



Sport Psychology: The Missing Part of Racket Sport Peak Performance

Naruepon Vongjaturapat, Ph.D.
Faculty of Sport Science, Burapha University,
THAILAND

6th World Congress of Racket Sport Science, 2018



Sport Psychology: The Missing Part of Racket Sport Peak Performance

In sport for competition, we mainly focus on winning and losing.

The key in fact is not the will to win, because everybody has that, it is the will to prepare to win that is important.

Bobby Knight, (the legendary basketball coach from Indiana University)





Sport Psychology: The Missing Part of Racket Sport Peak Performance

Success is a journey, not a destination. The doing is often more important than the outcome.

Arthur Ashe



Sport Psychology: The Missing Part of Racket Sport Peak Performance





Sport Psychology: The Missing Part of Racket Sport Peak Performance



Sport Psychology: The Missing Part of Racket Sport Peak Performance

Physical Fitness



Psychological

Sport Skill



Sport Psychology: The Missing Part of Racket Sport Peak Performance

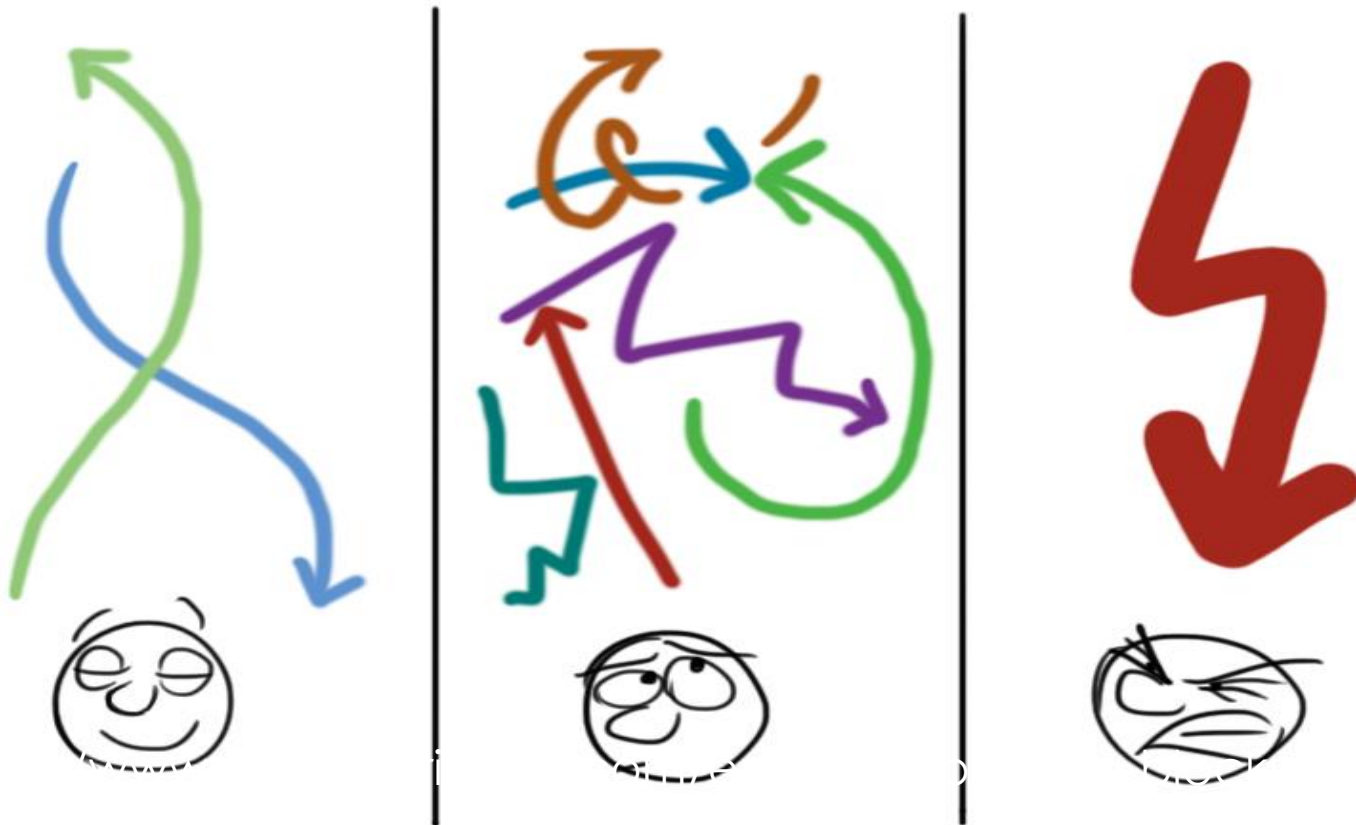
Is psychology more or less important than having the physical/skills?

whether vegetables is more or less important than meat in a sandwich.

You can't be successful without having both!



