

MST INTEGRATION

Presented By: **Dan Mickle**

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Learning Technology Specialist

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#DontSuck

#TrainTheBrain

#BeAVerb

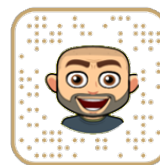
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MENTAL SKILLS TRAINING (MST)

Objectives for this Session:

- Understanding the concepts of MST
- Developing tools to train Mental Skills
- Creating a season blueprint for MST
- Understanding limitations, roadblocks and myths

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Some Mental Skills Training Myths:

- For problem athletes only
- Only useful for “elite” athletes
- Provides a quick fix to a problem
- Is an excuse for failure
- One size fits all (box method)



Some Mental Skills Training Truths:

- All athletes can benefit from MST
- All levels & abilities show some level of improvement
- Just like physical skill improvement, it takes time
- Research is clear that MST can enhance performance
- Training needs to be “person” specific

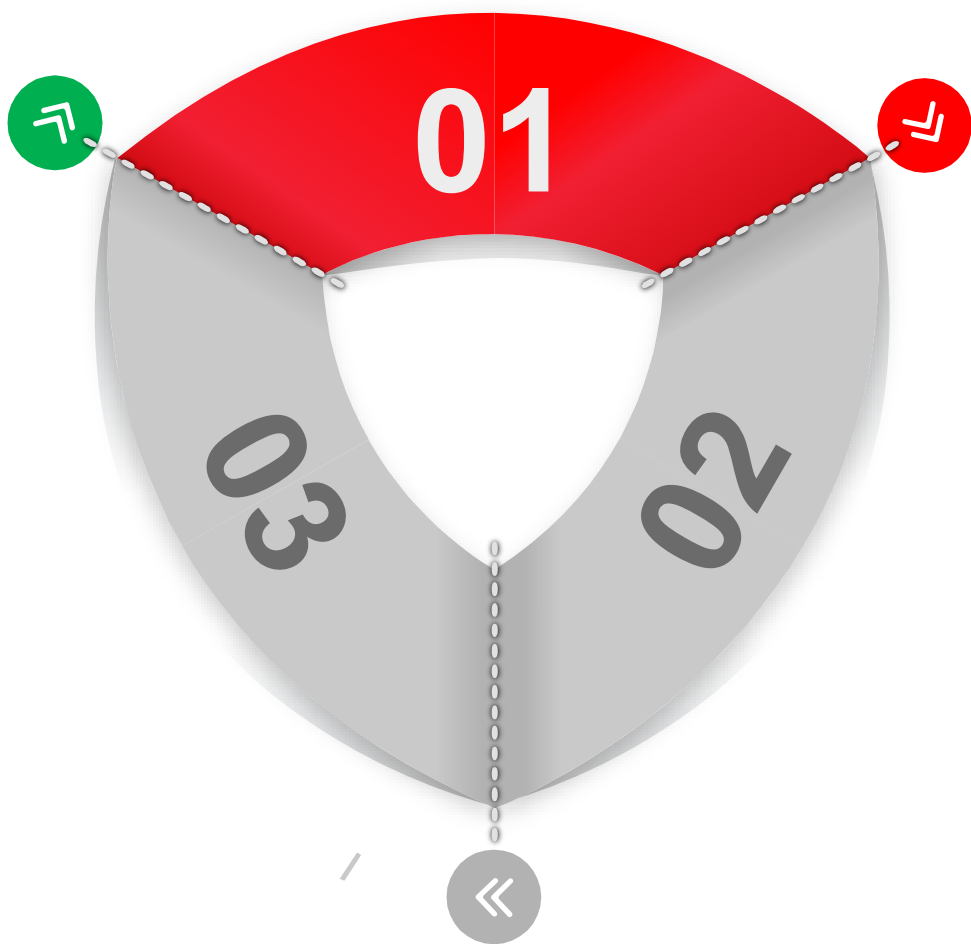


Three Phases of MST



PHASE 1: EDUCATION

PHASE ONE



Education

Increase the awareness of mental skills

- Understanding current state of athletes' skills
 - Green Light (Flow)
 - Yellow Light (Refocus)
 - Red Light (Real Trouble)

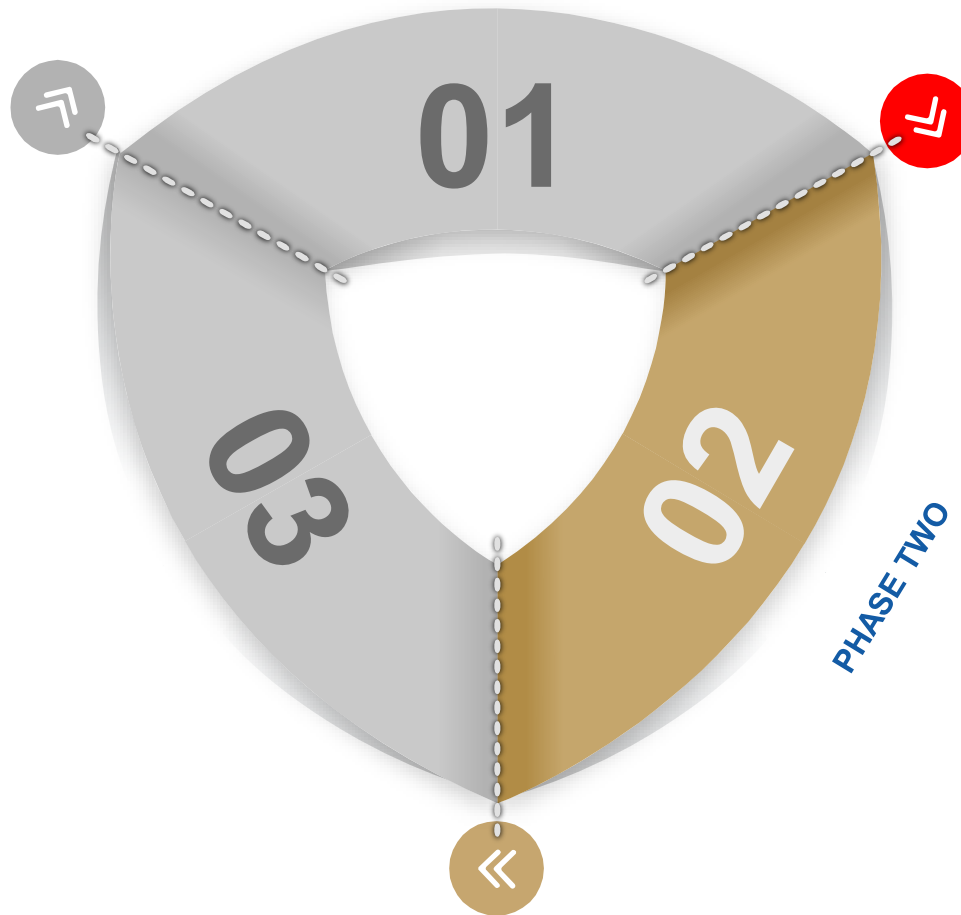
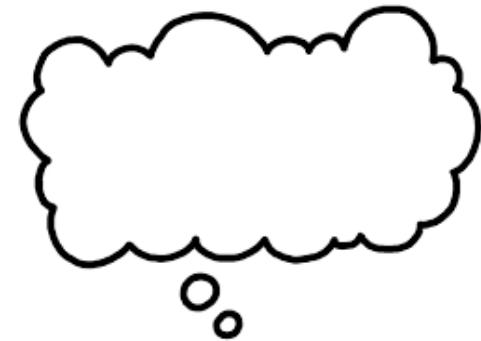


PHASE 2: ACQUISITION

Acquisition

**Focus on strategies
and techniques**

Provide general terms and strategies for the group or team, but remember to tailor the program to the individual

