

# Postizanje boljih rezultata primjenom sistematske psihološke pripreme

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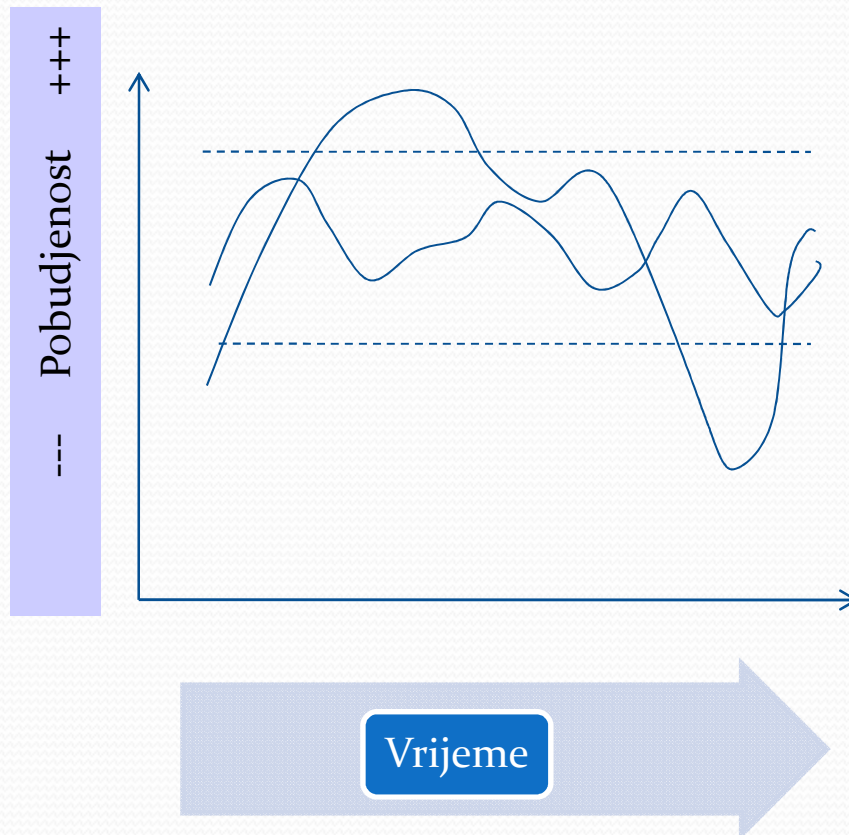
# Sistematska psihološka priprema

- Biofeedback
- Samogovor
- Periodizacija mentalne pripreme



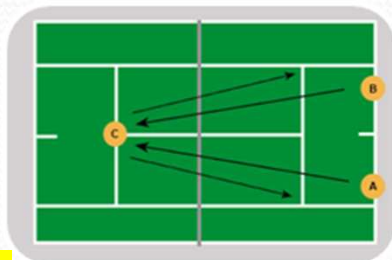
# Veza pobuđenosti i izvedbe

- Individualna zona optimalnog funkcioniranja



# Tipovi koncentracije

Široka



Unutarnja



Vanjska



Uska

# Koncentracija

Vrijeme (ciklus 1 udarca)



- Praćenje protivnikovog tijela
- Procjena kvalitete protivnikovog udarca
- Predviđanje mjesta odskoka
  
- Trenutak udarca (visoki automatizam)
- Predviđanje kvalitete vlastitog udarca (smjer, visina, dubina, rotacija, snaga)
  
