

Irish Hockey Umpires Association

Umpires Training Event

Dublin; 22nd January 2017

Mental Fitness for

Umpires

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Holiday-time.....over

Back to work/umpiring....



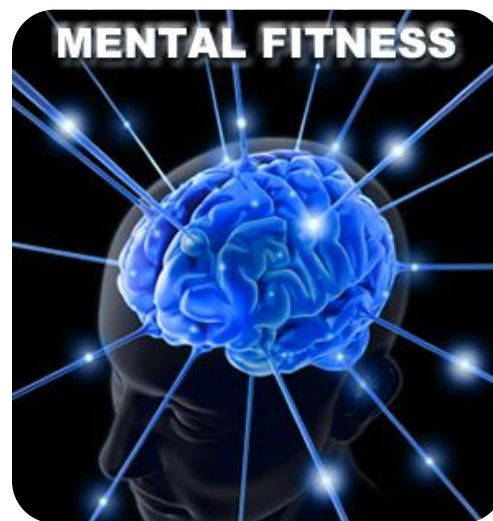
**Q: How did you feel
for the first few
days/matches?**





Some Mental Fitness 'Myths'

Myth 1: Elite individuals are *born mentally fit X*

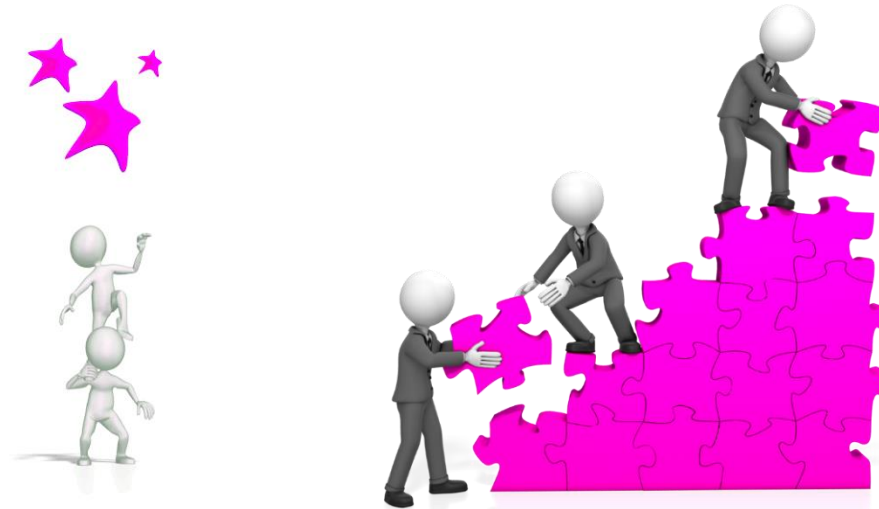


Myth 2: Mental fitness is *static X*



Some Mental Fitness Facts

All umpires can *improve their mentally fitness*



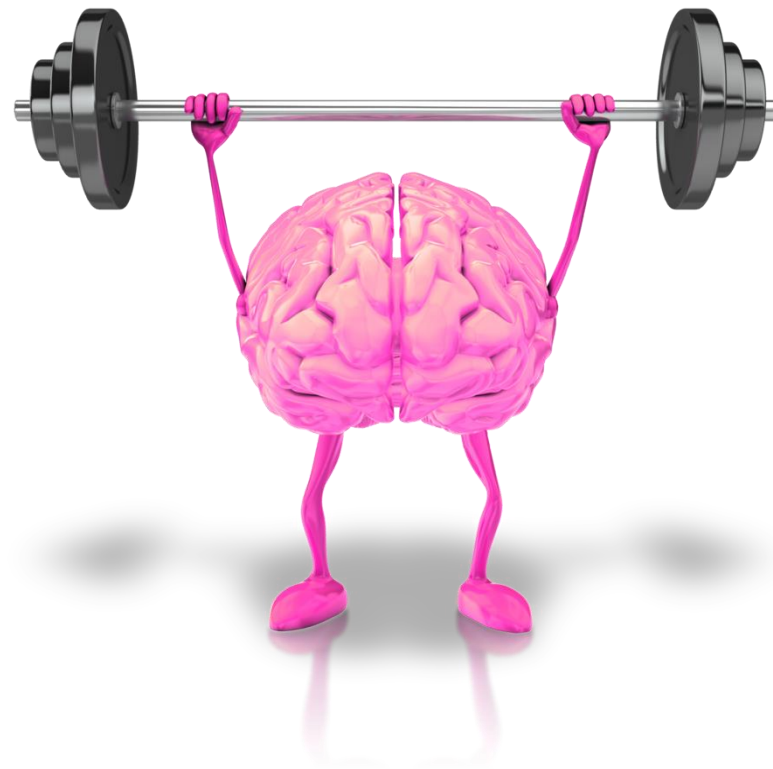
All umpires have the potential *to be excellent*
(but ~~not~~ perfect)



What are your 'Mental Skills' ?

