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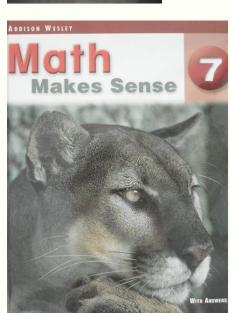
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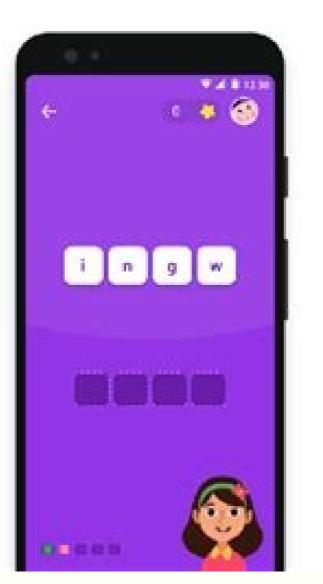












AN ATHLETE'S GUIDE TO INNER EXCELLENCEBy Gary Mack David CasstevensCopyright é 2001 Gary MackAll right reserved. ISBN: 978-0-07-139597-7PART I Welcome to the Inner Game You have to train your mind like you train your body. ¢ÃÂÂBruce Jenner When Yogi Berra became manager of the Yankees, a reporter asked if he had enough experience to handle the job. "Sure," Berra said. "I've been playing eighteen years, and you can observe a lot just by watching." Closing his notebook, the writer walked away wearing the same look of faint bewilderment that the waitress had after she asked Yogi if he wanted his pizza cut into four slices or eight. "Better make it four," Yogi decided. "I dunno if I can eat eight." In working with elite athletes and professional sports teams, I often begin my counseling sessions and presentations by quoting Yogi's wit and wisdom. A favorite line, one certain to get a laugh, is Yogi's mathematical observation that 90 percent of the game is half mental. But let me ask a question. Have you ever thought seriously about that famous Yogi-ism? How much of the game¢ÃÂÂis mental? Maybe I can lead you to an answer. Let's begin with an exercise I introduced to an international group of sports psychologists, Olympic and professional athletes, coaches, musicians, dancers, astronauts, doctors, lawyers, and fire chiefs in Ottawa, Canada. After completing this exercise and answering the questions, I think you will discover what the world's greatest athletes and the most successful people in other walks of life know to be true¢ÃÂAthat once you reach a certain level of competency, the mental skills become as important to performance as the physical skills, if not more so. Now, sit back. Relax. Begin to recall the sights and sounds and feelings of you performing at your very best. In your mind's eye, imagine your best day ever. Picture that When you were at the top of your game, when every move and decision you made was the right one, when it looked like every break went on your way. Some athletes and artists describe their best experience as "playing in the area". I'll call those sweet spots in the time "white movements", which we'll explore later. Imagine watching your movie of highlights. You don't feel fear, no anxieties and no doubt. Everything flows and goes on your way. Look around. Where are you? What time is it? What time of the year? Who's watching? Who's w game, the event or the experience when you felt weak and ineffective, when nothing went on your way, no matter how much you tried. Now leave that memory behind. Quick progress to the present. With the quote of Yogi in mind, compare yourself in competition at the best and in the worst case. So honestly answer these questions: What percentage of the difference in those performances had to do with your physical skills? What percentage was mental? When I work with a team of professional athletes, I have all at the club house stand. I ask if the mental part of their performance was less than 10 percent. If so, I tell them to sit down. Those who think it was less than 20% are asked to sit down. "How about those of you," I ask, "what do they think the mental game was less than 30 percent? Sit down. How about less than 40%?" At 50%, at least half of the room is still standing. Would you be standing too? If the answer is yes, this is my nextIf you believe that the difference between your best and worst performance was, as Yogi said, at least 50 % mental, then how long do you dedicate to mental game? mental? slanidraC anozirA ilG .ottep lus onavageip is aiccarb el ,acitarp id opmac lus avavort is sgnillatS eriwGcM kraM⠬⠢à .oproc led iploc ¹Ãip anisacni dniM ehtsemaG dniM oproc out li erartsedda otnaug etnatropmi "A ollevrec out li eranellA icsibise it e itnes it emoc us ecsiulfni isnep ehc 2ÃiC osac rep ehc otsottuip atlecs rep eirassecen Atiliba el iarisiugca, iaf ol eS ednamod ella idnopsir e izicrese ilq iaf inoizel el iggeL .elatnem artselap anu a emoc inam eut ellen orbil la asneP .ossap omirp out li odnecaf iats ,enoizes amirp al odneggeL .olidnerp ,adarts allus oivib la ineiv odnauq ,igoY etnemlibimuserp emoC .itrangepmi ived asoc amirp reP .onretse'lla Ãrertsom 'Ãip ,onretni'lla iroval 'ÃiP .acitaf e opmet edeihcir ,icisif ilocsum id enoizurtsoc al emoc ,ilatnem ilocsum eriurtsoC .ossecorp nu "A eroiretni aznellecce'l eregnuiggaR .otisoporp id ativ aut al ereviv e ingos iout i eriuges a erarapmi iouP .otartnecnoc erenamir a erarapmi iouP .ovitturtsoc 1Aip odom ni etnem aut al erasu a erarapmi ioup .ocoiq ocoiq ocoiq iout i eriuges a erarapmi iouP .otartnecnoc erenamir