**VISTA** Sascha Haans, Msc CONFERENCE

**SPORT PSYCHOLOGY:** *OPTIMAL PERFORMANCE IN A PARALYMPIC SETTING* 





#### Physio therapy

 Human Movement Science, specialized in Sport psychology

Post Master Applied Sport Psychology

Bachelor in applied Pedagogy

•National Boccia Classifier





# RYAN COCKBILL

29 years old

Spinal cord injury at age 16

Shooting since 2010

First Paralympic games 2012

SH2

R4 R5 R9





Characteristics	Spinal Cord Injury
Physiological	<ul> <li>Blood pressure</li> <li>Spasticity</li> <li>Endurance</li> <li>Strength</li> <li>Contractures</li> <li>Decubitus</li> <li>Blather</li> <li>Osteoporosis</li> <li>Obesities</li> <li>Phantom sensations</li> <li>Sensation (body awareness)</li> <li>Fatigue/ energy</li> <li>Heart and respiration</li> </ul>
Sensory	<ul> <li>Loss of sensation</li> <li>Balance</li> <li>Eye sight</li> <li>Heat/ cold</li> </ul>
Psychological	<ul> <li>Overcompensation</li> <li>Assertiveness</li> <li>Interpersonal skills</li> <li>Emotion regulation</li> <li>Self- overestimation</li> </ul>

## TRANSLATION INTO SHOOTING

#### Requirements of the sport

#### Characteristics of the disability

# Characteristics of the athlete

#### Coachability/ Learning mechanisms

## BASIC CONCEPTS Shooting



#### Aiming sports



#### Fine motor skills



#### Body awareness

## FINE MOTOR SKILLS

Decrease of control & sensation ~ changes under pressure

Change of routines; the only non measurable item in shooting is the trigger

Explicit: Coach Implicit: Sport Psychologist



### FINE MOTOR SKILLS: EXERCISE EXAMPLE

### <u>First step</u>: Translate the explicit into the wordings of the athlete

Visualization script	Preparation Confident/ loader	n: /
Start: It is the final at I'm sitting in my chair and look around the venue and I see Mike bringing my equipment. While he comes walking up to me I feel relaxed and ready for the final. I've prepared myself and feel confident. I hear the noises of others talking, shooting and materials I smell the fresh air, and the While I'm sitting I feel the back of my seat, tension in my chest and neck. The thought of the final shot pops into my head. Will I make it? Will I shoot it? How will the others do? As soon as I think about this I feel some concerns and start thinking about myself. I look at Mike and I see the tension on his face, his walk and in his words. I stay silent and keep the focus on myself and how I want things to go.	Post- shot: Follow	Positioning: Shoulder
The tinal preparation: The coach leaves me and I sit alone. I'm not looking next to me but I sense the presence of my opponents. I hear the speaker and at the meantime I hear other things my body feels and the thoughts I have are My actions are	through	
The final: The shots are beginning and the first one was good 'I got this' I think. And I feel comfortable and confident. This is how I like it to go and I'm in control. My body		
During the breaks I sit still focus on my plan and have the time to think about what went well. I feel		
The process: - 'I made it'!! I came second and are now ready for the final shots. I stayed in control the whole time and felt good. But now something else happens I start thinking about losing and winning the disappointment and the horrible feeling of failing. I want to do it well and I want to show the others how good I am. But I haven't won in so long!		
The shots start and I feel that my thoughts are different than before. I can't feel my body as good and the focus goes to my fingers and lower arms instead of my core. I don't want my heartrate to incline.		
There comes the trigger my finger, my arm everything I didn't wanted to happen is starting and I <u>cant</u> stop it the thoughts I have are and the feeling it gives me is	Shot:	Aimina
The process: +		, (iiiiig.
'I made it'!! I came second and are now ready for the final shots. I stayed in control the whole time and felt good. I feel good and enjoy this moment I'm looking to the fire point and know that I will perform the best I can. My body feels at rest and I keep a slow breathing. Looking around I know how many times I have been in this situation and how much fun it gives. I smile and think of how I want to feel when I will shoot for the final shot. The relaxation and the confidence. That is what I do.	Calm	Timing

one word

Step two: Paraphrase (max 5) steps into

## **BODY AWARENESS**

•High Body awareness improves performance under pressure (Larson, 2016)

•Under pressure increase of muscular tension (Stress response)

Pain

•Breathing changes

•Heartbeat sensation

### BODY AWARENESS EXERCISE EXAMPLE: THE PYRAMID

Athletes are shooting individually. The pyramid is an indication of the time. They all release one shot after a specific amount of time:

- 30 seconds
- 1 minute

What is the assignment?

- 2 minutes
- 2.30 minute
- 3 minutes
- 4 minutes



# REQUIREMENTS



#### Time & Equipment



#### Matches & Events



#### Coaches & staff