'The Three Cs'

- ❖ Concentration
- ❖ Coping
- ❖ Confidence





*How does your Concentration work?

Must decide!
It takes
effort

Task-Focus
[Nervous*]

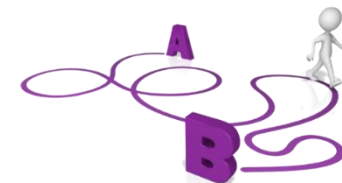


One
Thought
at a time

RE-Focus



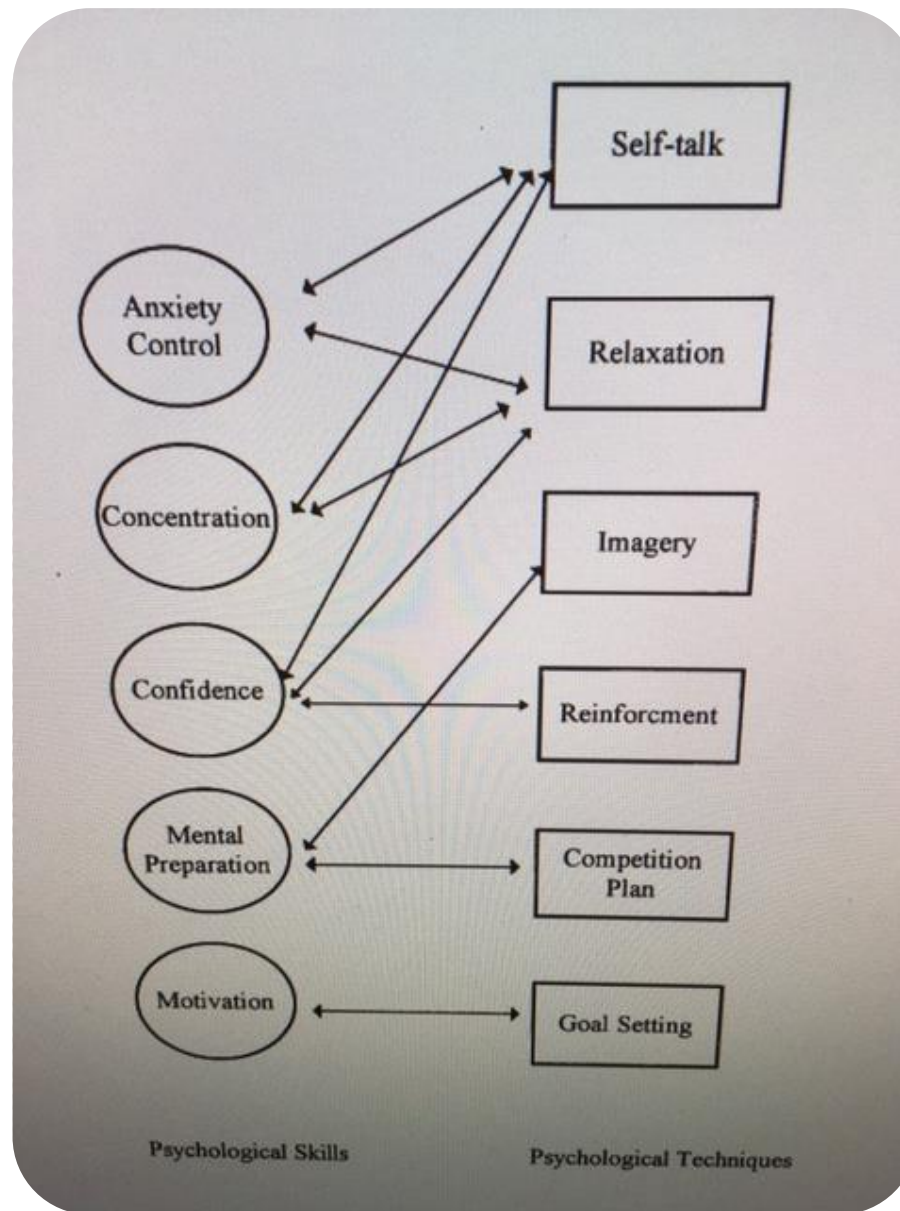
How do you train to be Mentally Fit?



