Mental Skills for Developing Resilient Soccer Players

Mindfulness, Acceptance, & Commitment

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Learning Objectives

Develop an understanding of:

• Development of Individual and Team Values
• Cognitive Psychology principles of managing emotions in training and competition
• Emotion, cognition, and values involved in competing with or against an opponent
Value Development

• The Circle and Square Exercise
Value Development

• The Circle and Square Exercise
• Groups of 5 or 6
  – How do you want to be known?
    • As a soccer player?
    • Student?
    • Brother or Sister?
    • Son or Daughter?
    • 5, 10, 15, 20 years from now?
Examples of Values Generated by Soccer Players

- Hard working
- Dedicated
- Loyal
- Honest
- Fun
- Passionate
- Courageous
- Honorable
- Kind
- Friendly
Mindfulness

• Awareness
  – Thought
  – Emotion
  – The Moment

• Relaxation and Imagery
  – To Focus and Re-Focus
  – Try if you like....
Mindfulness Meets Cognitive Psychology

• Language is
  – Learned
Mindfulness Meets Cognitive Psychology

• Language is
  – Learned
  – Automatic

• Mind is a Language-Based Analyzer
  – Takes us away from what we are doing now
  – Is neither “good” or “bad”
  – Has habits
If the mind can’t be controlled, what can we do?

A. Work harder to control it.
B. Learn to ignore it.
C. Acknowledge and accept it’s presence
D. Use distractions to minimize it’s effect
Techniques for Adaptation

- An example...
- Playing with your minds...
The Journal

• Emphasis: What Did You Do Well?
• Write it Down: Paint a picture with words
• What was happening BEFORE your action?
• How did it FEEL, LOOK, SOUND?
• Did time slow down...did you have to think...or did you just KNOW what to do?
• Private...or to be reviewed with Coach?
Goal Setting

• Getting There
Goal Setting

- Getting There
- Consistency
- Development
- Rock Star
Rank the Importance of These Goal Types by Elite Athletes

A. Consistency 25%
B. Development 25%
C. Rock Star 25%
Team Acceptance and Commitment

- An example...
- Playing with your minds...
  - “The Zone”
- Acceptance doesn’t mean “learn to live with it”
- Awareness is necessary to re-focus
The guide to re-focusing

A. Enter answer text...
B. Enter answer text...
C. Enter answer text...
D. Enter answer text...
Belief In Each Other

• For a Psychologist to Manage
• A painful example
• Wearing Automatic Thoughts
  – “I Suck!”
Belief In Each Other

- For a Psychologist to Manage
- A painful example
- Wearing Automatic Thoughts
  - “I Suck!”
  - “Stupid!”
Belief In Each Other

• For a Psychologist to Manage
• A painful example
• Wearing Automatic Thoughts
  – “I Suck!”
  – “Stupid!”
  – “What are you doing?!”
Belief In Each Other

• For a Psychologist to Manage
• A painful example
• Wearing Automatic Thoughts
  – “I Suck!”
  – “Stupid!”
  – “What are you doing?!“
  – “You’re worthless!!”...and worse
Belief In Each Other

• For a Psychologist to Manage
• A painful example
• Wearing Automatic Thoughts
• Wearing Values
• De-Briefing: Which did you believe about your teammate?
Values = Cue Words

- Examples: Leaves on a stream
- Team Culture
- Team Communication
Emotions in Competition

• Competition
  – “striving with”
Emotions in Competition

• Competing Against
  – Thoughts...
  – Emotions...

• Competing With
  – Thoughts...
  – Emotions...
Emotions in Competition

• Competing Against
  – Thoughts...
  – Emotions...

• Competing With
  – Thoughts...
  – Emotions...

• Which of These is Most Consistent With Your Beliefs?