

## **Mental Training Program**

### **Kenji Ito - Snowboarding**

**Athlete Name: Kenji Ito**

#### **Identification of issues:**

- Disappointing performance
- Ambitious and difficult goal
- Pressure
- Low self- esteem

#### **Psychological Processes:**

- Anxiety - Kenji may experience anxiety of obtaining a low score again
- Confidence- Kenji may have doubted his ability at the championship and he compares himself with the others
- Dealing with pressure- Kenji has no time for proper regeneration, he puts lots of pressure on himself

#### **Intervention**

- Kenji appears to be highly motivated indicated by his ability to return to the championships. I would suggest him to put regeneration as a scheduled training. Like sauna, walk, massage, swimming etc.
- It is recommended that Kenji engage in confidence. This can be included with imagery training and picturing a confident role model and him succeeding. I would suggest also to work on his posture (confident) and self- talk.
- Anxiety training including progressive muscle relaxation, Schulz autogenic training and breathing techniques are recommended in order for Kenji be relaxed.