- Skenirati protivnikove opcije

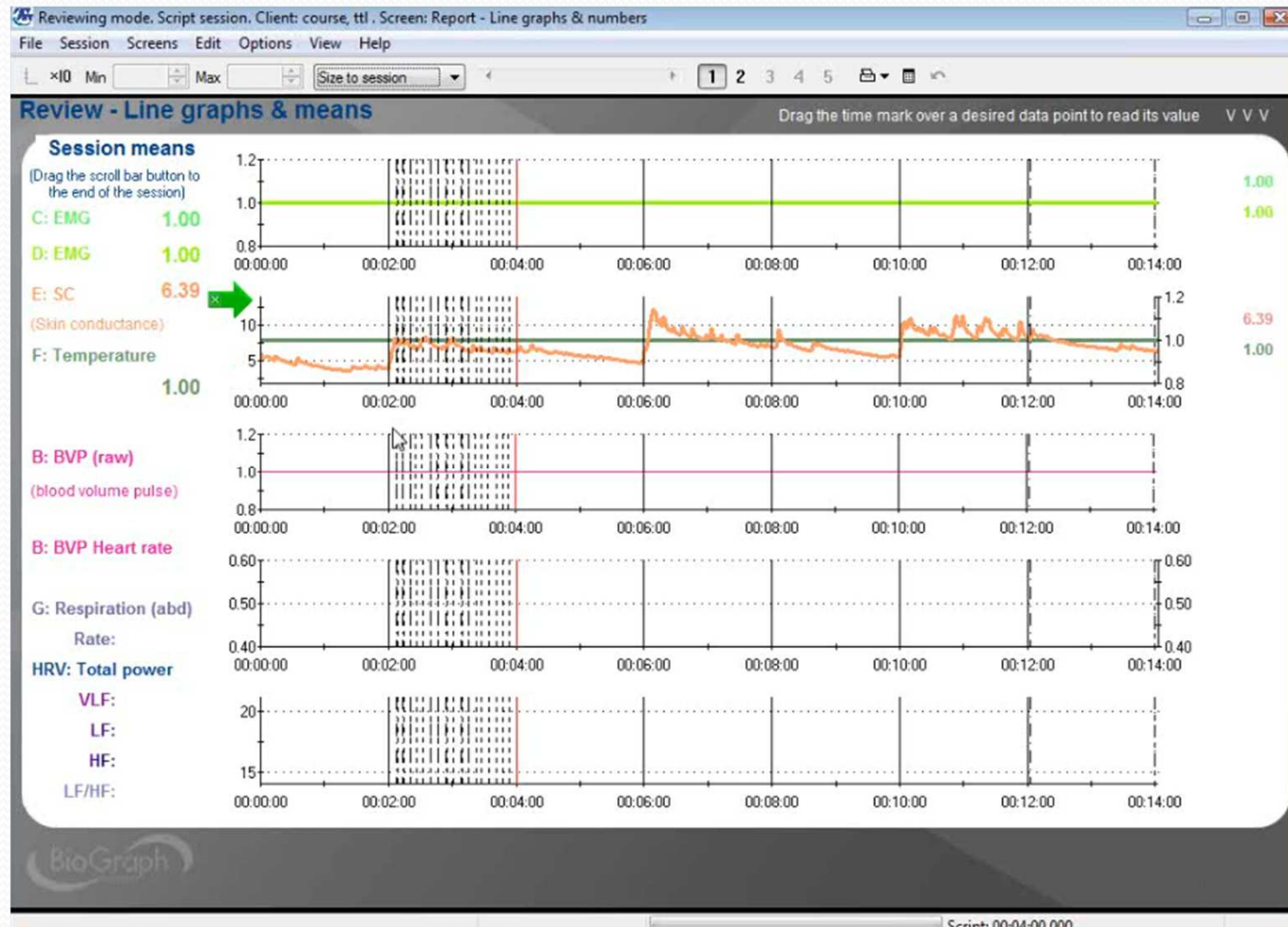
**Model koji karakterizira vrhunske sportaše**  
(Van der lei et al., 2009)

# Biofeedback

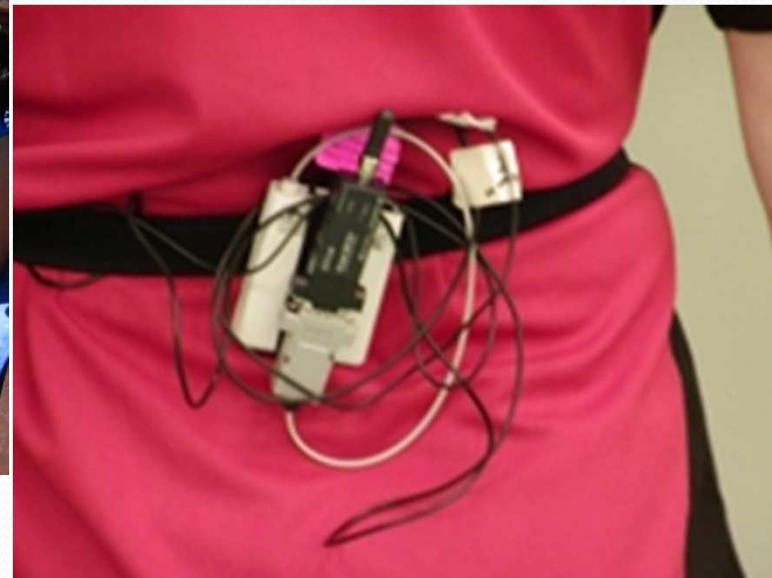
- Trening kontrole biofizioloških funkcija
  - Frekvencija srca, HRV, EEG, EMG, disanje, znojenje
  - Medicina, Psihologija, Sport
- U laboratoriju i na terenu
- Neposredno i preko interneta
- Software omogućuje povezivanje video zapisa (dostupna tenis statistika) i biofiziološkog stanja igrača
- Subjektivni fenomen objašnjen objektivnim podacima



