Sport Psychology: The Missing Part of Racket Sport Peak Performance

Naruepon Vongjaturapat, Ph.D.
Faculty of Sport Science, Burapha University, THAILAND

6th World Congress of Racket Sport Science, 2018
In sport for competition, we mainly focus on winning and losing. The key in fact is not the will to win, because everybody has that, it is the will to prepare to win that is important.

Bobby Knight, (the legendary basketball coach from Indiana University)
Success is a journey, not a destination. The doing is often more important than the outcome.

Arthur Ashe
Sport Psychology: The Missing Part of Racket Sport Peak Performance

What people think it looks like  What it really looks like
Sport Psychology: The Missing Part of Racket Sport Peak Performance
Is psychology more or less important than having the physical/skills?

whether vegetables is more or less important than meat in a sandwich.

You can’t be successful without having both!
Sport Psychology: The Missing Part of Racket Sport Peak Performance

Thought, Feeling and Emotion

6th World Congress of Racket Sport Science
Sport Psychology: The Missing Part of Racket Sport Peak Performance

Practice/Competition Environment

Psychological Skill Training
Sport Psychology: The Missing Part of Racket Sport Peak Performance

Now I feel I can be no.1

-Ratchanok Intanon
Sport Psychology: The Missing Part of Racket Sport Peak Performance

World Number One in Female badminton 2016
Sport Psychology: The Missing Part of Racket Sport Peak Performance

Positive
Sport Psychology: The Missing Part of Racket Sport Peak Performance
Sport Psychology: The Missing Part of Racket Sport Peak Performance
Sport Psychology: The Missing Part of Racket Sport Peak
Sport Psychology: The Missing Part of Racket Sport Peak Performance
Sport Psychology: The Missing Part of Racket Sport Peak Performance
Sport Psychology: The Missing Part of Racket Sport Peak Performance
Sport Psychology: The Missing Part of Racket Sport Peak Performance
Sport Psychology: The Missing Part of Racket Sport Peak Performance
Sport Psychology: The Missing Part of Racket Sport Peak Performance
Sport Psychology: The Missing Part of Racket Sport Peak Performance
Sport Psychology: The Missing Part of Racket Sport Peak Performance

What really happen in your sport preparation!
You spend countless hours training and practicing the physical skills of your sport...

- Working out
- Hitting/Smashing
- Lobbing

How much time do you spend working on the mental side?
Physical Fitness

• Aerobic Exercise
• Stretching
• Warm up
• Resistant training
• Daily and regularly practice
• Assistant physical fitness coach/trainer
• Start at the same time as sport skill
Sport Skill

- Start from the beginning
- Daily and regularly practice
- Assistant coach/trainer
- Start at the time as physical fitness
- Most time spend on skill improvement
Mental Toughness/readiness

- Not in the regular schedule
- When needed or encounter difficulties
- Never be trained
- Lack of confidence, need professional sport psychologists
- Start at the same time as physical fitness
- A little or no time spend on psychology
Mental Characteristics of Good Sport Performers

- Eager to play and compete
- Optimal Self-Confidence
- High Concentration/Attention
- Consistency over time
- Stress Management
- Proper Emotion Regulations
Sport Psychology: The Missing Part of Racket Sport Peak Performance
Why Are Psychological Skills Neglected?

- Lack of knowledge
- Misunderstandings about psychological skills (e.g., belief that they can’t be learned)
- Lack of time

(Weinberg & Gould, 2014)
PST & SP Consulting Myths

1. They are for “problem” athletes only.
2. They are for “elite” athletes only.
3. They provide “quick fix” solutions.
4. They are not useful.

(based on Weinberg & Gould, 2014)
Lack of mental training
Sport Psychology: The Missing Part of Racket Sport Peak Performance

Take Home Message
Sport Psychology Helps You to ..... 

(Gardner & Moore, 2004; Gould, Dieffenbach & Moffett, 2010; Smith, Smoll & Cumming, 2007).

1. Understand yourself as an athlete.
2. Work better with your parents & coaches.
3. Navigate your sport career.
4. Prepare your mind.
5. Concentrate so you can enter the zone.
7. Increase motivation and drive.
8. Handle stress and pressure.
Sport Psychology: The Missing Part of Racket Sport Peak Performance

Mental toughness for competition

- proper warm-up & stretching
- Game plan
- Visualization of game/competition
- Stay focus and at present
- Control breathing
Sport Psychology: The Missing Part of Racket Sport Peak Performance

Mental toughness for competition

• use positive self talk
• think of hard time during practice
• Competition is just another practice session
• effort
• enjoy the game
Sport Psychology: The Missing Part of Racket Sport Peak Performance

Thank you
6th World Congress of Racket Sport Science