

Hi Mark and Janelle!

A couple of your players reached out to ask me about visualizing, so this is what I sent them.

Tips for visualization: It is important to be able to relax, so I would do guided meditations or body scan meditations before sleeping (there are like a billion of them on youtube).

After that (or at a different time), what worked for me in visualizing, was picturing something different each time. I would get like a 10 second loop in your mind of what you would like to do. For example, I often visualized:

- Defensively: me closing out on a shooter and stopping their drive, so chopping my steps and then being quick enough to stop them from blowing by me
- Offensively: coming off a screen and catching and shooting
- Offensively: cutting to the basket, posting up and doing a move
- Team play: me really excited and pumped up when a teammate did something amazing
- Off the court: coach yelling at me, and I stay calm and ready to play

You don't want to picture something really long (like running up and down the court 5-6 times), you want something that is like 1 move. The important thing would be to close your eyes and picture yourself doing it, but also to feel yourself doing it. I often focused on my feet, and picturing how I ran, jumped and landed, or the squeak of shoes. Then when you figure out the 5-10 second action you want to repeat in your mind, you keep repeating it, on a loop for a few minutes (or I used to do it before I fell asleep, or until I would fall asleep).

A good step to start would be to do a guided relaxation (or body scan, from youtube) and then spend like 3-5 minutes (or longer) with your basketball loop.

I'm not sure if that all makes sense, but it really worked for me and hopefully will help out some of your players.

Hope you are both well,

Lizanne

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