Bringing your A game

Regulating Pre-match Psychobiosocial States

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Only if she can control her emotion...
More questions raise… what emotion?

Before regulating, we need to aware what are the emotions we are experiencing.

What does a player perceive at a match, EXACTLY?
Ice Breaker Activity

Please introduce yourself to person next to you, and discuss:

• Name some emotions your players experience before a match.
An emotion is a reaction to a stimulus event. It is experienced subjectively. It may mediate and energize subsequent behaviors.

Edited from Deci (1980)
7 Forms of Psychobiosocial States in Competitive Sports

- **Psychological**
  - Cognitive
  - Affective
  - Motivational

- **Biological**
  - Motor- Behavioral
  - Bodily- Somatic

- **Social**
  - Operational
  - Communicative

**Dimensions**
- Time
- Intensity
- Content
- Context
Step 1: Identify BEST and WORST performance

- Indicate the date, place and result of your BEST performance.
- Provide any important details about the performance.
- Indicate the date, place and result of your WORST performance.
- Provide any important details about the performance.
Step 2: Identify BEST PERFORMANCE States (select from the list up to 3 items for each column)

HELPFUL-POSITIVE (P+)
Active, dynamic, energetic, relaxed, comfortable, easy, calm, quiet, happy, confident, sure, delighted, overjoyed, determined, excited, brave, glad, motivated, nice, fast, alert

HELPFUL-NEGATIVE (N+)
Afraid, scared, intense, aggressive, angry, annoyed, worried, anxious, concerned, nervous, alarmed, discouraged, uncertain, helpless, lazy, tense, exhausted
Step 3: Identify WORST PERFORMANCE States (select form the list up to 3 items for each column)

HARMFUL-NEGATIVE (N-)
Afraid, scared, aggressive, angry, annoyed, worried, anxious, concerned, alarmed, discouraged, uncertain, disconnected, helpless, lazy, intense, nervous, tense, exhausted

HARMFUL-POSITIVE (P-)
Active, dynamic, energetic, relaxed, calm, quiet, happy, confident, sure, delighted, overjoyed, comfortable, determined, excited, brave, glad, motivated, easy, nice, fast, alert
## Profiling your Psychobiosocial States

**Step 4: Describe states intensity in your BEST PERFORMANCE**

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Step 5: Profiling states on a graph

- Disconnected
- Anxious
- Nervous
- Worried
- Intense
- Motivated
- Energetic
- Confident
- Comfortable
- Relaxed
- Easy
Self-regulation is a process of continuously monitoring progress toward a goal, checking outcomes, and redirecting unsuccessful efforts.

Berk (2003)
Regulating player’s Pre-competition Psychobiosocial States

- **Pre-match Psychobiosocial States Profiling**
- **After-match reflection**
- **Pre-match states monitoring and mind-set**
- **Modifying Psychobiosocial States**
Regulating player’s Pre-competition Psychobiosocial States

1. Pre-Match Psychobiosocial states profiling

![Graph showing psychobiosocial states during pre-match preparation with 'Best Performance' highlighted.](image-url)
Regulating player’s Pre-competition Psychobiosocial States

2. Pre-Match states monitoring and mind-set

- Self-Assessment
- Goal Setting
3. Modifying Psychobiosocial States

1. Pre-competition routines
2. Imagery
3. Self-Talk
4. Relaxation technique
5. Warm-up
6. Focusing
7. Music
8. Meditation
9. Sport Watch
Regulating player’s Pre-competition Psychobiosocial States

4. After-match Reflection

[Graph showing the relationship between various psychobiosocial states and performance]
“Control, control, you must learn control”.
Thank you.