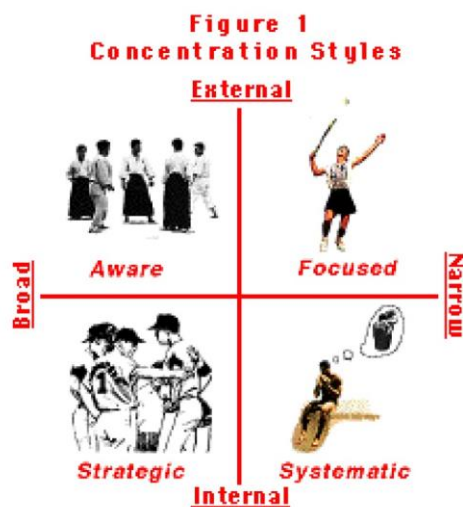


Concentration

- Being able to focus on what is relevant ex. The ball, the players, your performance, the goal-post. The spectators, referee, your thoughts on what you're going to do after the game are not relevant.

Types of Concentration



Your concentration changes throughout the whole game.

Broad concentration- you can see several things at once ex. You look around to see what's going on

Narrow- you just focus on 1 or 2 things, you filter out irrelevant information ex. you focus on the goal-post and keeper in a penalty shoot-out

External- you direct your attention on an object/person ex on the ball

Internal- focus is on thoughts and feelings

- All of us have a dominant style of attention ex. Internal.
 - When you feel pressurized you rely on your dominant style of attention so instead of shifting your attention from one style to another you get stuck on one style only and therefore cannot focus on what is relevant and there is poor decision-making.
 - Being fit helps you concentrate better. When you're tired you cannot focus.

- Distractions can be **external** ex. Spectators or **internal** ex. Your thoughts.
- One can improve concentration by using positive self-talk throughout the game, by setting goals, visualizing, having pre-performance routines. Also practice shifting your concentration from one style to another.