# Biofeedback



# Biofeedback





# Biofeedback

- Tko su korisnici u sportu?



# Periodizacija mentalnog programa

- Sto je periodizacija?
- Ciljevi periodizacije?
- Upotreba periodizacije u sportskoj psihologiji



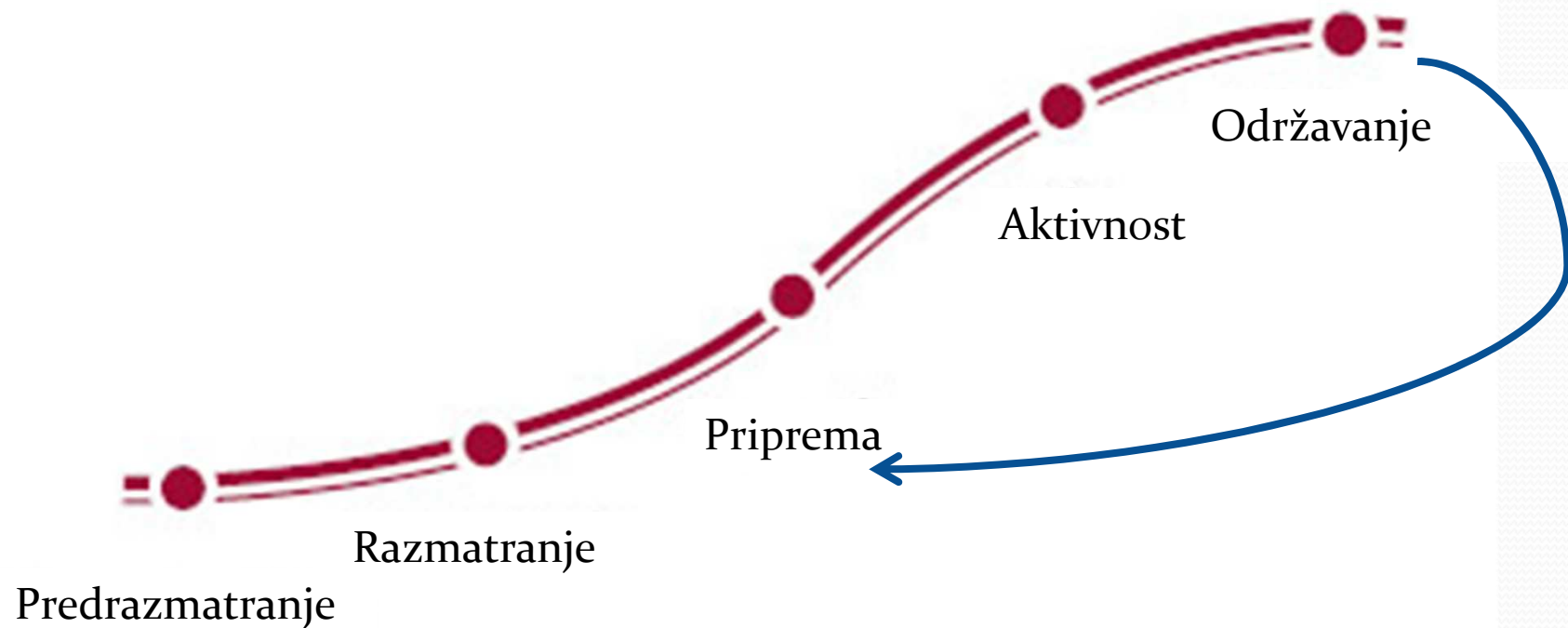
# Primjer pripreme

Godina	2011		Trenažni i natjecateljski program				Nivo: do državnog	
Igrač			Datum rođenja:			Glavni trener:		
Tjedan	Natjecanje	Rang	Trening/Odmor	Tehnički	Taktički trening	Fizički Trening	Mentalni	Opterećenje
1			/		Servis Return	Brzina		Srednje nisko
2	Dvoransko Prv. HR	9	Natjecanje		Napad	Održavanje		Nisko
3			Aktivni odmor				BF nalaz, pisani esej, postavljanje ciljeva	Nisko
4			Aktivni odmor				video govor tijela, DF disanje bez gledanja	Nisko
5			Priprema	Forehand Return, BH	Dubina	Izdržljivost	BF trening, DF disanje otvorenih očiju, ciklus	Srednje vis.
6			Priprema	Return Kinetički lanac	Dubina i smjer	Izdržljivost	disanja 10/min, 8/min 6/min, rad na eseju	Visoko
