



# Maximizing Imagery Use in Athletes

How to enhance mental imagery in athletes and strategies to improve imagery effectiveness in athletes

Mental imagery is considered one of the most important psychological skills!

## Function

Match the imagery function to the what the athlete is trying to do

## Senses

The athlete should use as many senses as possible in their images



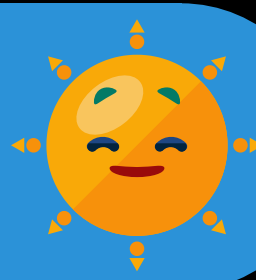
## Everyday



The athlete should use mental imagery in everyday life

## Mood

The athlete should be in a good mood when practicing mental imagery



## Practice



Even during the off season athletes should be practicing mental imagery

## Positivity

The mental images should be kept positive



## Increments



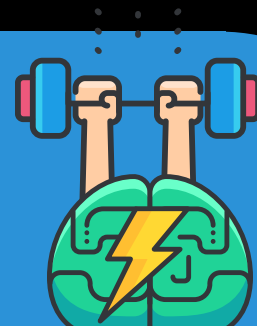
When first learning to use imagery, start off with 5 minute increments of practice then increase the duration

## How Mental Imagery Helps the Athlete

### Mentally

Mental toughness is increased, as well as confidence

They are able to psych themselves up and remain motivated and positive



### Recovery

Imagery helps athletes recover from injury and reach their goals. You experience the sport, even when the sport may not be accessible



### Stress

Stress and anxiety are more manageable  
The athlete can also perform more consistently



### Regardless

It helps everyone, regardless of age and competitive level



To Learn More Visit: [Sport Psychology for Coaches](https://sportpsychologyforcoaches.com)

It's **FREE!**

Source: <https://sportpsychologyforcoaches.ca/mental-skills/imagery/>

