rain starts to respond in a similar way to how it would respond in actual demanding situations and the body follows suit

## **My Mental Rehearsal Imagery Script:**

*"There are a lot of very talented performers out there, but talent's only a starting point. When I was at Liverpool, I just used to think that because I was a talented goalkeeper, I'd always play well, and that great games would just happen. I never really prepared as well as I could until I was in my late twenties - not because I was lazy, but because I didn't know a better way. Today I am always working hard to be as good as I can be. I have seen so many potentially good or great players fall by the wayside because they thought having talent was enough."*

**- David James**



*"When you're building up to a big match, you have to understand the needs of your own mind and body and respond to them accordingly. The match becomes our whole world. Different people have different needs, and the trick is to know yourself so well that you get the preparation right time after time. I know my needs. I know my own body. I need to train hard, to eat well, to drink lots of fluids, and to sleep a minimum of ten hours a day."*

**- Eric Cantona**