THROWING IS 90% PHYSICAL + 10% MENTAL
BUT THAT 10% CAN WIPE OUT EVERY BIT OF THAT 90%
Three C's of Throwing
developed by Dr. Jim Reardon

Confidence
Concentration
Composer
CONFIDENCE

- Arm Wrestling Study
- Studies of Confidence Manipulation
- Difference from Cocky Confidence and Posture
- What the Thrower Hears
- Trailers can Help
NELSON & FURST 1972 ARM WRESTLING STUDY

- Critical physical attributes were measured in Arm Wrestlers
- If Wrestler A thought he was better than B AND, Wrestler B thought A was better
- Even though B was physically better than A

- 80% of the time Wrestler A would beat B
STUDIES OF CONFIDENCE MANIPULATION AND APPLICATION

- Gould, Jackson, Weinburg, Yukelson
- Showed positive manipulation had a positive affect
- Negative manipulation had a negative affect
- Herb Brooks (1980 Olympic Gold Medal Hockey Coach) “A team is only as confident as their coach.”
- Support from your event group affects your confidence
DIFFERENCE BETWEEN CONFIDENCE & COCKY

- Confidence - believing you can beat anyone
- Cocky - saying you can beat anyone = Unsportsmanlike
- Grunting not only adds strength, but also puts you out there
CONFIDENCE AND POSTURE

Instructions for Throwers

- Enter ring determined
- Look toward your goal
- Eye of the Tiger
- Finish with a grunt

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- Head’s up and shoulders back = feelings of confidence
- Head’s down and shoulders slumped = fearful, depressed or uncertainty
WHAT THE THROWER HEARS AFFECTS CONFIDENCE

• Everything you hear sticks in your mind and may affect your confidence
• Positive self-talk affects you positively
• Negative self-talk affects you negatively
• Work at changing negative phrases to positive phrases
• Get your teammates to use positive phrases as well so that you are all affected positively
TRAILERS OR PAVLOVIAN CONDITIONED RESPONSE CAN BRING ABOUT CONFIDENCE

• Use a neutral stimulus such as pinching your leg when you have a big throw in practice
• After time it becomes a conditioned stimulus
• So if you pinch your leg before you throw, it will bring about a conditioned response
• That conditioned response is the same feelings as when you hit a big throw
Focus like a throwing sector
Visualization
A skill to be practiced
FOCUS LIKE A THROWING SECTOR
VISUALIZATION – MENTAL IMAGERY

• Sends out same motor neurons that are emitted in the actual movement
• Do consistently each day
• Do from different perspectives
• Add as much detail as possible
• Do before entering the ring and not in the ring (the ring is your world)
• Take 6 mental throws a day.
CONCENTRATION IS A SKILL

• Has to be practiced just like any other skill
• Think of each practice as a meet and each meet as a practice
• You need to practice different meet situations so that you are prepared when that situation occurs
• Emotional Control
• Physiological Aspects
• Arousal Levels
• Commonalities
• Relaxation Techniques
• Role Playing
EMOTIONAL CONTROL

• Poor management of your emotions disrupts your performance
• High levels of emotion negatively affect both your decision-making ability and also your motor skills
• You need to be able to analyze your problem(s) logically
PHYSIOLOGICAL ASPECTS

• Physiologically your body has the same negative reactions when you are anticipating something as you do when you are dreading something.
AROUSAL LEVELS THEORIES

- Inverted-U Hypothesis - as arousal ↑ performance improves to a point, beyond this point performance ↓

- Arousal Theory - Each athlete performs best if their level of arousal or competitive anxiety falls within their optimum functioning zone
# Symptoms of Anxiety

<table>
<thead>
<tr>
<th>Cognitive</th>
<th>Somatic</th>
<th>Behavioural</th>
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<tbody>
<tr>
<td>Indecision</td>
<td>Increased blood pressure</td>
<td>Biting fingernails</td>
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<tr>
<td>Sense of confusion</td>
<td>Pounding heart</td>
<td>Lethargic movements</td>
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<tr>
<td>Feeling heavy</td>
<td>Increased respiration rate</td>
<td>Inhibited posture</td>
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<td>Negative thoughts</td>
<td>Sweating</td>
<td>Playing safe</td>
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<td>Poor concentration</td>
<td>Clammy hands and feet</td>
<td>Going through the motions</td>
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<td>Irritability</td>
<td>Butterflies in the stomach</td>
<td>Introversion</td>
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<tr>
<td>Fear</td>
<td>Adrenaline surge</td>
<td>Uncharacteristic displays of extroversion</td>
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<tr>
<td>Forgetfulness</td>
<td>Dry mouth</td>
<td>Fidgeting</td>
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<tr>
<td>Loss of confidence</td>
<td>Need to urinate</td>
<td>Avoidance of eye contact</td>
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<td>Images of failure</td>
<td>Muscular tension</td>
<td>Covering face with hand</td>
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<tr>
<td>Defeatist self-talk</td>
<td>Tightness in neck and shoulders</td>
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<tr>
<td>Feeling rushed</td>
<td>Trembling</td>
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<tr>
<td>Feeling weak</td>
<td>Incessant talking</td>
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<tr>
<td>Constant dissatisfaction</td>
<td>Blushing</td>
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<tr>
<td>Unable to take instructions</td>
<td>Pacing up and down</td>
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<tr>
<td>Thoughts of avoidance</td>
<td>Distorted vision</td>
<td></td>
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<tr>
<td></td>
<td>Twitching</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Yawning</td>
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<td></td>
<td>Voice distortion</td>
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<tr>
<td></td>
<td>Nausea</td>
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<td></td>
<td>Vomiting</td>
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<td></td>
<td>Diarrhoea</td>
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<td></td>
<td>Loss of appetite</td>
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<tr>
<td></td>
<td>Sleeplessness</td>
<td></td>
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<tr>
<td></td>
<td>Loss of libido</td>
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YAWNING TO CONTROL AROUSAL