7			Priprema	Serve + 3rd shot Volley, Brzina R.BH	Osnovna linija, anticip	Izdržljivost	BF trening, DF disanje & video meča	Visoko
8			Priprema	Backhand BH Approach shot	Osnovna linija, napad	Snaga/Izdržljivost	govor tijela, vježbe koncentracije, Esej	Visoko
9			Priprema	Approach Shot Drugi servis, KL	Dolazak na mrežu	Snaga/Izdržljivost	BF trening na terenu uz analizu, vježbe disanja/regulacije na promj. Strana.	Srednje vis.
10			Priprema				BF trening tijekom meča, regulacija na promjeni strana & između poena. Esej	Srednje vis.
11			Priprema					Visoko
12			Priprema					Srednje vis.
13			Prednatjecanje					Srednje
14			Prednatjecanje				O D	Srednje nis.
15			Prednatjecanje				R Ž	Srednje nis.
16	Mladost Grill Open	7	Natjecanje				A V	Nisko
17	Salona Open	7	Natjecanje				A N	Nisko
19			Odmor 2 dana				J E	Srednje nis.
20	Prvenstvo Hrvatske	10	Natjecanje					Nisko



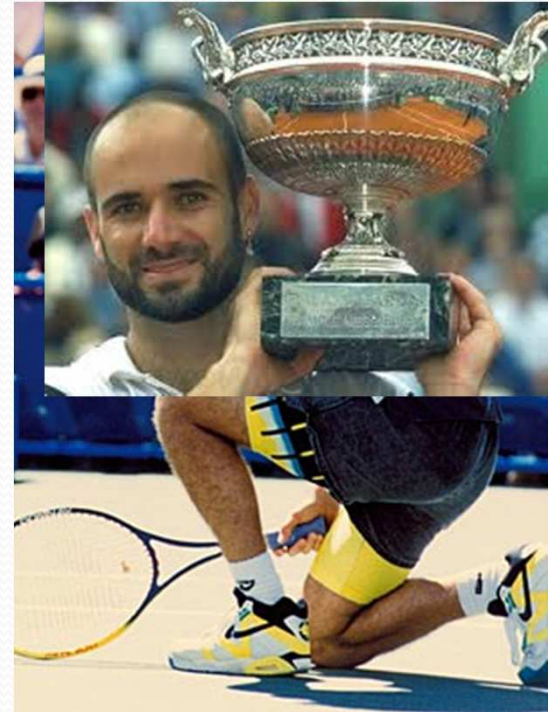
# Ponašanje i promjena

- Primjer sveučilišne igračice: niz od 26 pobjeda zaredom



# Samogovor (self-talk)

- Da li svatko doživljava ovu prezentaciju na isti način?