Thought, Feeling and Emotion





Sport Psychology: The Missing Part of Racket Sport Peak Performance



Practice/ Competition Environment

Psychological Skill Training



Sport Psychology: The Missing Part of Racket Sport Peak Performance





Sport Psychology: The Missing Part of Racket Sport Peak Performance

World Number One in Female badminton 2016



Sport Psychology: The Missing Part of Racket Sport Peak Performance



Sport Psychology: The Missing Part of Racket Sport Peak Performance





Sport Psychology: The Missing Part of Racket Sport Peak Performance



Sport Psychology: The Missing Part of Racket Sport Peak





Sport Psychology: The Missing Part of Racket Sport Peak Performance



Sport Psychology: The Missing Part of Racket Sport Peak Performance



Sport Psychology: The Missing Part of Racket Sport Peak Performance





Sport Psychology: The Missing Part of Racket Sport Peak Performance



Sport Psychology: The Missing Part of Racket Sport Peak Performance





Sport Psychology: The Missing Part of Racket Sport Peak Performance



Sport Psychology: The Missing Part of Racket Sport Peak Performance





Sport Psychology: The Missing Part of Racket Sport Peak Performance



**What really
happen in
your sport
preparation!**



Sport Psychology: The Missing Part of Racket Sport Peak Performance

You spend countless hours training and practicing the physical skills of your sport...

- **Working out**
- **Hitting/Smatching**
- **Lobbing**

How much time do you spend working on the mental side?





Sport Psychology: The Missing Part of Racket Sport Peak Performance

Physical Fitness

- **Aerobic Exercise**
- **Stretching**
- **Warm up**
- **Resistant training**
- **Daily and regularly practice**
- **Assistant physical fitness coach/trainer**
- **Start at the same time as sport skill**





Sport Skill

- **Start from the beginning**
- **Daily and regularly practice**
- **Assistant coach/trainer**
- **Start at the time as physical fitness**
- **Most time spend on skill improvement**





Sport Psychology: The Missing Part of Racket Sport Peak Performance

Mental Toughness/readiness

- Not in the regular schedule
- When needed or encounter difficulties
- Never be trained
- Lack of confidence, need professional sport psychologists
- Start at the same time as physical fitness
- A little or no time spend on psychology





Mental Characteristics of Good Sport Performers

- Eager to play and compete
- Optimal Self-Confidence
- High Concentration/Attention
- Consistency over time
- Stress Management
- Proper Emotion Regulations



Sport Psychology: The Missing Part of Racket Sport Peak Performance





Why Are Psychological Skills Neglected?

- ▶ Lack of knowledge
- ▶ Misunderstandings about psychological skills (e.g., belief that they can't be learned)
- ▶ Lack of time

(Weinberg & Gould, 2014)





PST & SP Consulting Myths

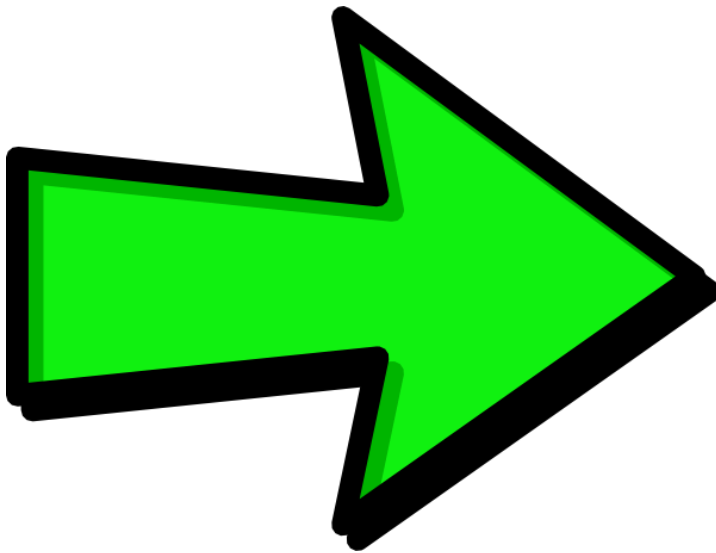
- 1. They are for “problem” athletes only.**
- 2. They are for “elite” athletes only.**
- 3. They provide “quick fix” solutions.**
- 4. They are not useful.**

(based on Weinberg & Gould, 2014)





Sport Psychology: The Missing Part of Racket Sport Peak Performance



**Lack of
mental
training**



Sport Psychology: The Missing Part of Racket Sport Peak Performance



Take Home Message





Sport Psychology: The Missing Part of Racket Sport Peak Performance

Sport Psychology Helps You to

(Gardner & Moore, 2004; Gould, Dieffenbach & Moffett, 2010; Smith, Smoll & Cumming, 2007).

- 1. Understand yourself as an athlete.**
- 2. Work better with your parents & coaches.**
- 3. Navigate your sport career.**
- 4. Prepare your mind.**
- 5. Concentrate so you can enter the zone.**
- 6. Bounce back from set-backs.**
- 7. Increase motivation and drive.**
- 8. Handle stress and pressure.**





Mental toughness for competition

- proper warm-up & stretching
- **Game plan**
- Visualization of game/competition
- **Stay focus and at present**
- Control breathing



Mental toughness for competition

- use positive self talk
- think of hard time during practice
- Competition is just another practice session
- effort
- enjoy the game



Sport Psychology: The Missing Part of Racket Sport Peak Performance



**Thank
you**

