

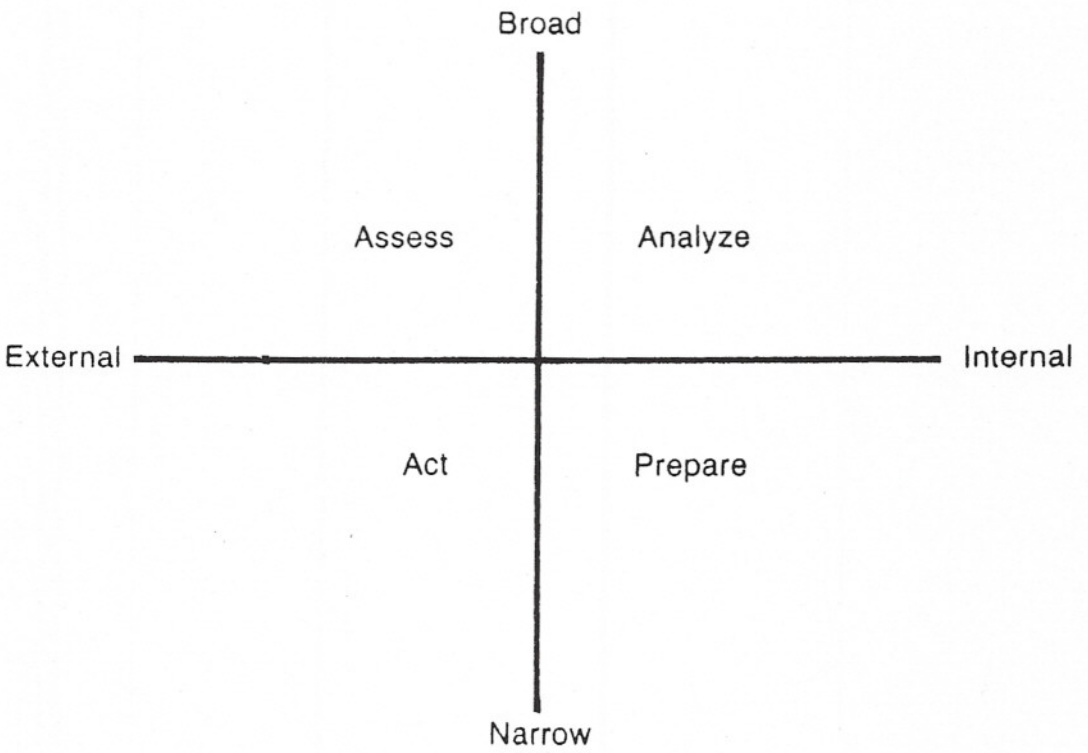


## (9) Concentration



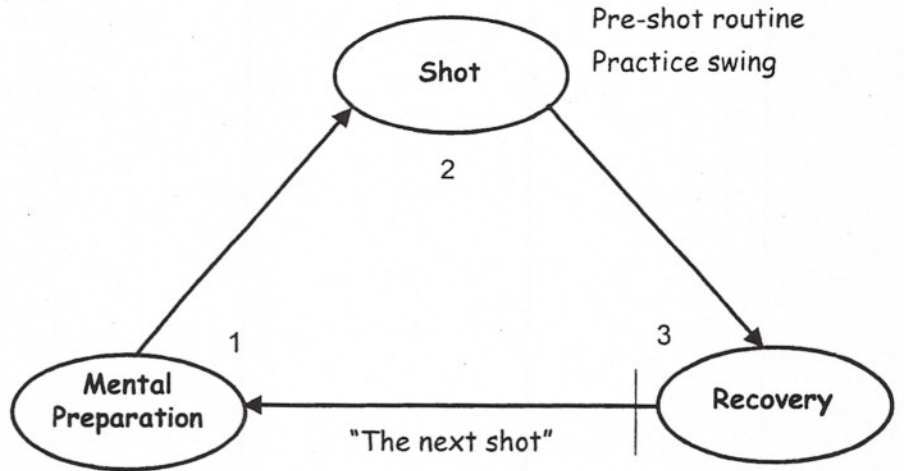
## 9. Concentration

- Successful athletes know what they must pay attention to during each game or sport situation.
- They have learned how to maintain focus and resist distractions, whether they come from the environment or from within themselves.
- When concentration is lost during competition, they are able to regain their focus.
- They have learned how to play in the "here-and-now", without regard to either past or anticipated future events.



from *Athletes' Guide to Mental Training* by Robert M. Nideffer, Ph.D., Human Kinetics Publishers, 1985.

# Attention Focusing Cycle in Golf



Physically relaxed  
Emotionally positive  
In the "here-and-now"  
Clear image of task at hand

"Post-shot" routine  
Deal with it & let go

# Attention Focusing

For each aspect of your competition, list all of the internal and external sensations and stimuli that you should be paying attention to. If you have had difficulty maintaining your focus and resisting distractions, list those things that have distracted you. Don't hesitate to ask your coach or trainer for help with this task.

Aspect	Things to Focus on	Distractions