Self-talk Interventions

HOW to …

Self-talk - IMPACT

ST-IMPACT

- **I**dentify what you want to achieve
- **M**atch self-talk to needs
- **P**ractice different cues with consistency
- **A**ssess **A**scertain which cues work best for you
- **C**reate specific self-talk plans
- **T**rain self-talk plans to perfection

Hatzigeorgiadis, A., Zourbanos, N., Latinjak, A., & Theodorakis, Y. (2014). Self-talk. In A.Papaioannou & D. Hackfort: Fundamental concepts in Sport and Exercise Psychology. Publisher:Taylor & Francis.

Identify
what you want to achieve

<u>Swimming</u>

☐ Improve Arm recovery

☐ Optimize Final meters

Match
self-talk to needs

- Arm recovery
    - elbow
    - high
    - close
    - relaxed

- Final meters
    - push
    - legs
    - go
    - do it

Practice
different cues with consistency

- Arm recovery

  10 x 50 for each self-talk cue

  after each breath (1.5 strokes)

- Final meters

  5 x 100 for each self-talk cues

  at the final 15m. continuously

Ascertain
which cues work best for you

- Arm recovery
  close

- Final meters
  go

Create
specific self-talk plans

- Start (when set) – **explode**

- Turn – **fast**

- Recovery – **close**

- Final meters – **go**

Train
self-talk plans to perfection

How do we train – example (Hatzigeorgiadis et al., 2015)

Example of self-talk card

WEEK 5 – MOTIVATIONAL AND INSTRUCTIONAL SELF-TALK			
Swimming	**What**	**When**	**Why**
Motivational self-talk			
All styles	Let's go	Just before the start of each repeat During the push after each turn	To boost effort
Instructional self-talk			
Freestyle	Elbow	On releasing the arm for recovery	To keep the elbow high
Backstroke	Deep	When entering the arm in the water	To take the arm deep enough for the catch
Breaststroke	Ankles	When completing the leg stroke	To continue the move until the ankles come together
Butterfly	Chin	Just before the exit of the head	To keep the chin close to the surface