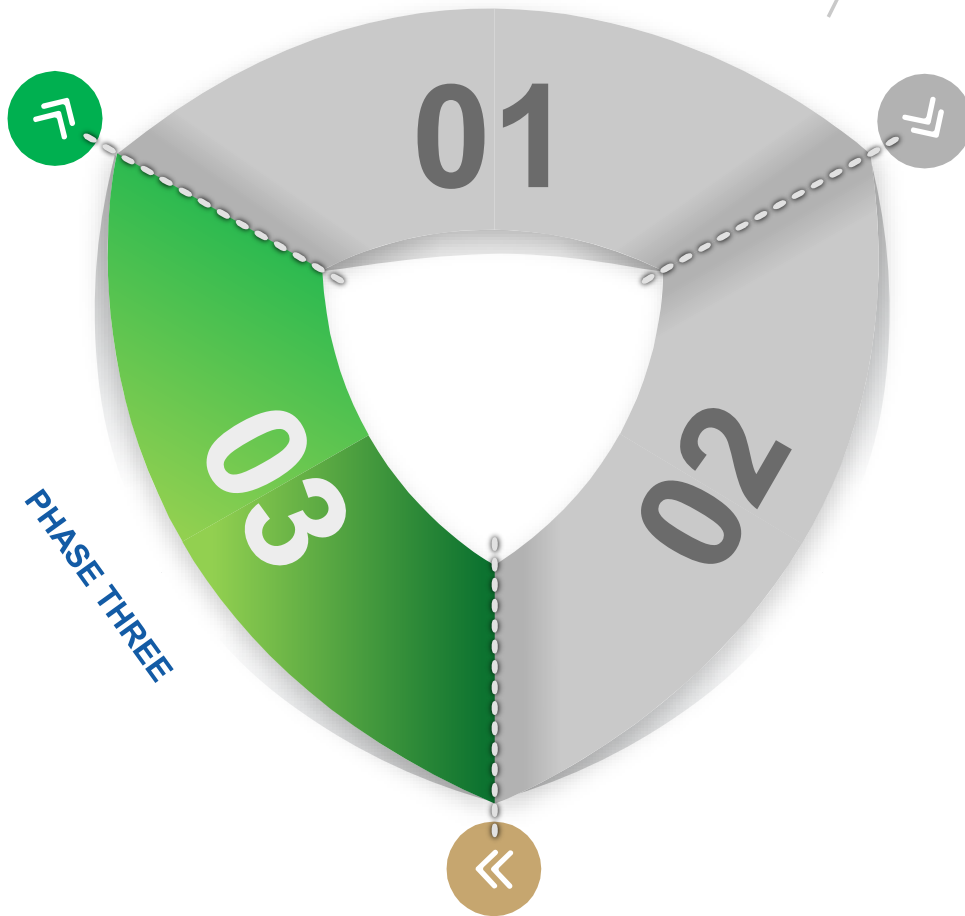


PHASE 3: PRACTICE

Practice

Progress from practices & simulations to competition

Focus is on automating skills by integration and simulation in competition-like scenarios.



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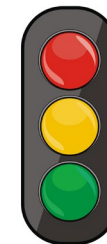
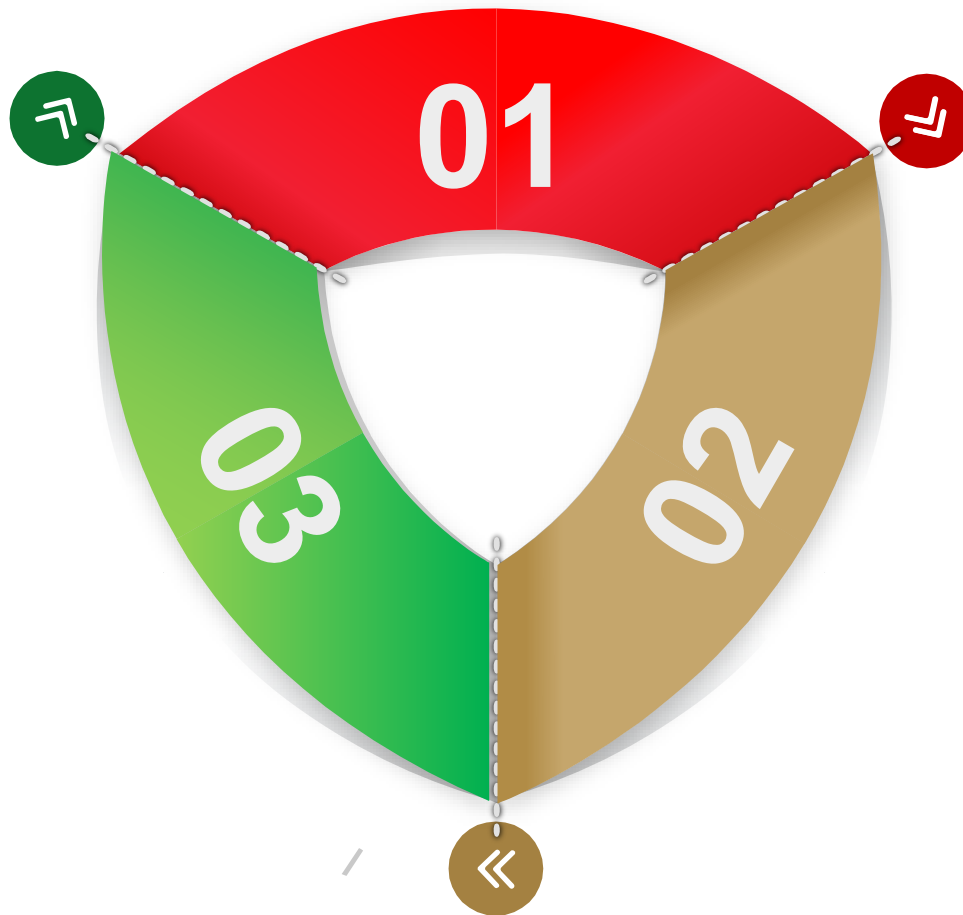


THREE PHASES OF MST

1. Education

2. Acquisition

3. Practice



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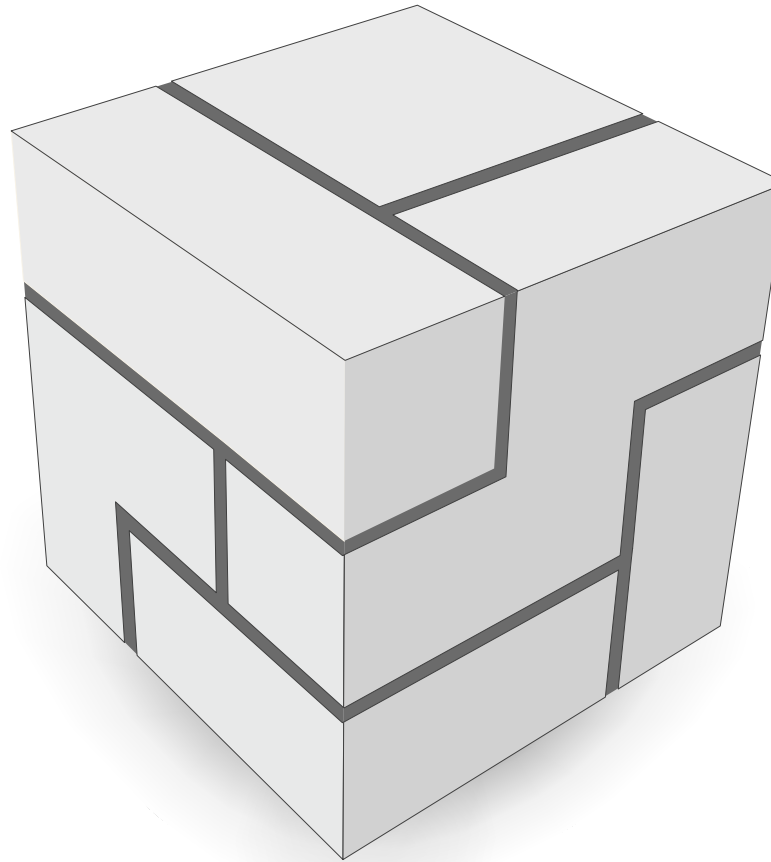
Key Mental Skills



MST: THE BIG PICTURE

MST = A Puzzle

There are a lot of moving parts and needs when working on an MST plan. It is not a simple process.