Use some 'mental tools' [the 4 Ms]

- Mental '**M**aps' [Goal setting – Be '**SMART**' – See Web Links]
[Self talk – '**Park & Replace**']
- Mental '**M**oods' [Relaxation Techniques – see PMR Script]
- Mental '**M**ovies' [Mental Imagery]
- Mental '**M**oves' [Pre-Match Routines]





Psychological Skills

Psychological Techniques



First Attempt In Learning

7 Ways to Fail Better

"Ever tried? Ever failed? No matter.
Try again. Fail again. Fail better."

by @inner_drive | www.innerdrive.co.uk

After a failure how many of these questions can you say yes to?

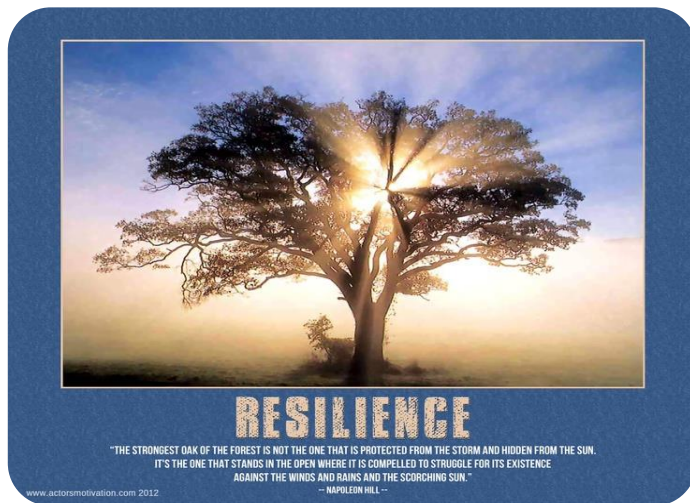
- 1 Were you trying something new?
- 2 Were you still motivated afterwards?
- 3 Was it the right thing to try at the time?
- 4 Did you ask for feedback?
- 5 Did you use the feedback you were given?
- 6 Have you reflected on the experience?
- 7 Are you clear on what you would do differently next time?

- 1
- 2
- 3
- 4
- 5
- 6
- 7



'Golden 8'

- ✓ **Courage -> Imperfect**
- ✓ **Positive Outlook (new)**
- ✓ **Decisions -> Active choices**
- ✓ **Seek out support**
- ✓ **Know 'what' & 'why'**
- ✓ **Own Per. Dev. Focus**
- ✓ **P...T...G [not PTS(D)]**
- ✓ **Take Control & Responsibility**



9 Ways

OLYMPIC CHAMPIONS DEVELOP RESILIENCE

by @Inner_Drive
www.innerdrive.co.uk

- 1 Develop a positive personality
- 2 View your decisions as active choices not sacrifices
- 3 Use support available to you from other people
- 4 Identify your motivation for succeeding
- 5 Focus on personal development
- 6 View setbacks as an opportunity for growth
- 7 Strengthen your confidence from a range of sources
- 8 Take responsibility for your thoughts, feelings, and behaviours
- 9 Concentrate on what you can control

Reference: "A grounded theory of psychological resilience in Olympic champions" by Fletcher and Sarkar - Psych of Sport and Exercise





Recommended Text

- Kremer, J. & Moran, A. (2013). *Pure Sport: Practical Sport Psychology*. London: Routledge.



Recommended Web-links

- A Lust for Life: www.alustforlife.com
 - <http://www.alustforlife.com/physical-health/sports-psychology/using-good-goal-setting-to-re-awaken-your-lust-for-life>
 - <http://www.alustforlife.com/mental-health/positive-psychology/building-resilience-how-to-protect-your-lust-for-life>
 - <http://www.alustforlife.com/physical-health/sports-psychology/excellence-does-not-require-perfection>
- The Performance Room: www.performanceroom.co.uk
- British Psychological Society
 - <http://www.bps.org.uk/videos/day-life-sport-psychologist>
 - <http://www.bps.org.uk/videos/goal-setting-1460-days>
- Mind Cool Productions: www.mindcool.com



What to know more?

- ✓ Pick-up a copy of my presentation & visit www.Beaumont.ie/marc & www.reachout.ie/college
- ✓ E-mail: olivia.hurley@iadt.ie
- ✓ Follow: **@DrOliviaHurley** 
- ✓ Consider enrolling on our IADT Certificate in Sport Psychology for September 2017
.... Apply June 2017 

[see: <http://www.iadt.ie/courses/sport-psychology-special-purpose-award>]

Thank you for your attention!!
Best wishes to #irishhockeyumpires 😊

