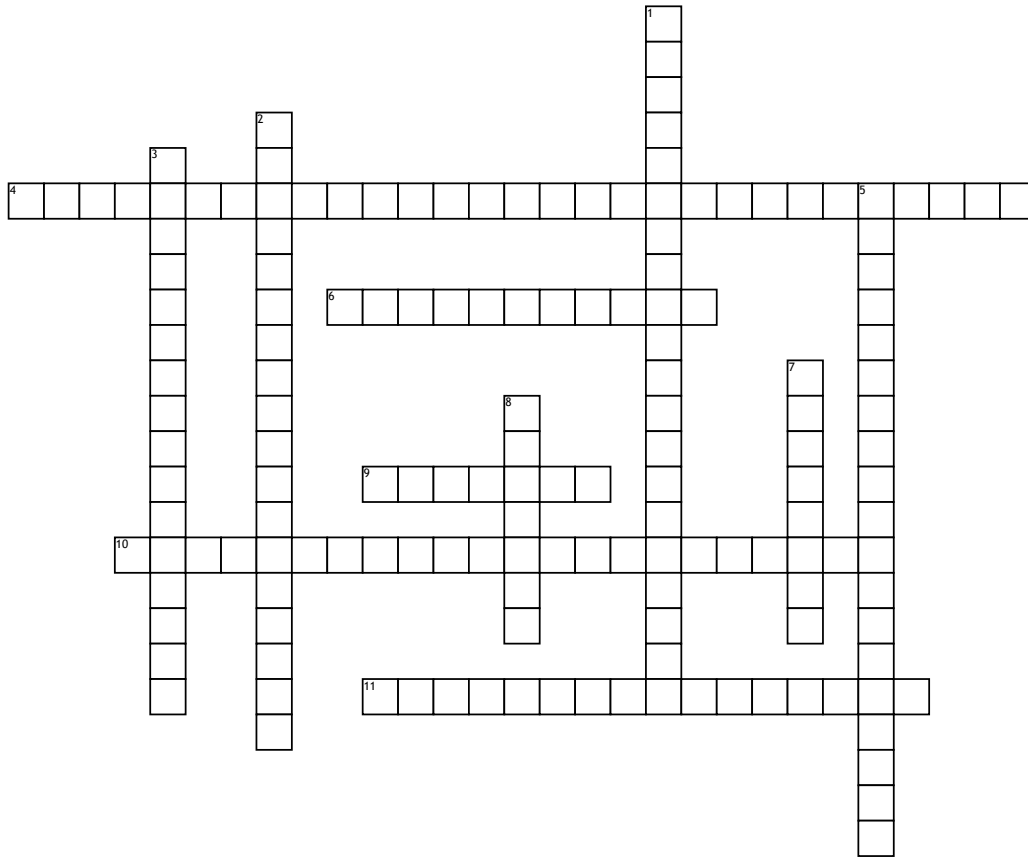


# Psychology Interventions



## Across

4. This intervention can be used to reduce arousal. This intervention aims to reduce muscle tension and increase the athlete's range of motion, as the athlete is able to control their muscle tension.

6. The timescale of this intervention can vary from short, medium and long term. The intervention can work on skills-based targets or outcome-orientated targets. This intervention must conform to a number of factors including relevance to the athlete. This intervention should be reviewed frequently.

9. Also termed as verbal persuasion (is which theory??). You would expect the coach or training partner to perform this intervention.

10. This intervention is used to increase an athlete's arousal level. Athletes learn to control their breathing.

11. This intervention aims to shift the athlete's attention away from the situation. This can increase the athlete's body temperature and heart rate.

## Down

1. You may create this intervention and then re-assess it in 6 weeks time. After a performance yourself/your coach would highlight a number of performance components to analyse. Each component would be ranked on a scale of one to five or ten.

2. These should be; positive, short, clear, emotional and simple.

3. When an athlete feels under pressure they could use this technique to calm themselves. Athletes inhale and exhale for a certain amount of time, to encourage a calmness.

5. The athlete works through a series of six statements. The aim of these six statements is to relax the athlete.

7. This intervention can be used to reduce arousal and increase self-confidence. This could form part of a per-performance routine, whereby the athlete takes themselves through their performance step-by-step.

8. This intervention can be used in three different variations. This intervention can be used to reduce anxiety, for example after an injury. This may form part of a mental rehearsal for the athlete.

## Word Bank

Imagery

Autogenic techniques

Listening to Music

Self-Talk

Positive Statements

Pep Talk

Performance profiling

Progressive Muscular Relaxation

Goal setting

Breathing Control

Increased Breathing Rate