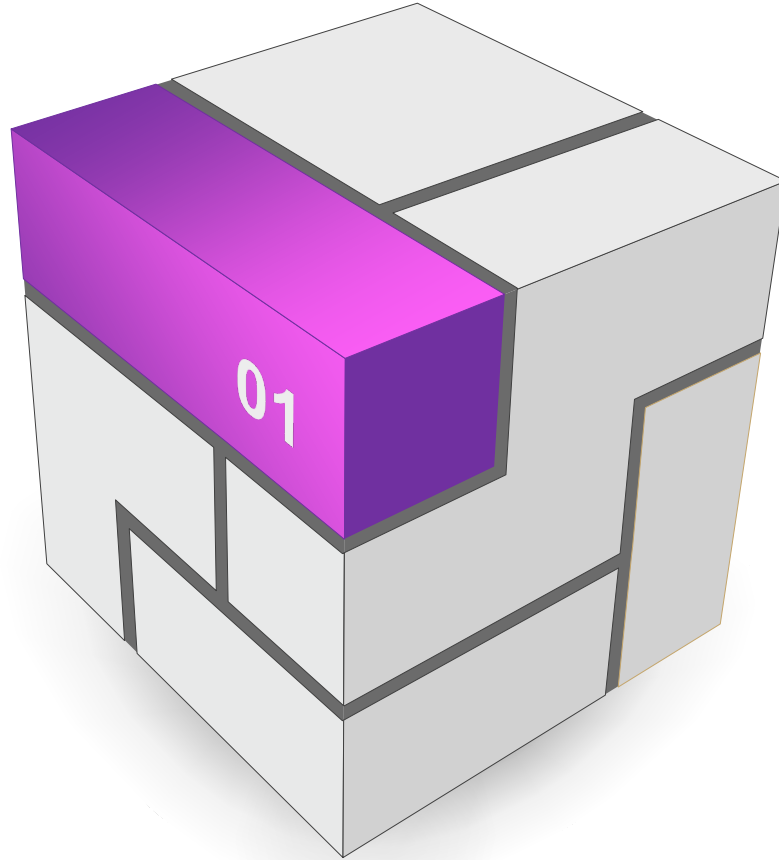
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MST: THE BIG PICTURE



Journaling



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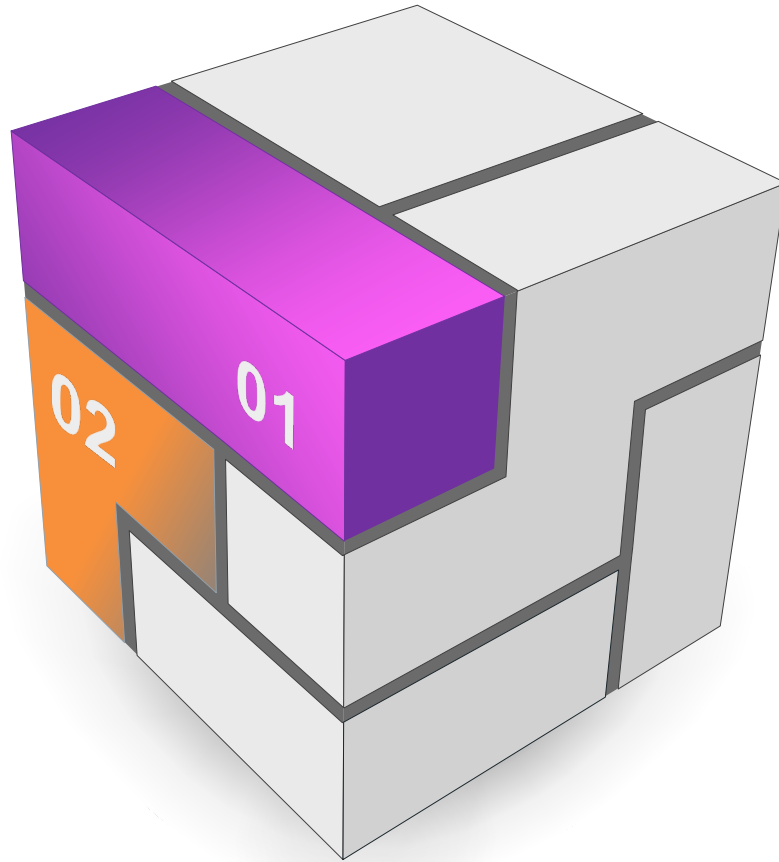
MST: THE BIG PICTURE



