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. 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...

- **Width of Attention**: Broad & Narrow
- **Direction of Attention**: Internal & External

**Concentration**

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).

**External** are things outside the person (e.g., weather).

**Internal** are cues within the person (e.g., energy level, breathing).

Concentration Can Help Athletes Improve

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

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

Athletes may boost their confidence.

Athletes are able to cope with distractions more effectively.

Athletes are more likely to achieve their goals.

How to Improve Concentration

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

- Building upon the athlete’s strengths
- Establishing performance routines
- Assisting in developing skills and attentional cues
- Encouraging the use of cue words
- Introducing mental skills, such as imagery

To learn more visit: Sport Psychology for Coaches

It’s FREE!

Source: https://sportpsychologyforcoaches.ca/mental-skills/concentration/