

How To Concentrate In a Sport Setting



Concentration enables an athlete to devote their *full* attention to internal and external cues in the sporting environment.⁽⁴⁾

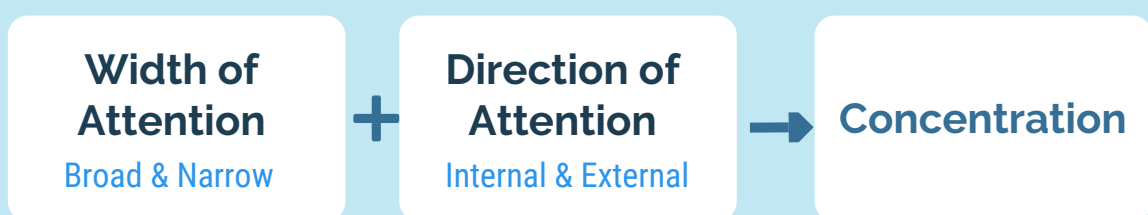
The ability to focus on the task at hand is among the **most important skills** for an athlete to attain!



Dimensions of Concentration



There are 2 dimensions to consider...



Specifically:

A broad focus is used when examining a wider range of cues is important (e.g., reading the field).

A narrow focus is used when a more limited range of cues is important (e.g., throwing a baseball).⁽²⁾

External which are things outside the person (e.g., weather).
Internal are cues within the person (e.g., energy level, breathing).^{(p. 18)(2)}

Concentration Can Help Athletes Improve

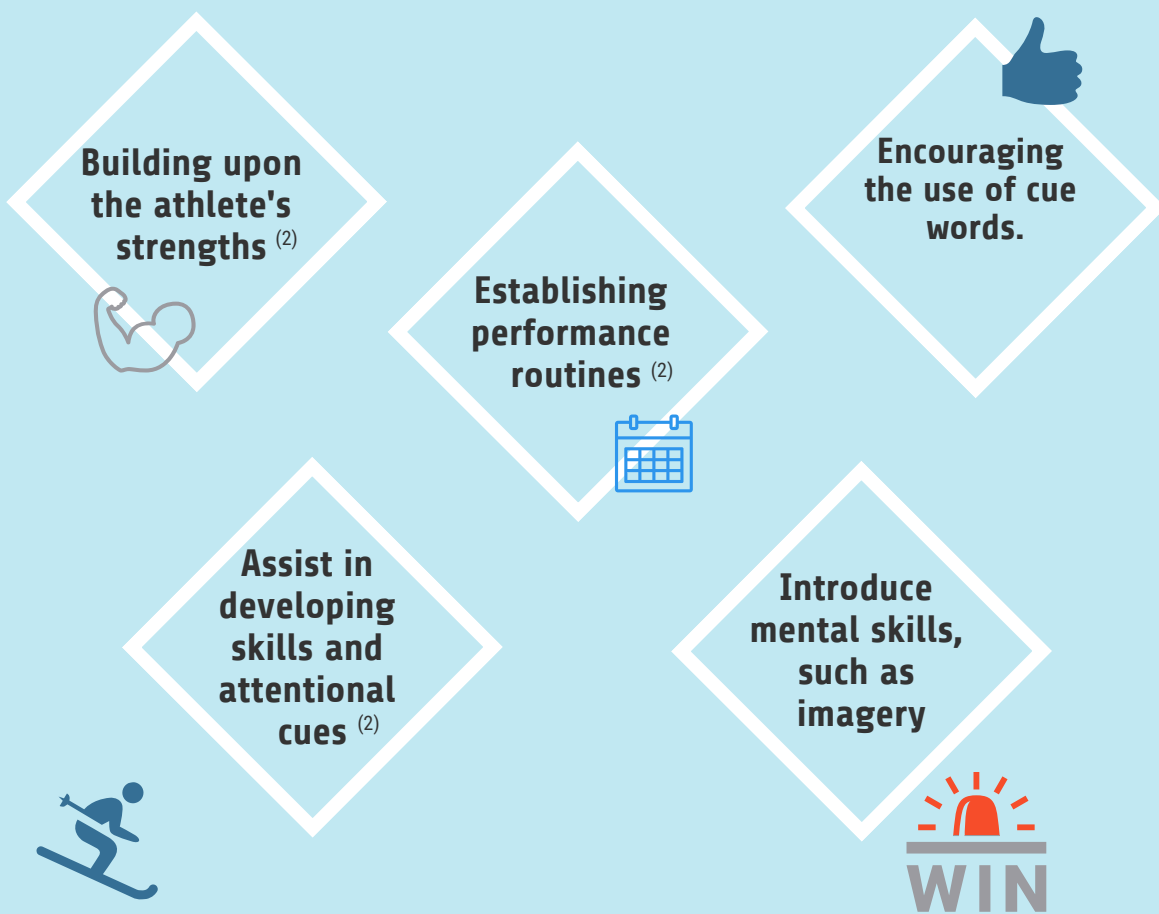


One way to improve the effectiveness of focus is by using pre-performance routines.⁽²⁾

This helps the athlete block out irrelevant internal (e.g., an upcoming assignment) and external (e.g., loud crowd) distractions.

How to Improve Concentration

Coaches can assist athletes in improving their concentration by...



To learn more visit: [Sport Psychology for Coaches](https://sportpsychologyforcoaches.com/mental-skills/concentration/)
It's **FREE!**