Journaling



Goal Setting



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MST: THE BIG PICTURE



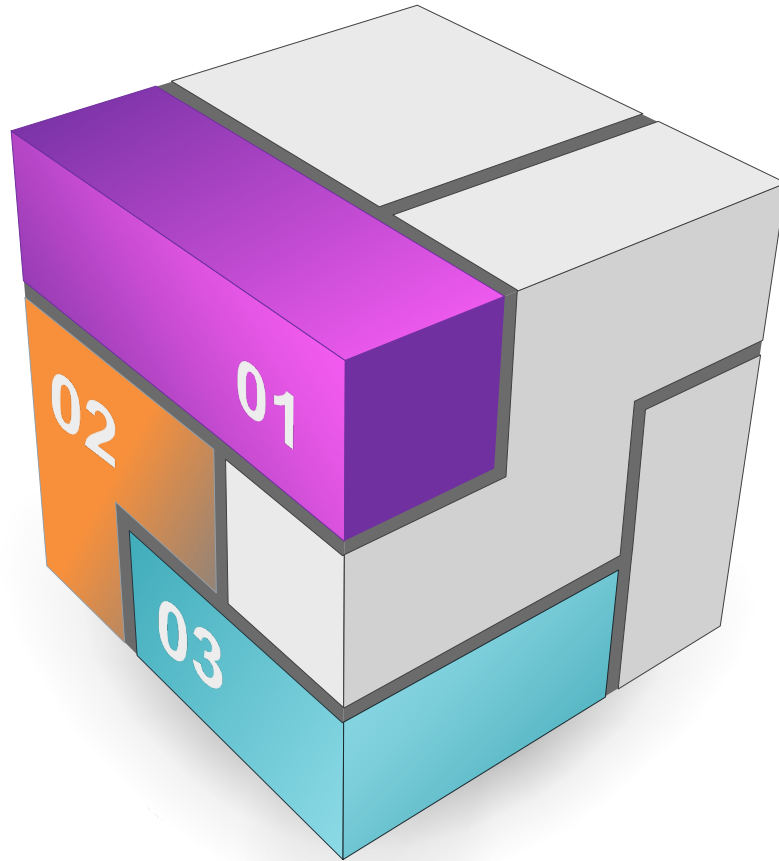
Journaling



Goal Setting



Relaxation



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MST: THE BIG PICTURE



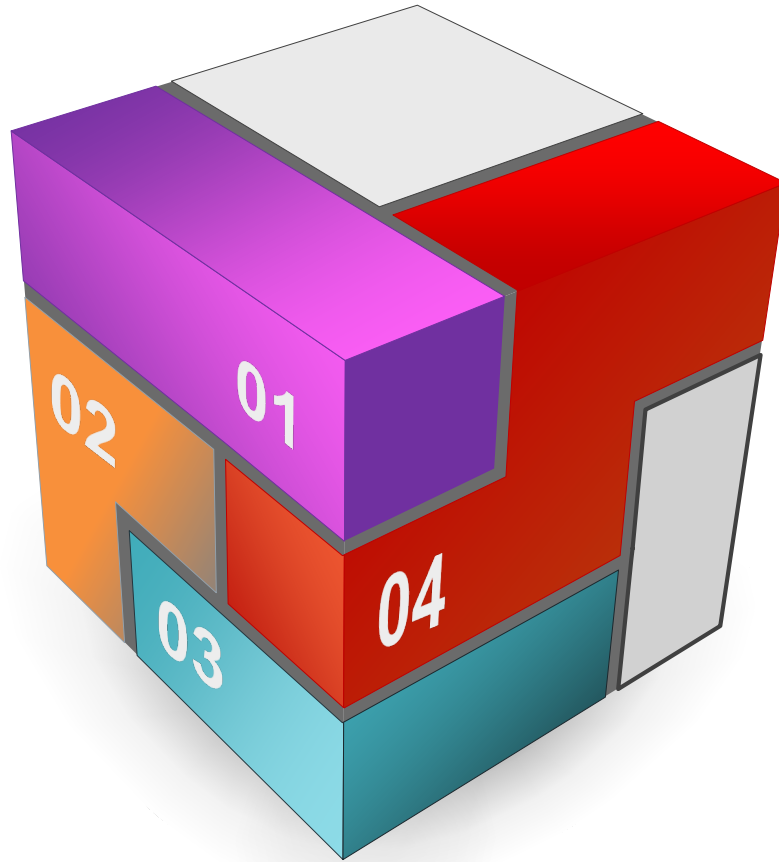
Journaling



Goal Setting



Relaxation



Mindfulness

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MST: THE BIG PICTURE



Journaling



Mindfulness



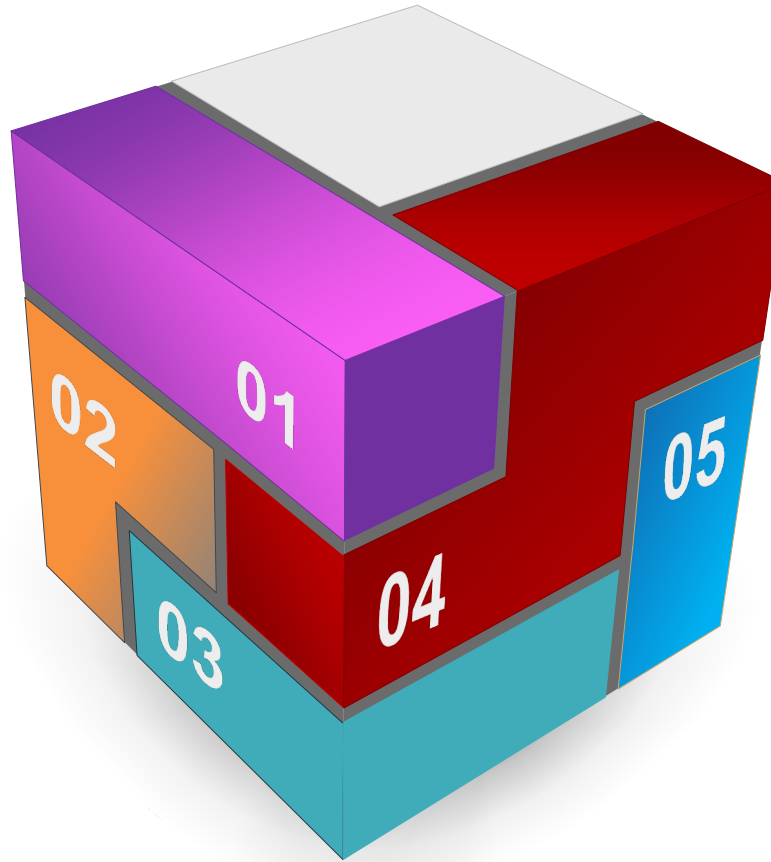
Goal Setting



Self-talk



Relaxation



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MST: THE BIG PICTURE



Journaling



Mindfulness



Goal Setting



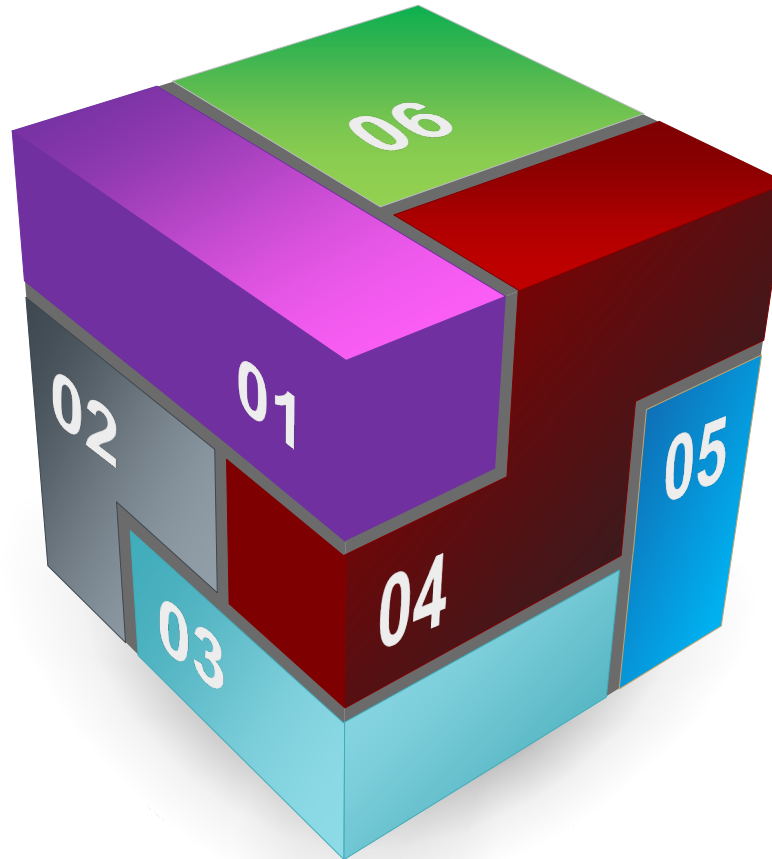
Self-talk



Relaxation



Imagery



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MST: Journaling & Writing



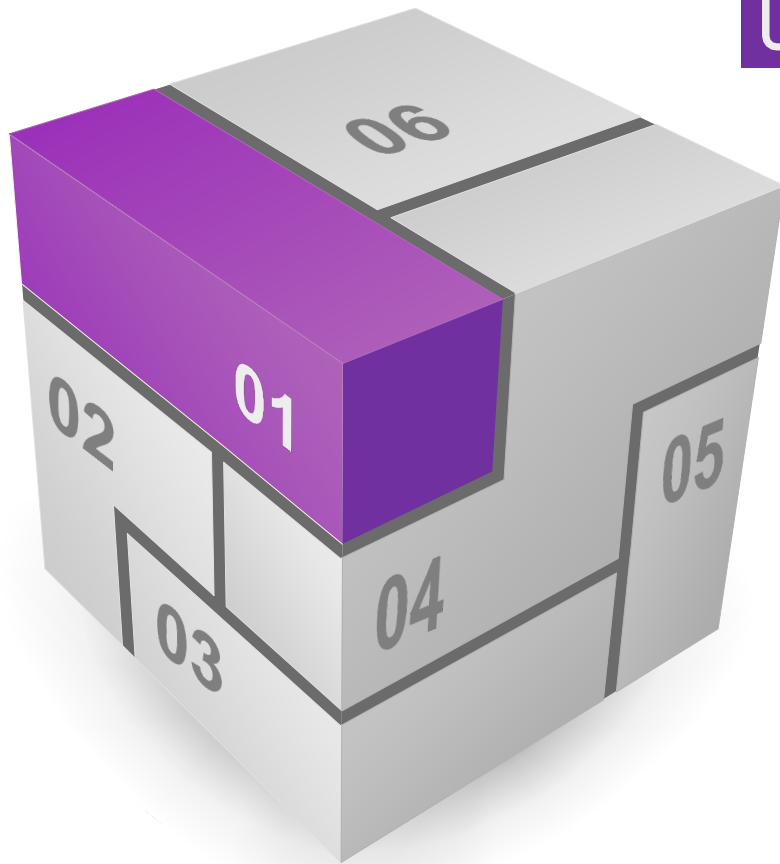
Journaling/Writing

“Writing organizes and clarifies our thoughts. Writing is how we think our way into a subject and make it our own. Writing enables us to find out what we know and what we don’t know, about whatever we’re trying to learn.”

- William Zinsser
Writing to Learn



MST: JOURNALING & WRITING



Journaling/Writing

Things to Consider:

- Private/Public
- Prompted
- Detail/Depth
- Length



MST: SAMPLE JOURNAL

DAILY SONG/MANTRA: _____ WORD _____ DATE _____

TODAY'S BIG GOALS

1. _____
2. _____
3. _____

- PRACTICE
- GAME/PERF.
- DAILY LIFE
- _____



Journaling/Writing

Some Components

- Goals
- Mantra
- MST Skill Check
- Quote

✓ ROADMAP FOR BIG GOAL 1

- _____
- _____
- _____

DAILY MENTAL SKILLS

- BREATHING SCRIPT
- MEDITATION
- PROG. RELAXATION

✓ ROADMAP FOR BIG GOAL 2

- _____
- _____
- _____

REVISIT YOUR ROADMAP END GOALS

- YEARLY GOALS
- MONTHLY GOALS
- WEEKLY GOALS

✓ ROADMAP FOR BIG GOAL 3

- _____
- _____
- _____

GIVE YOURSELF SOME MOTIVATION

*If you do what you've always done,
you'll get what you've always
gotten." - Tony Robbins*

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MST: SAMPLE JOURNAL

WINS FOR TODAY

LESSONS LEARNED TODAY



Journaling & Writing

Some Components

- Wins of the Day
- Lessons Learned
- General Thoughts

GENERAL REFLECTIONS

RATE IT!

(COLOR IT)



BE HONEST!

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MST: GOAL SETTING



Goal Setting

“...employees work more productively when guided by clear and achievable goals and when given feedback that relates to the goals..”

- Edwin Locke, PhD

(Bryan, J. F., & Locke, E. A. (1967). Goal-setting as a means of increasing motivation. *Journal of Applied Psychology*, 51, 274-277.)

