

### **Imagery Exercise 2: Imaging Sport Skills**

As you refine your ability to image with all of your senses, you want to begin using imagery to see yourself performing a skill in your sport. Work through the progression at your own pace. For example, if you can't image yourself performing sport skills right now, keep working on your practice situation and movement imagery until they are very vivid and controllable before trying the sport skill section again.

Following these steps may make it easier to do this:

**1. Imagine that you are in the pool in which you generally practice.** Use your imaging skills to look around your practice environment:

- feel the deck under your feet
- see what is generally around you: walls, scenery, equipment.
- imagine yourself in your suit, cap and goggles.

What are some other things you can incorporate into this image from where you practice?

- a.
- b.

**2. Incorporate some movement.** "Feel" yourself:

- walking around the deck
- doing some warm-up stretches.

Other movements common in your sport?

- a.
- b.

**3. Image yourself performing a skill in your sport.** Start with a specific stroke drill. Imagine yourself swimming the drill correctly. Progress to imaging swimming each of the strokes in practice.

Some skills in your sport you need to focus on? (I.e., starts, turns, rotation)

- a.
- b.

What was easy and what was hard to image? Did you have a hard time using one sense or another? Could you see some things and not others? You'll want to practice more the images that were harder to create.