# Samogovor (self-talk)

- Zašto stalno tražimo dokaze iz okoline
- Svaka priča ima svoju cijenu
- INNER GAME OF TENNIS – Tim Gallway
- POWER OF STORYTELLING – Dr. J. Loehr
- Michael Johnson
- [D:\Videos\Michael Jordan - Failure Nike Commercial.avi](#)

# Michael Johnson

- M. Johnson: dizertacija  
“Climbing to the Top”
  - Visok trud
  - Okruženje
  - Način suočavanja sa stresom
  - Fizički i psihološki faktori
  
- Eksperiment sa plivačima
- Što razdvaja vrhunske plivače i osvjače zlata na OI

Janica i Ivica

Dražen

[D:\Videos\ESPN 30 for 30 -  
Once Brothers \(1 6\).avi](#)





# 10,000 sati ili 10 godina

- Deliberatni (svjesni) trening

Krvavi rad pobjeđuje talent sve dok  
talent ne počne krvavo raditi

# Samogovor i realnost

- Charting
- Rođeni prvaci i intervjui
- Ključni elementi priče
  - ISTINA, NAMJERA, AKCIJA
- Nije bitno što se dogodilo već...
- Nove ideje za dnevnik: primjer radne verzije teksta

# Samogovor i realnost

Kentucky, TN, December 2010, Southern Section Winter Championships

This match was important to me because I wanted to make it to the next round and also because I wanted to beat Megan. It had been so close when I played her in the past and I felt like I really had a chance. I know that I am just as good of a player as she is and I knew that I had to really focus to win.

Preparation for this match was crucial. Watching the video the day before was vital in making my game plan. Scouting the match brought to my attention her weakness and her strengths. I needed to hit heavy to the middle of the court and also to attack her 2<sup>nd</sup> serves when I had a green light point. I had to make sure that I was hydrated and well rested. Also, I had to eat in plenty of time so that my food was fully digested. An hour before the match, I did a 30 - 45 minute warm-up. It was very helpful to get my muscles warmed up and loose. Some of the things I did were jumping rope, kicking the soccer ball, and shadowing all of my strokes. As I was waiting for them to call my name, I was thinking about my game plan and replaying some of the points I saw in the video the day before.

During the match, right up to 4-1 in the second set, I was flowing through the match without too much difficulty. I was making the right decisions and letting her miss. I wasn't being too cautious and I wasn't going for too much. At 4-1 in the second set, Megan had just given me the balls and I was going to switch sides, but when I looked over at her, she was just standing there looking like she was waiting for me to serve. So I asked her if we were supposed to switch sides and she said that we had only played one game and that I hadn't served on that side. So I tried to walk slowly back to the baseline, trying to recall who served first to figure out if she was right. But somewhere in the back of my head I knew we had played 2 games. I couldn't figure it out so I walked to the baseline to play the point. I was still focused on trying to figure out who served first, so I lost that point. While I was getting to balls, I remembered that I missed the match, so she started the second set since the first set was 6-3. That would mean that she would be the last one serving before we would switch sides. I was so angry that I fell for what she was trying to pull and I wasn't concentrating that whole game. When the game was over, we switched sides and I asked her if we had played three games. When she said we hadn't, I explained to her that if I started serving for the match, which she confirmed, then she would have to start serving the second set and she would be serving the last game before we switched. After I explained that to her twice, she turned away and said I don't know. So she got up and starts going to her side and I said that we had served the score, but she said that it was 2-3. Then, the official came over and we explained everything to him and he thought we should go back to 3-1 since that was the last score we both agreed on. But we both weren't happy with that and the other official came over. After we explained it to her, I could tell that she didn't get what I was trying to say. I had to keep repeating that we had played three games on that side and she just thought that was impossible or something. I knew that she wasn't going to grasp what I was telling her so I said to go with 3-2 and just forget about it. After that dispute, I tried to

concentrate, but I was too angry to push what had happened out of my mind. Because of this, I lost my focus and ended up losing the set.

After we left the court, Christine came running down the stairs and I asked her if we had played three games on that one side and when she said we had, I got even more upset because I knew I was right, but hearing it from someone else made that much harder. Then, Dom got in my face and helped me to calm down. He said that I needed to forget about what happened and that this was a new match.