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Goal Setting

Types of Goal Setting

- S.M.A.R.T.E.S.T.
- H.A.R.D.
- W.O.O.P
- Fear Setting
- Vision Boards



MST: SAMPLE GOAL SHEET

YOUR BIG GOALS

GOAL	
1	
S	
M	
A	
R	
T	

GOAL	
2	
S	
M	
A	
R	
T	

GOAL	
3	
S	
M	
A	
R	
T	

Specific | Measurable | Attainable | Relevant | Timely



Goal Setting

Types of Goal Setting

- S.M.A.R.T.E.S.T.
- H.A.R.D.
- W.O.O.P
- Fear Setting

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MST: GOAL SHEET SAMPLE

PROCESS TARGETS FOR BIG GOALS

GOAL		COMPLETED
1		
STEP 1		
STEP 2		
STEP 3		
STEP 4		

GOAL		COMPLETED
2		
STEP 1		
STEP 2		
STEP 3		
STEP 4		

GOAL		COMPLETED
3		
STEP 1		
STEP 2		
STEP 3		
STEP 4		



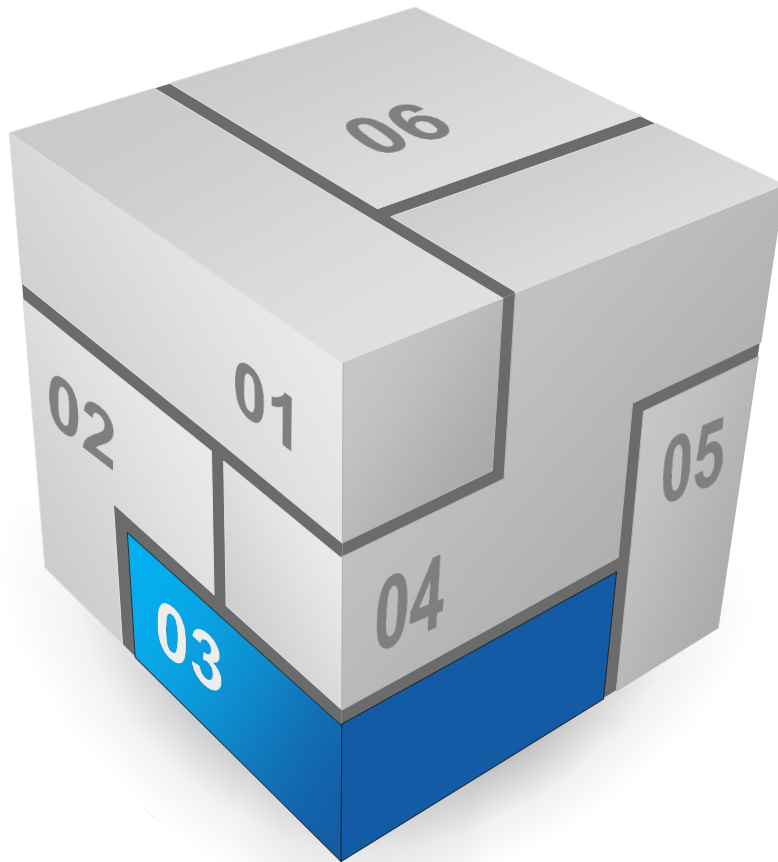
Goal Setting

Types of Goal Setting

- S.M.A.R.T.E.S.T.
- H.A.R.D.
- W.O.O.P
- Fear Setting



MST: RELAXATION

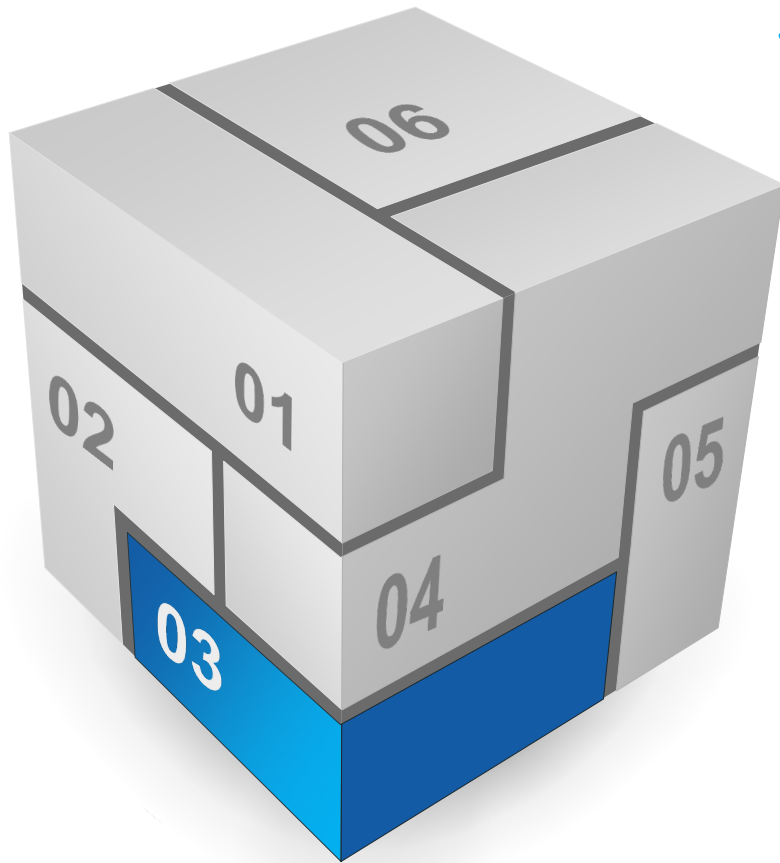


Relaxation

Ian Maynard and his colleagues termed a treatment approach ***the matching hypothesis***, whereby symptoms of somatic anxiety are primarily treated with a form of physical relaxation and symptoms of cognitive anxiety with a form of mental relaxation.

Maynard, I. W., Hemmings, B., & Warwick-Evans, L. (1995). The effects of somatic intervention strategy on competition state anxiety and performance in semi-professional soccer players. *The Sport Psychologist*, 9, 51–64.

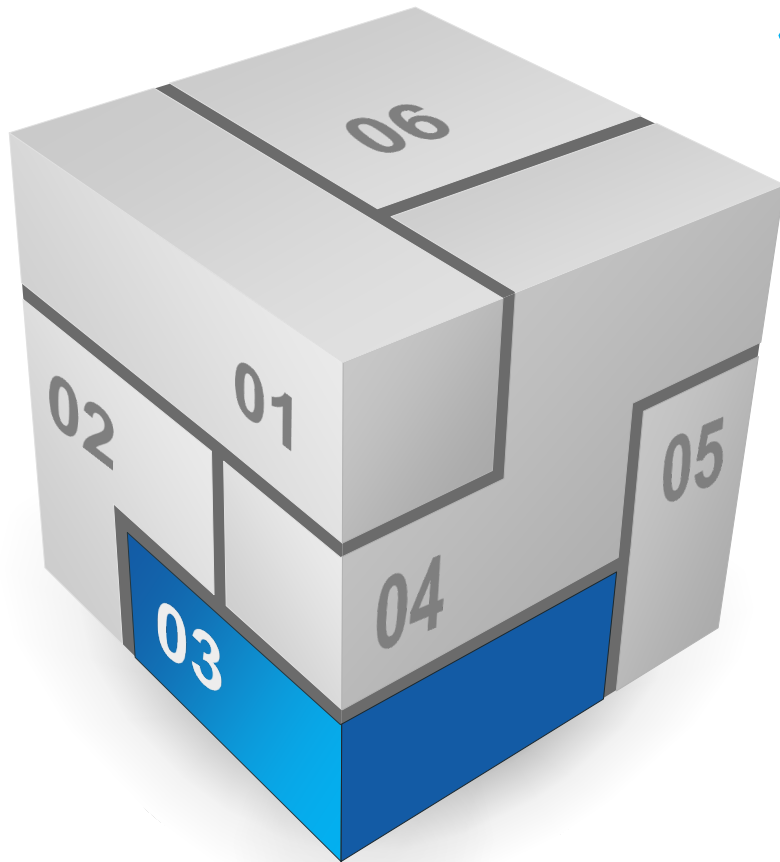




Relaxation

- Breathing
- P.M.R.
- Guided Relaxation
- Meditation





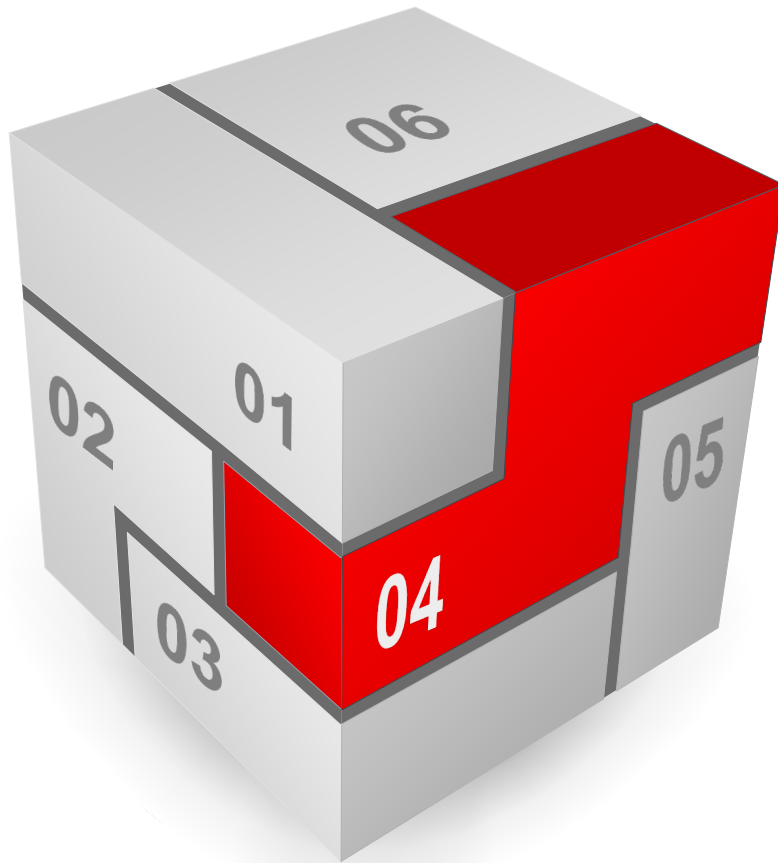
Relaxation

Sample 4-7-8 Breathing

- Developed by Dr. Andrew Weil
- Sympathetic (fight/flight) to parasympathetic (rest/digest)
- 4 (Nose) -> 7 Hold – 8 (Mouth)