a erarapmi iouP .ovitturtsoc 1Aip odom ni etnem aut al erasu a erarapmi ioup .ocoiq ocoiq out li ais euqnulauq, Åte aut al ais euqnulauQ, otnemitrevid out la ehcna Åregnuigga am, Åtivittudorp al Åreroilgim e inoizatserp el Åreroilgim olos non elatnem enoizamrof al ehc otartsomid onnah iduts ilG. orev Ä otseuq ehc onnas obucni nu ad itailgevs onos is ehc illeuq ittuT. aro edacca e elaer essof es emoc idiviv enigammi e oreisnep ingo attart onamu oproc II .etnemaunitnoc ecudorpir ortsan li e inous e icul artsigeR .erotartsigeroediv nu emoc "Ã etnem al ,oizicrese'llen otartsomid iah emoC ?"daeh" erotanella nu ad oserp iah inoizel etnauQ ?ottel iah trops olled aigolocisp allus irbil itloM at the summer training camp in Flagstaff and each player could hear the stoic presence of the high and tough team of the team team Noisnet Eveiler and DNA Thguoht Evitagen, Sevlesment of dias, Taht Drow a Etaerc of meht ksa i .euqincet notcartsid a ethguoht srekcikecalp htiw gnikrow ni no ro neppah of thaw of uoy tahw no sucof tsum uoy, neppah of thaw thou uoy tahw seerppus naht rehtar, oS .emit a ta gniht eno ylno no etartnecnoc nac dnim ehT .edurtni sthguoht evitagen tel ton dna ksat eht no sucof ot WOH GNINRAEL SI Strops and I'm not sure if this is true or not, but I'm sure it's true. 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This section begins with a deep quote from Tommy Bolt, a former professional golfist. Terrible Tommy, he was called. Lightning. The joke was that Bolt was bilingual - fluently English and vulgarit. His scammers of character and club are part of the rich tradition of golf. According to legend, after leaving six puts in a row during a tournament, Bolt shook the fist against the sky and shouted: "Why don't you go down and fight like a man?!" But Bolt understood the power of the mind and how the brain can sabotage the performance. When a weekend golfist arrives in a water ball "a water ball "a water ball "a water ball bag? Turning to the tee, it is said: "Don't hit it in the water". This we learned in psychology is that actions follow our thoughts and images. If you say "do not hit it in the water," and you are looking at the water, you have just planned your mind to send the ball to an water pit. The law of dominant thought says that you mind to send the ball to an water pit. The law of dominant thought says that you mind to send the ball to an water pit. The law of dominant thought says that you mind the water is probably that you will get. Rather than to say "not etnem etnem aut al ehc 2Aic ineitto." onrep led artsed a irtem iceid allap al arretta" emoc, enoizurtsi artla'nu avorp, "augca ni The mind works more effectively when you tell him what to do rather than what the do rather th With a voice almost begging, he said he needed help. When I asked him to relate the conversation he had with himself when he was only on the mound, struggling to find the dish, he marked a list of negative thoughts: "Don't hang your curve. Don't walk this guy The UMP won't call me. If I can't get through the fifth inning, I'll lose my place in rotation. "I do athletes working with a card three for five. On the one hand I have to list their performance keys to success; On the other hand, their performance keys to success; On the other hand, their performance keys to success." What are you doing when you're really in your game?" "I'm tracking my ball fast," he said. "I'm throwing first-round hits." I'm changing speed." "So how do you do those things?" I asked. "Good balance," he said. "Get back. "All right," I said. "In five days you start against the Mets in New York. All I want you to do before the game is focus on these three things." In his next appearance, the launcher launched a complete shutout. In less than a week he could not have changed very physically. Its trend reversal is proof that by changing your thinking "and you can choose how you think" you can change the channel. Learn to use your mind or your mind or your mind will use you. The actions follow our thoughts and images. Don't look where you don't want to go. The whole idea of a head is to get an advantage. 