When we went back onto the court, it was my turn to serve. For the whole first half of the second set it was really tough to push what had happened out of my mind. I was angry because of that and when I started falling further and further behind, I was furious. At 1-4, I remember telling myself, "Why don't you just give up", but as soon as I thought it, it was out of my mind and I knew I couldn't think that if I even wanted a chance to win. When we started the next game, I told myself to just go point by point and not think about the game score. Also, rereading the score when I was up helped a lot throughout the rest of the match. Doing this and using the strategy I used in my first set helped me to regain my momentum. Points here and there started turning into games and then, before I knew it, I was up 6-4. When the score was tied 30 all and I dumped an inside-in forehand in the set, I was angry with myself and I ended up losing the game. However, Macy, this was the right decision to make. The ball you had at 30 all was the right ball to go for and you made an excellent decision. This ball was 1 inch short of clearing the net. On the other hand, if it were over 6' over the net it would have been out. If you went for the mid of that range (7' inches), you missed the target for 4 inches. This was your only opportunity to strike and it sent the message that you were willing to punish the short ball. In the future, if you keep staying calm and show it does not affect you, it will send another important message. That is, you are willing to take risks. I was so mad that I blew the lead I had. Therefore, changing the frame of mind has benefits.

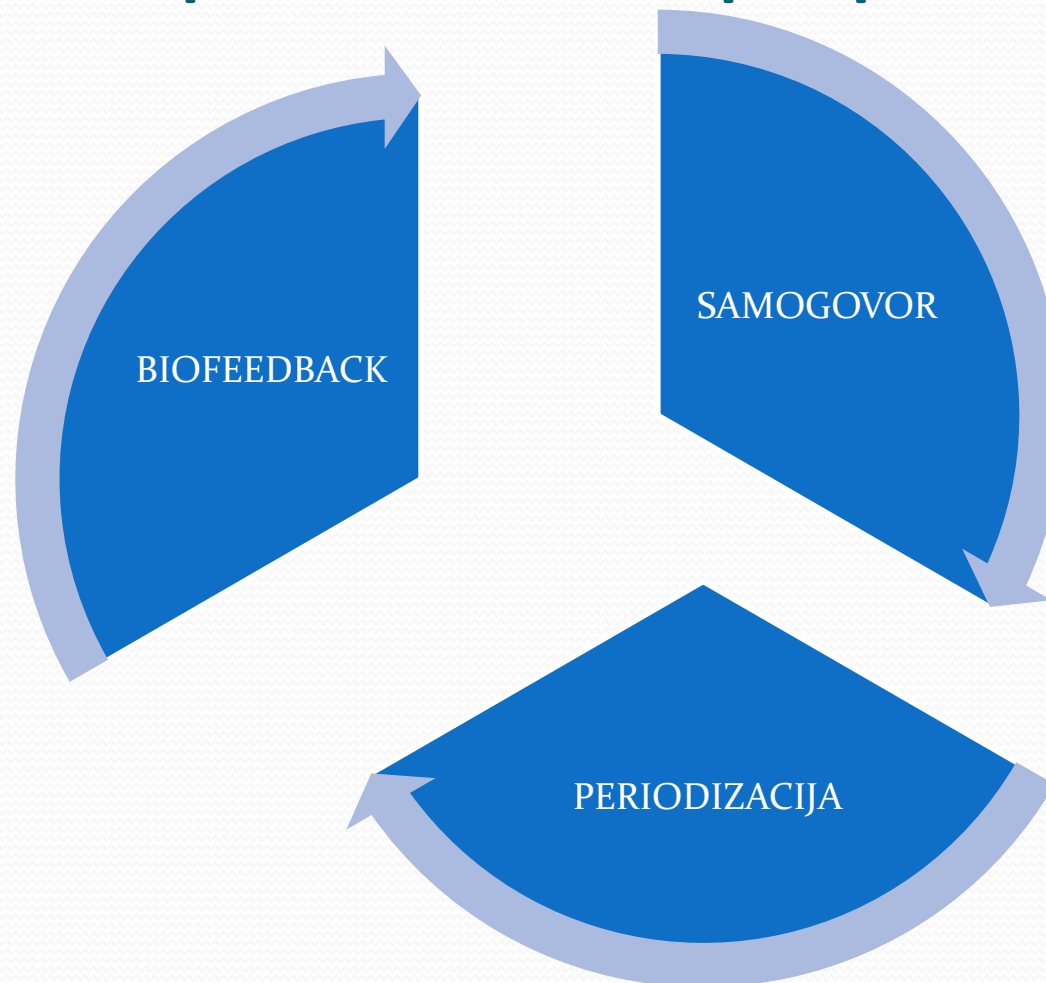
I was very nervous going into the tiebreak because our last match had ended in a tiebreak which she ended up winning. One thing that really helped me was not thinking of it as a tiebreaker, but as 3 point segments. If I could just win two out of the three points I was going to win. At 5-5, I could not believe she had double faulted, but I was so relieved. On the last point, when I got the sitter ball, I kept debating about where it should go, but I chose to go cross court, got under the ball, and hit it without worrying if it was going in or not. That is the frame of mind I was talking about in that highlighted paragraph. Yes, you are getting it! This mental approach is no different than that of the situation at 30 all at 5:6! When the match was over, I couldn't believe I had won and it didn't really click in till long after the match was over. Can you add something about the breathing techniques (i.e., what kind, where did you learn it and practiced, and the situations you used in the match) you mentioned helped you to manage the stress you faced during the third set?