MST: MINDFULNESS



Mindfulness

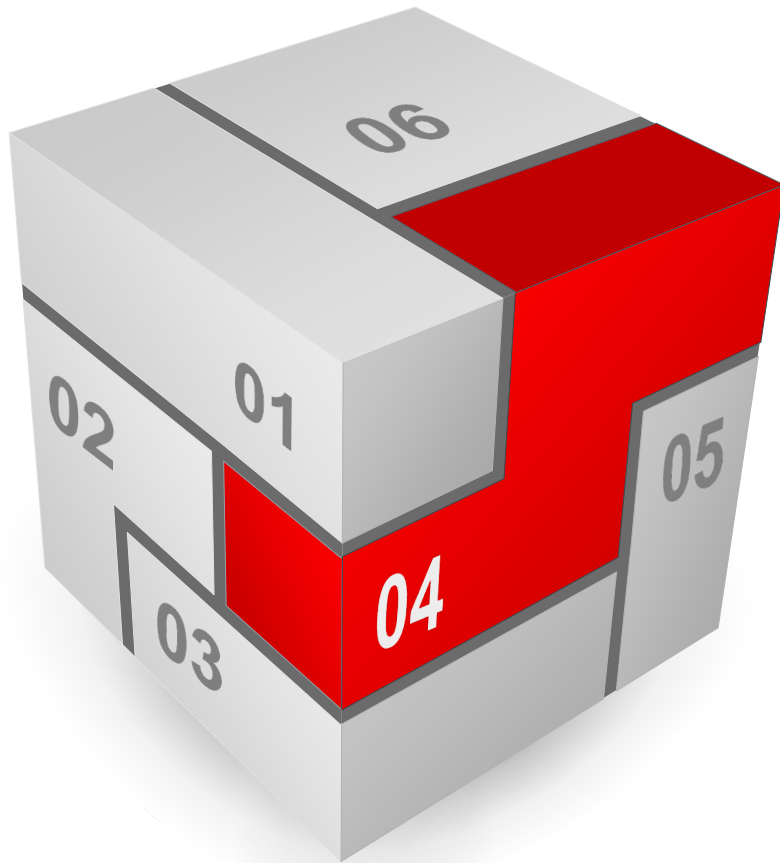
Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgementally and in the service of self understanding and wisdom.

~ Jon Kabat-Zinn

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MST: MINDFULNESS

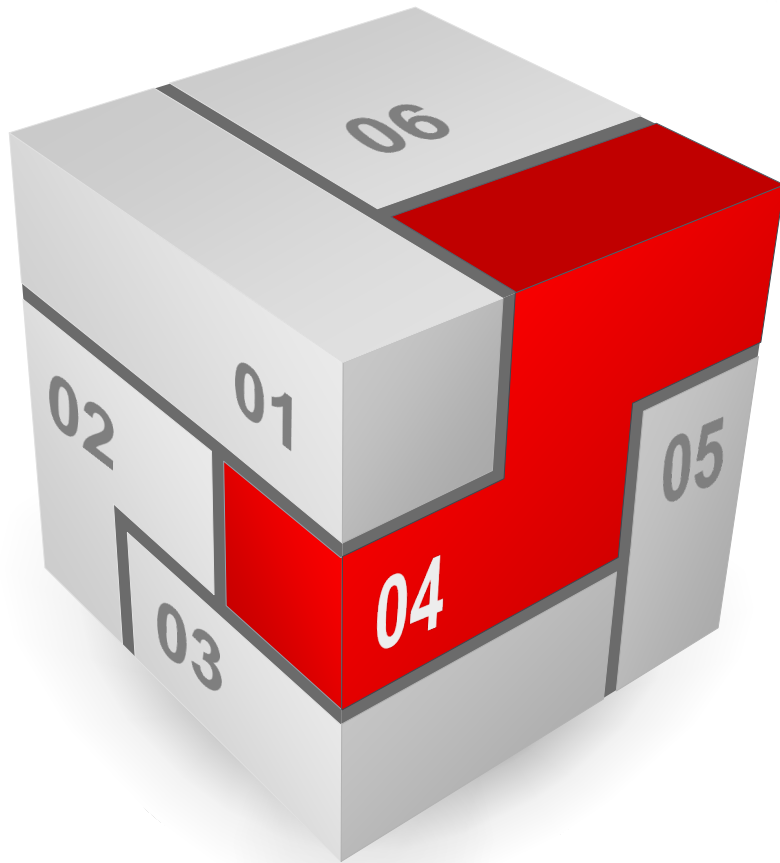


Mindfulness

- Typical length of learning is 8 weeks
- GAP training
- Beyond simple meditation

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Mindfulness

Sample Course Outline

- Attention & The Now
- Automaticity
- Judgment
- Acceptance
- Goals
- Compassion (Self)
- Ego (Self vs Observer)



MST: SELF-TALK



Self-talk

Each of us has a set of messages that play over and over in our minds. This internal dialogue, or personal commentary, frames our reactions to life and its circumstances. One of the ways to recognize, promote, and sustain optimism, hope, and joy is to intentionally fill our thoughts with positive self-talk.

~ Gregory L. Jantz Ph.D.

The Power of Positive Self-Talk
Psychology Today, May 16, 2016

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Self-talk

- Can be + or –
- May not even know that they are negative thoughts
- Labelling Helps
 - Past/Present/Future
 - Rational/Irrational
 - Helpful/Harmful
 - Temp/Perm



MST: SELF-TALK SAMPLE SHEET

Recent Thoughts During Competition

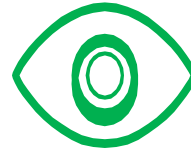
Thought	Past	Rational	Percep- tion	Helpful	Tempo- rary
	Present	Irrational	Reality	Harmful	Perma- nent
	Future				

Self-talk

- Can be + or –
- May not even know that they are negative thoughts
- Labelling Helps
 - Past/Present/Future
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 - Temp/Perm



MST: IMAGERY



Imagery

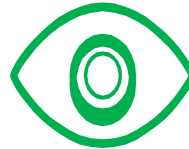
"The objective is to create such a lifelike experience that your body believes that it could be real. So there's a switching on or an animation that happens within you when you create an image that is crisp and has color, sound, and smell, and taste.."

~ Michael Gervais, PhD

The Tim Ferriss Show, Episode #256

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Imagery

- Imagery vs Visualization
- All senses
- Guided vs Self
- Performance
- Objects
- First Person
- Third Person



