Psychological Characteristics of Peak Performance (Chapter 9)
Introduction

- Peak Performance
  - Behavior exceeding one’s average
  - Superior Functioning
  - Personal Best
  - Needs both physical and mental Factors
• The higher or more difficult the skill......“the mental factors determine success.” (Rushall, 1989)

• Olympic athletes attribute....“mental readiness as a predictor of success.”
Two basic Questions??

1. Do common characteristics exist across all athletes during peak performances?

2. Can athletes control and recreate peak performance states?
Peak Performance Profile

Ravizza (1977) identified peak performance profile and refined by Loehr & Garfield

1. Mentally relaxed
2. Physically relaxed
3. Confident/optimistic
4. Focused on the present
5. Highly energized
6. In Control
7. In a Cacoon
Being in Flow

- Peak Performance Profile is related to being in the flow
  - 1. Activity is automatic
  - 2. Challenging
  - 3. One knows what to do!
  - 4. Sense of being in control
  - 5. Loss of sense of time
Successful Athletes

Uses imagery,
Are able to control anxiety,
Have a high level of concentration,
Use positive self-talk,
Have healthy mood states,
Have high Self confidence,
Are able to rebound after mistakes,
and experience low in worry
Unsuccessful Athletes

Unable to control anxiety,
Has low concentration,
Engages in negative self talk,
Experiences unhealthy mood states,
Has low self confidence,
Unable to rebound after mistakes,
And experiences high levels of worry.
Can Athlete recreate peak performance states?

- Yes!!
- Through the use of psychological skills
What things interfere with these states?

- Changing preparations
- Changing performance patterns
- Late selection of team members
- Inability to refocus after a distraction
What can a coach do?

- Make the athlete aware of the peak performance state by comparing their best to worst performance.
- Mental training workbook activity on pages 20-21.