This match was the toughest match I have ever had to play. When I was finished, I was tired mentally, physically, and emotionally. It took pretty much everything out of me. Because of this, I was not ready for the next two matches. This match was a huge accomplishment, but it cost me both the chance to play for first and second and the chance to walk away with third place.

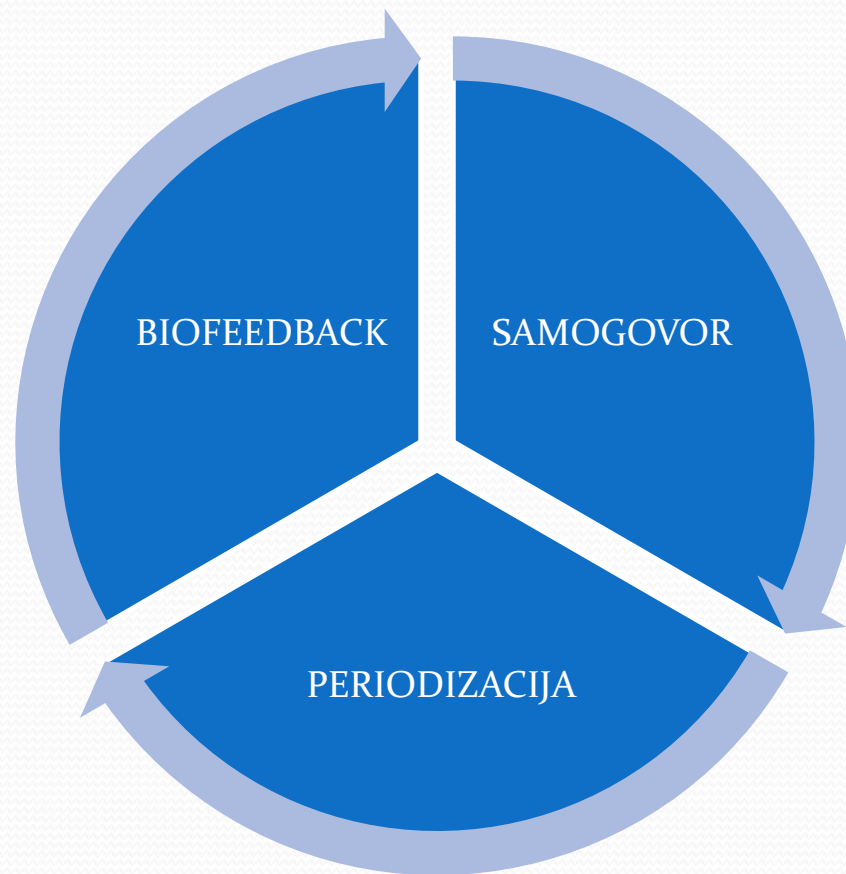
There were many lessons learned from this match that will carry me throughout my tennis career. I learned just how important it was to call out the score and make sure that the other person does it, too. I learned how to meddle myself if I get into that situation again. I am going to get an official, stand my ground, and not take no for an answer. I realized how important it is to stay focused and to have tunnel vision. Also, I felt that the stretching after each match had really helped me with my knees and it will help me in the future. Thank you so much for being there and supporting me.

Macy, great job indeed! This is a great reminder about the great turnaround. It would be a shame not to have a written document about it.

# Sistematska psihološka priprema



# Sistematska psihološka priprema





# Hvala na pažnji!

- Pitanja slobodno pošaljite na:

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