MST: THE BIG PICTURE



Journaling



Mindfulness



Goal Setting



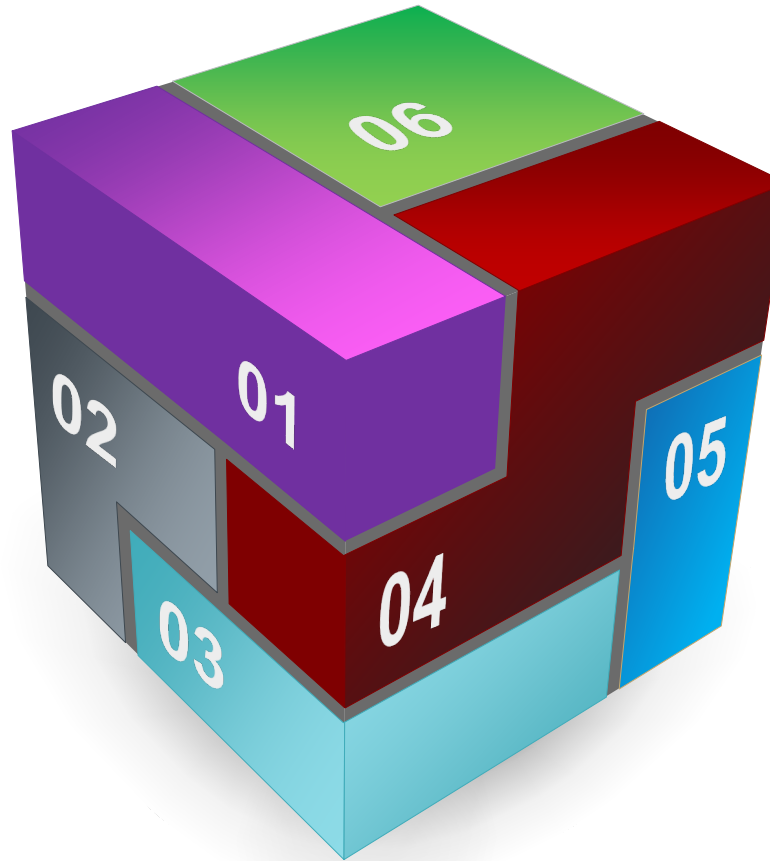
Self-talk



Relaxation



Imagery



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Integrating The Training

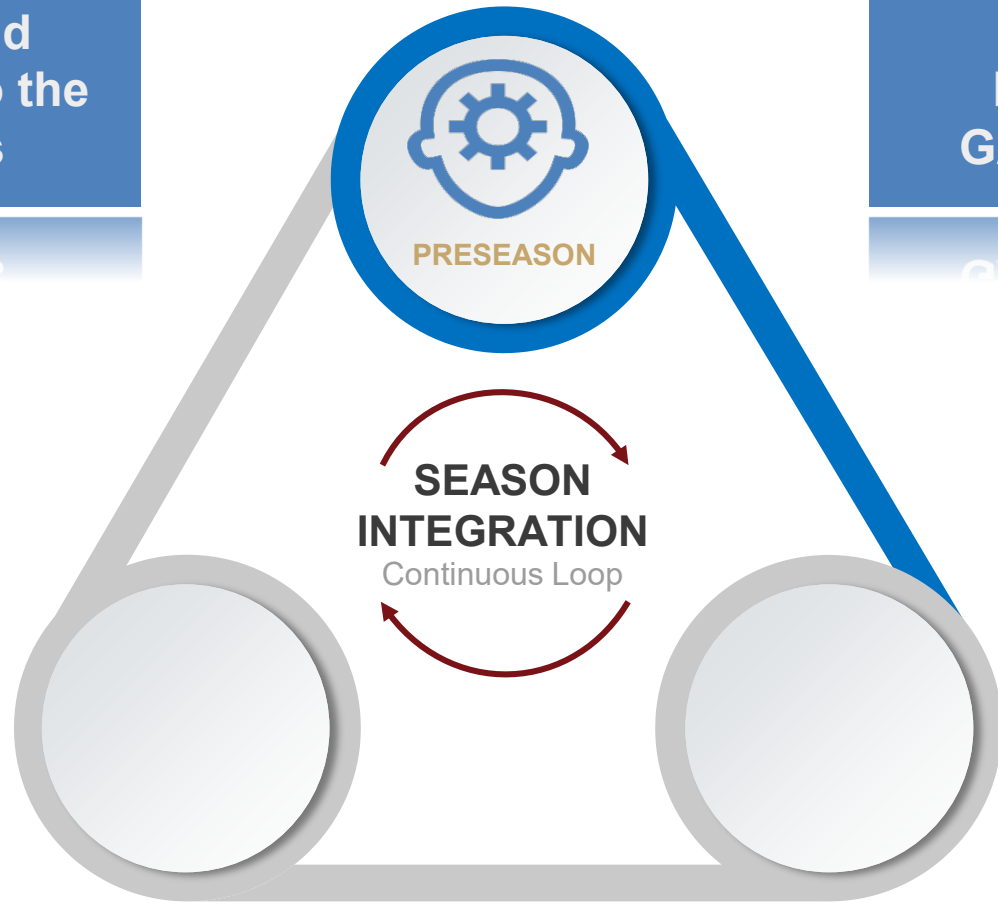


MST: INTEGRATION

Begin with the explaining the concepts and introduction to the basic skills

EDUCATION PHASE
ACQUISITION PHASE

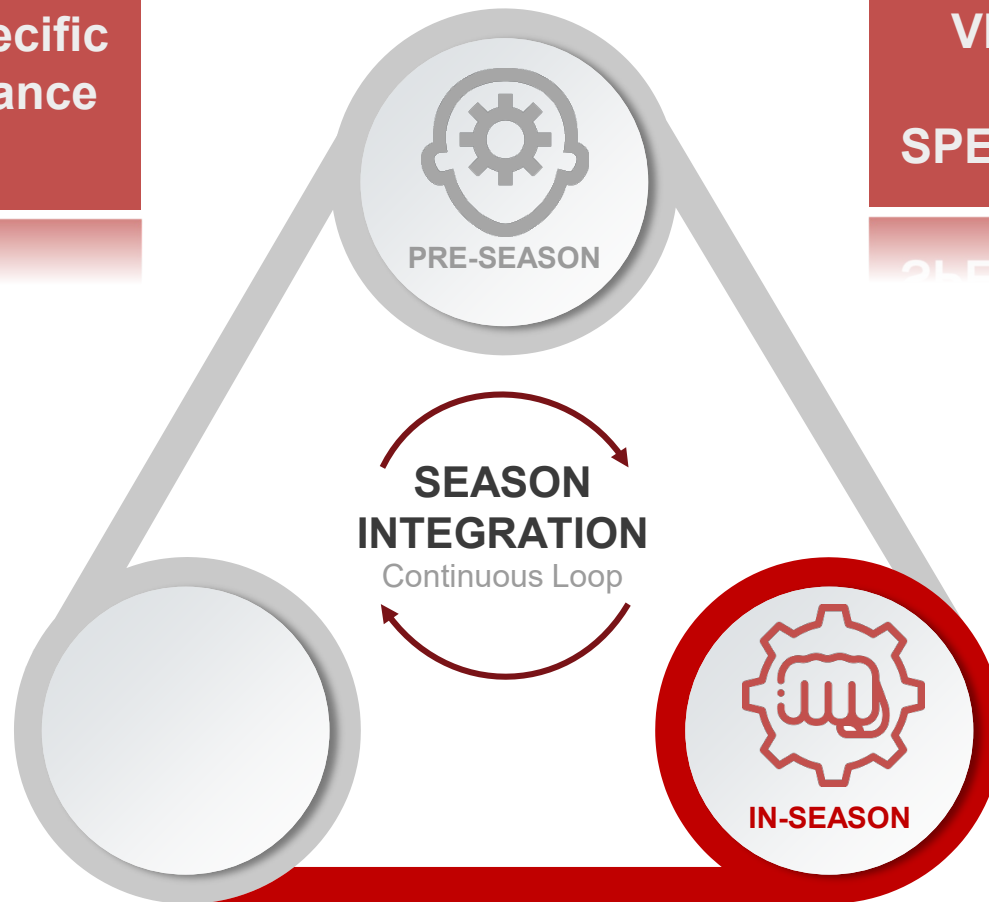
JOURNALING
GOAL SETTING
ROAD MAP
BREATHING
GAP TRAINING



MST: INTEGRATION

Observe players
and begin to
program for specific
needs and advance
skills.

