EXERCISE: STORK STAND

Directions: Find a spot away from chairs, tables or anything else that could be hazardous if you were to fall. In addition, remove jewelry or glass that might be damaged.

* Begin by standing and putting all of your weight on one leg.
* Place your arms out to the sides at shoulder level and gradually raise your free leg. Keep that leg close to the ground so that you can use it to regain your balance should you start to fall.
* When you are comfortable, close your eyes and try to maintain your balance.
* The trial is over when you either open your eyes or touch free foot to the ground.
* Time each trial and record how long you are able to maintain your balance for each of three trial.

Trial 1: _________ Trial 2: _________ Trial 3: _________

Now try the exercise again. This time, before you close your eyes, focus on the physical or kinesthetic cues you can use to maintain your balance. Concentrate on those cues as you close your eyes. Again, time each trial and record your success.

Trial 1: _________ Trial 2: _________ Trial 3: _________

Did the cueing help your concentration?

Comments:
EXERCISE: CONCENTRATION GRID

Directions: Begin with 00, and put a slash through each number in ascending order. Time yourself to see how fast you can do it.

<p>| | | | | | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>63</td>
<td>12</td>
<td>19</td>
<td>25</td>
<td>37</td>
<td>16</td>
<td>23</td>
<td>21</td>
<td>73</td>
<td>03</td>
</tr>
<tr>
<td>24</td>
<td>83</td>
<td>45</td>
<td>36</td>
<td>30</td>
<td>38</td>
<td>08</td>
<td>64</td>
<td>09</td>
<td>50</td>
</tr>
<tr>
<td>06</td>
<td>68</td>
<td>99</td>
<td>75</td>
<td>26</td>
<td>15</td>
<td>41</td>
<td>66</td>
<td>20</td>
<td>40</td>
</tr>
<tr>
<td>02</td>
<td>91</td>
<td>14</td>
<td>58</td>
<td>74</td>
<td>54</td>
<td>22</td>
<td>01</td>
<td>79</td>
<td>53</td>
</tr>
<tr>
<td>44</td>
<td>67</td>
<td>93</td>
<td>11</td>
<td>07</td>
<td>43</td>
<td>72</td>
<td>94</td>
<td>69</td>
<td>56</td>
</tr>
<tr>
<td>34</td>
<td>62</td>
<td>42</td>
<td>10</td>
<td>17</td>
<td>35</td>
<td>47</td>
<td>89</td>
<td>82</td>
<td>48</td>
</tr>
<tr>
<td>76</td>
<td>87</td>
<td>71</td>
<td>00</td>
<td>98</td>
<td>81</td>
<td>05</td>
<td>46</td>
<td>88</td>
<td>95</td>
</tr>
<tr>
<td>32</td>
<td>96</td>
<td>65</td>
<td>39</td>
<td>80</td>
<td>77</td>
<td>49</td>
<td>86</td>
<td>18</td>
<td>70</td>
</tr>
<tr>
<td>33</td>
<td>29</td>
<td>57</td>
<td>31</td>
<td>90</td>
<td>97</td>
<td>04</td>
<td>92</td>
<td>60</td>
<td>28</td>
</tr>
<tr>
<td>84</td>
<td>27</td>
<td>51</td>
<td>78</td>
<td>59</td>
<td>52</td>
<td>13</td>
<td>85</td>
<td>61</td>
<td>55</td>
</tr>
</tbody>
</table>

Time taken:

Alternatives:
- begin with any number and go full circle
- do the exercise backwards
- select even numbers first then odd numbers
- select odd numbers first then even numbers
- see how many numbers can be slashed in a fixed time
**EXERCISE: ATTENTIONAL SWITCHING**

For this exercise, you will require two functional radios. Tune the radios into 2 different stations and play music at the same volume. Place the radios about twenty feet apart.

Stand equidistant between the two radios while the music is playing.

Determine one station will be the “signal” or the stimulus while the other stations will be the “noise” or the distraction.

Now gradually focus only on the “signal” so that the “noise” is blocked out. Take your time and note how it is you are able to focus solely on the signal.

Now gradually switch your focus on the “noise” so that the “signal” is blocked out. Again take your time and note how it is that you are able to focus only on the noise.

Try this a couple of times. Practice will help you shift your attention.

----------------------------------------------------------------------------------------------------------------------------------

Once you are proficient with this skill, you can make the exercise a little more difficult by tuning in to two ‘talk’ stations. Determine which station is the signal and which is the noise.

Now gradually focus only on the signal. At the same time note and monitor how you are doing this mentally. You should be able to repeat back what the signal is saying.

Now gradually focus only on the noise. Again verbalise and monitor your mental processes and repeat back what the noise is saying. Persevere with the exercise until you can shift your attention with ease. It might help you to use a concentration cue each time you focus.
**EXERCISE: “PARKING” THOUGHTS**

This exercise concerns effectively eliminating negative, intruding thoughts by “parking” them in a safe non-distracting place until after the performance. Parking is typically accomplished through some form of self-talk or visualisation. This technique can be especially effective for athletes who bring outside issues into the competition. After identifying these unwanted thoughts in your minds, you should write them down on paper and then place the paper in another location (this is the parking component). After the performance, you can go back and deal with the issue by “unparking” it. You want to be able to compete without the distracting thoughts continually intruding. After the performance, you can deal with it in an appropriate manner.

---

**EXERCISE: REHEARSING GAME CONCENTRATION**

Relaxation and imagery skills can help you focus on your upcoming performance. You should practice to the extent where you can clearly see in your mind’s eye executing a flawless competitive performance where the technique, pace & tempo, strategy are all perfectly executed. You can initially attempt your mental rehearsal in a quiet place and then progress to visualising it in the presence of noise and distractions. This type of exercise teaches you to detach or dissociate yourself from distractions.

In competitions, imagery and rehearsing game concentration can enhance your focus in several ways:

*Before competition.* Imagery helps you focus on the upcoming competition by reviewing in your mind exactly what you want to do, visualizing perfect execution of moves including different strategies or tactical moves for different situations and opponents.

*After training or competition,* replay the things which you did successfully to help create clearer, more detailed images, and store them in your mental memory banks (depositing into your confidence account). For unsuccessful events or performances, you should mentally rehearse how you want to respond and perform the next time the same situation occurs again.

*During breaks in the action (competition).* Use the break times to prepare for what’s ahead. Imagery can be used to keep you in the right frame of mind just prior to getting back into the competition site.