• Yawning is theorized as the body’s way of regulating arousal levels

• Yawning occurs not because you’re bored, It’s your body’s way of trying to stay awake by ↑ arousal levels

• Athlete’s arousal levels are often high before competition. Yawning can ↓ arousal to optimal levels
COMMONALITIES IN ELITE ATHLETES IN THE ZONE

• Multiple yawns before Performance
• They’re able to see the field of play better
• It feels like everything is happening in a slower motion
• Their reaction time is faster
• They adjust to obstacles/problems faster
• They feel calmer in pressure situations
• They feel Invincible
• Noise is reduced
GAMMA BRAIN WAVES

Gamma Waves – High frequency brain waves theorized to create the unity of conscious perceptions

- Heightened Sensory Perception
- Enhanced Memory Recall
- ↑ Focus
- ↑ Processing Speed of Information

Meditation ↑ gamma brain waves
RELAXATION TECHNIQUES - CHARACTERISTICS

• Procedures for recognizing then releasing tension in muscles
• Concentration on breathing control & regulation
• Concentration on sensations such as heaviness, warmth
• Mental Imagery

RELAXATION TECHNIQUES - NECESSITIES

• Quiet, warm & dimly lit room void of interruption
• Must believe it will help
RELAXATION TECHNIQUES

Centering – Focus on naval to control breathing releasing tension as you exhale, focus word may be “Relax”

Self-Hypnosis – With relaxing music or sounds, control breathing. Imagine your “Happy Place”, Countdown from 10 with your body relaxing more as you count. Evoke positive beneficial suggestions for your throwing performance. Count up to 10 awakening & feeling refreshed.

Meditation – Relax muscle by muscle, focus on breathing, in – out – say silently “Win” for 20 minutes.
ROLE PLAYING

• Identify an elite athlete you’ve seen perform at a high level
• Take on the characteristics of that athlete during your warm-up and competition
• React to situations as they would
• Stay in Character
• It’s ok to get a little “Crazy”
MISCELLANEOUS - CONTROL

• The only person you can control is yourself
• Compete against yourself & your goals
• Set ultimate/season goals high
• Make short term goals attainable – “inch by inch”
• Write your goals down – Treat like note taking
MISCELLANEOUS – USE WEATHER AS AN ADVANTAGE

• “The rain is your friend”
• Teach how to throw in various wind conditions
  Don’t be afraid to start left or right
  Identify the sector angle as compared to the track
• Practice in all weather conditions
MISCELLANEOUS – KNOW YOUR ATHLETE

Myers Briggs Personality Test – 16 Personalities

1. The Champion, Commander & Dynamo
2. The Teacher, Counselor & Supervisor

Type of Learner

1. Visual – need demos & video
2. Auditory – have them summarize what you explain
3. Read/Write – have research or write down their technique
4. Kinesthetic – LBD, molding, by mistakes

What motivates them – Extrinsic or Intrinsic
MISCELLANEOUS – KNOW YOUR ATHLETE

Birth Order
1. First – Reliable, Conscientious, Structured, Cautious, Controlling, & Achievers,
2. Middle – People Pleasers, Rebellious, Thrives on Friendships, Large Social Circle, & Peacemaker
3. Last – Fun Loving, Uncomplicated, Manipulative, Outgoing, Attention Seeker & Self-Centered
4. Only Child – Mature for Age, Perfectionist, Conscientious, Diligent, Leaders

Leadership Qualities- Communication, Motivation, Team Building, Risk Taking, Vision & Goal Setting
MISCELLANEOUS ASPECTS

• Look to the future, not the past
• Your next throw is your most important throw
• There is no validity in a ring you don’t do well in
• Use Desensitization to get rid of irrational fears
• Use a mantra to strengthen your event group’s weakness


REFERENCES


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