MINDFULNESS
P.M.R.
VISUALIZATION
SELF-TALK
SPECIFIC TRAINING



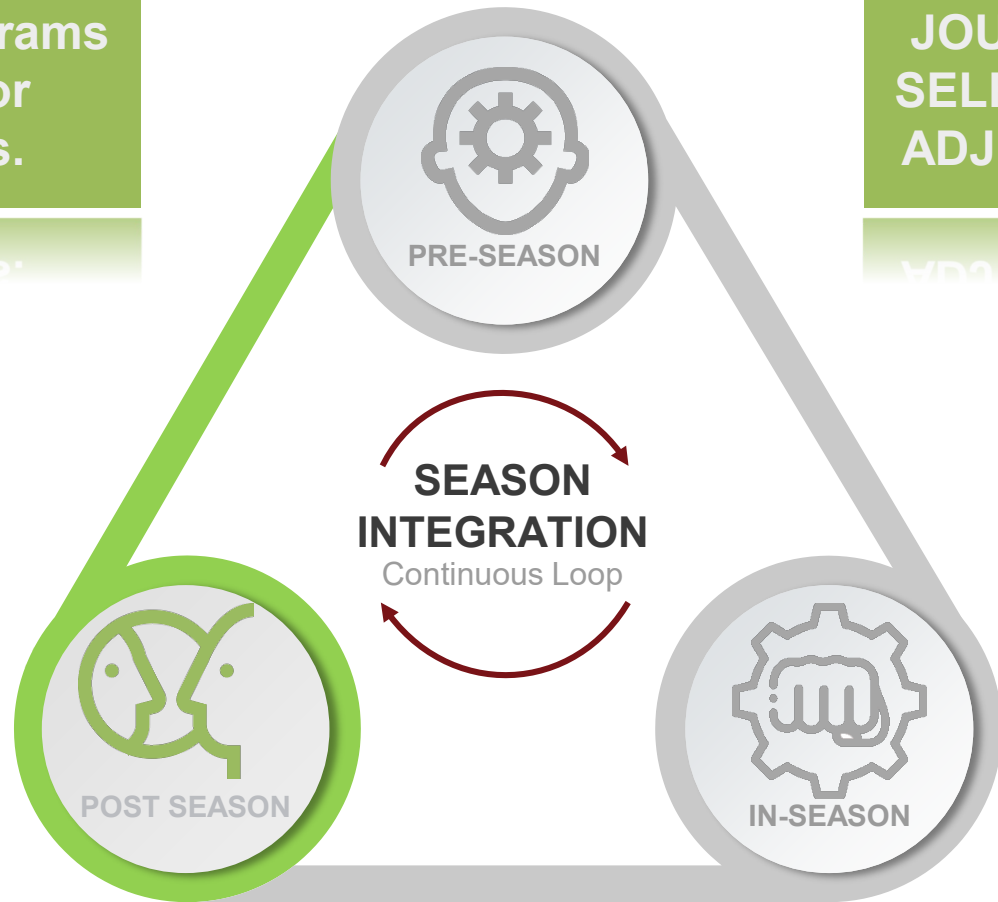
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MST: INTEGRATION

Review individual plans of action and your team/programs roadmaps for adjustments.

NEW MEDITATIONS
NEW P.M.R.
JOURNAL REVIEW
SELF-TALK REVIEW
ADJUST ROADMAP

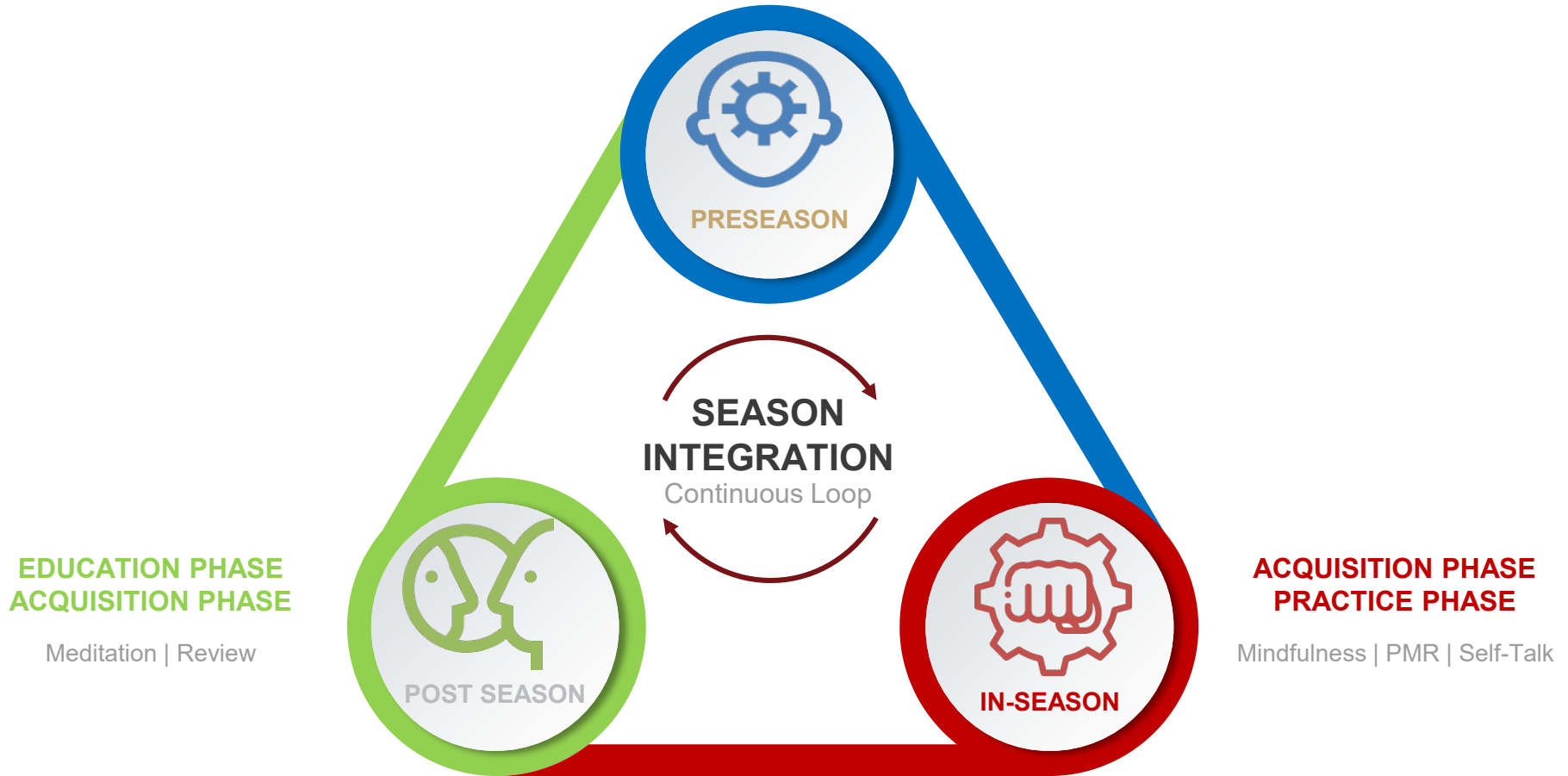


EDUCATION PHASE
ACQUISITION PHASE

MST: INTEGRATION

EDUCATION PHASE ACQUISITION PHASE

Journaling | Road Mapping | Breathing | GAP



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Sample Training Plans



MST: SAMPLE PLAN (NCAA D3)

3-5 Practices/Week | 2 Hour Practice

		MON	TUE	WED	THU	FRI	SAT	SUN
MENTAL SKILL	TIME	PRACT.	PRACT.	MATCH	PRACT.	PRACT.	OFF	OFF
JOURNAL (PRE/POST)	5 MIN							
BREATHING (4-7-8)	5 MIN							
MEDITATION	15 MIN							
VISUALIZATION	15 MIN							
CONCENTRATION	30 MIN							
GAP TRAINING	5 MIN							
	TOTAL	30	30	30	30	30	40	40

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MST: SAMPLE PLAN (CLUB)

2 Practices/Week | 2 Hour Practice

		MON	TUE	WED	THU	FRI	SAT	SUN
MENTAL SKILL	TIME	OFF.	PRACT.	OFF	PRACT.	OFF.	MATCH	MATCH
JOURNAL (PRE/POST)	5 MIN							
BREATHING (4-7-8)	5 MIN							
SELF TALK	15 MIN							
VISUALIZATION	15 MIN							
P.M.R.	5 MIN							
GAP TRAINING	5 MIN							
	TOTAL	30	30	30	30	30	20	20



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3 Practices/Week | 3 Hour Practice

		MON	TUE	WED	THU	FRI	SAT	SUN
MENTAL SKILL	TIME	OFF	OFF	OFF	OFF	PRACT.	PRACT.	PRACT
JOURNAL (PRE/POST)	5 MIN							
BREATHING (4-7-8)	5 MIN							
SELF TALK	15 MIN							
VISUALIZATION	15 MIN							
GOAL SETTING	15 MIN							
GAP TRAINING	5 MIN							
	TOTAL	15	15	15	15	60	60	60

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Some Final Thoughts



MST: SOME FINAL THOUGHTS

Some things to keep in mind:

- Be cautious with using DISC/Myers & Briggs
- Be open to pre-practice/pre-game routines
- Let individualism flourish
- Rethink using the term “mental toughness”
- Adjusting scores alone doesn’t = pressure
- **DON'T TRAIN WHAT YOU DON'T UNDERSTAND**

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MST: SOME FINAL THOUGHTS

Where to go from here:

- Read! There is a lot of info out there
- Practice. Don't teach what you haven't tried
- Contact local colleges for grad students
- Contact companies to help you (local or remote)
- **MAKE TIME FOR MST WITH YOUR TEAM!!!!**

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MST: TAKEAWAYS

Takeaways:

- Treat MST just like physical training
- Continuous process
- Numerous skills for various situations
- Must have a process in place

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Q&A



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