

Imagery

“we think in pictures way more than we think in words”
(Nick Faldo)

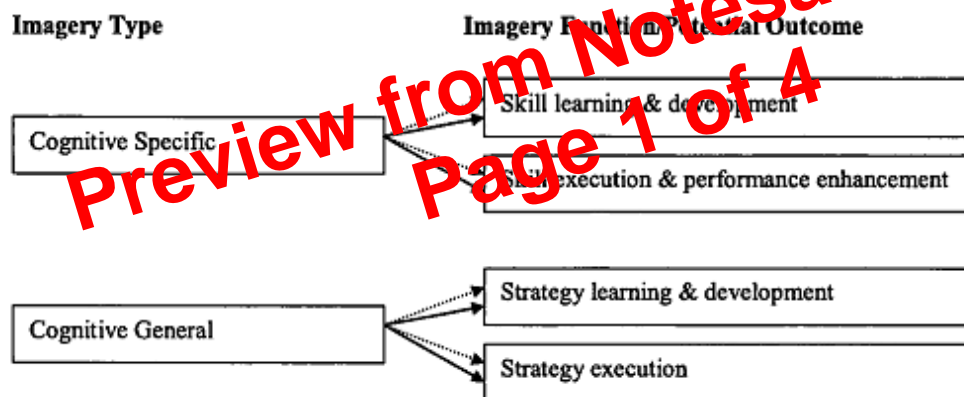
- When we visualise our ‘past’ selves performing a particular sporting task E.G. scoring a goal, we see ourselves performing it from a different angle, such as a birds-eye view, instead of through our eyes, which is how it actually happened.
- Shared brain processes – blood flow
- Dilation of they eyes
- Maradona – ‘the visualisation of victory’

Visualising the good, bad and ugly (Michael Phelps)

Senses;

- Visual sense
- Kinaesthetic sense
- Auditory sense
- Tactile sense
- Olfactory sense
- Emotional states

Effective imagery= Why? → Outcome



2 types of imagery;

- Cognitive specific
- Cognitive general