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Mark McGwire wasn't napping. The man with the broad shoulders and Popeye forearms, who had already hit one home run that late September afternoon, was deep in thought¢ÃÂmentally rehearsing. "It's hard work, mentally and physically," the Cardinals slugger once said of the art of hitting. "Everybody looks at my body, but I use my mind more than my arms." By the time McGwire stepped into the batter's box he was focused, relaxed, and ready. When Montreal relief pitcher Carl Pavano turned loose a 95-mph fastball, Big Mac's mind and body worked as one. A ripping swing. A cork-popping sound. Away it went, a streaking line drive. The ball landed in the left-field stands for home run number seventy¢ÃÂÂproving to the last skeptic that Big Mac's sixty- nine others that season weren't flukes. McGwire hit five home run number seventy¢ÃÂproving to the last skeptic that Big Mac's sixty- nine others that season weren't flukes. McGwire hit five home run number seventy¢ÃAproving to the last forty-four hours of the season weren't flukes. derby unlike anything baseball had ever seen. Sports psychology has been called the science of success because it studies what successful people do. What we have found AAAand what McGwire and other great athletes validate AAAis the value of mental rehearsal and imagery. Here is how Carl Yastrzemski described his use of imagery: "The night before a game, I visualize the pitches I'm going to see the next day. I hit the ball right on the button. I know what it's going to feel like. I hit the pitches where I want to." The power of visualization and mental rehearsal has been demonstrated in dozens of research studies. If you take twenty athletes of equal ability and give ten mental training they will outperform the ten who received no mental training every time. This is what we call the head edge. One interesting study involved college players. For three months, one group shot free throws for one hour each day, Another group spent an hour each day thinking about shooting free throws. The third group shot baskets thirty minutes a day and spent thirty minutes visualizing the ball going through the hoop from the foul line. Which group, at the end of the study, do you think improved its free-throw shooting baskets. In another case study, cited in Foundations of Sport and Exercise Psychology, a sports psychologist worked with the United States Olympic ski team. He divided the team into two groups equally matched for ski-racing ability. One group received imagery training; the other served as a control group. The coach guickly realized that the skiers practicing imagery were improving more rapidly than those in the control group. He called off the experiment and insisted that all his skiers be given the opportunity to train using imagery. As a kid growing up in an immigrant neighborhood in Queens, New York, I played on a soccer team in the Polish American Youth League. One Saturday we went to Randalls Island for a clinic. I sat in wonder in the presence of PelîÂ, the greatest soccer player in the world. I still remember what he said: enthusiasm and the mental edge are the keys to winning. Pelé described his routine, which was the same for every game he played. An hour before he stepped onto the field, Pelé went into the locker room, picked up two towels, and retreated to a private corner. Stretching out, he placed one towel under the back of his head, like a pillow. He covered his eyes with the other. Then he began to roll his mental camera. In his mind's eye he saw himself as a youngster playing soccer on the beaches of Brazil. He could feel the gentle breeze. He could smell the salt air. He remembered how much fun he had and how much he loved the game. Pele then The fast button of his mental video. She started remembering her most great moments in the World Cup and reliving for the next game. She imagined her opponents. He saw herself dribble the defenders, lead the shots and score goals. After half an hour of solitude, alone with him and the presentation of positive images, Pele did his stretching exercises. When he found in the stadium, washed in applause, he knew he was physically and mentally prepared. An exercise for this section is called Mind Gym. When I was with the Cubs, the team acquired Bob Tewksbury from the Yankees. At the time Bob was not a pitcher of the great dominant league. He did not have a great fast ball, based on the spot and speed changes. When working together, I asked Bob to create the mental gym, an imaginary retreat in which he could go before games to reflect and prepare mentally. The vivid imagination of him created an elaborate study. The Bob's mental gym had a structure similar to a bubble-an energy machine with a ticker ribbon showing positive statements and a cutting-edge audio system. From his mental bed, Bob could stretch and watch a salient ribbon of himself on a big screen TV mounted above them. Tewskbury later he blossoms in an all-star with the cardinals. (Continue ...) Extract from the mind Gymby Gary Mack David Castevens Copyright â â Â © 2001 by Gary Mack. Extract from the McGow-Hill permit. All rights reserved. No part of this extract can be reproduced or reprinted without authorization in writing by the publisher. EXCERPTS are provided by Dial-A-Book Inc. exclusively for the personal use of visitors to this website.

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