

## Akil Rao – Mental Training Plan

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### 1. Identification of the issue:

The mental pain caused by injury and the temporary or permanent loss of sport can be far more devastating than the strained or torn ligaments, pulled muscles, ripped cartilage or broken bones.

After a long-term recovery Akil feel disadvantaged and tries to prove his ability and readiness by training and trying too hard. This is a coping strategy which may significantly affect his ability to control emotions, arousal control & self-confidence which is necessary to deliver a good performance in archery.

His self-confidence may also suffer as he missed nearly a year of preparation & experience in competition. He can feel discouraged, depressed and overwhelmed which can cause further injury and affect his mental ability and general performance.

### 2. Intervention:

It is very important to help Akil prepare a training plan and work on short-term and process goals. He needs to see and appreciate progress and improvements he made over his recovery time. Sometimes the changes are very slow and many athletes may feel frustrated and discouraged.

He needs to understand that the length of the recovery time doesn't have to correspondent with his goals or competition schedule so he doesn't push him self too hard even while he isn't ready to return back.

He can use the recovery process to work on his mental skills and become more resilient and confident.

Recommended practice:

1. help him to identify his **personal, professional and recovery goals** to make sure they are realistic, smart, and achievable. Work with together with his coach and physio .

2. focus on improving Akil's **self-confidence and readiness to perform** - help him to identify his strengths and also his weaknesses and re-evaluate each of them so you can prepare a plan how to improve his weaknesses and effectively work in his strengths

3. apply **emotional and arousal regulation skills & techniques** to be able to lower the arousal, anxiety, effectively manage stress and relax muscles when necessary - using diaphragmatic breathing; relaxation or mediation, biofeedback; neurofeedback,

visualization, progressive muscle relaxation.

4. help Akil to improve his ability to **focus and manage & eliminate distractions** – using mindfulness, neurofeedback (brain training), detailed step by step focus competition plan where he breaks each step into chunks and identifies critical points.