

The Mental Game Clinic

WHICH ATTENTION STYLE ARE YOU?

BROAD EXTERNAL

Assessing

A tennis player assesses the court and wind conditions

BROAD INTERNAL

Analysing

A tennis player considers a game plan

NARROW EXTERNAL

Performing

A tennis player serves

NARROW INTERNAL

Rehearsal

A tennis player rehearses her backhand

MOST SPORTS NEED A COMBINATION OF STYLES

At different times you use different styles. Know the styles of your sport to understand the kind of focus you need for successful performance