



D1 MENTAL PERFORMANCE CURRICULUM

IMAGERY SCRIPT

The possible situations in the game of volleyball are unlimited. Each of the skills described below could have had many variations. Take what we have here, tweak to your liking, and practice every night before you go to bed! Allow your mind to take you to the court so that you can continue to play the sport you know and love over, and over again!

To begin, we need to become very relaxed. Take three deep, slow breaths that will fill your lungs and chest with air, breathe in..... and breathe out..... breathe in..... breathe out..... Good, your mind is relaxed, and ready to start the imagery session.

Visualize your routine in the locker room and on the court.----- See your uniform folded on your chair.----- Imagine yourself changing into your warm ups.----- Can you smell the clean jersey?-----, hear the talk and noise of your team mates-----, and feel yourself pulling up your kneepads and tying your shoes? Visualize and feel yourself jogging with your team around the court, stretching, and handling the ball. Maybe you're passing, setting, or peppering. Create the images of warming up, hitting lines, serving ----- . . . leaving the court, changing into your game uniform, and returning to the bench . . .----- Finally, on the end line, hear the head official blow the whistle and feel yourself move onto the court----- . . . Image the down referee checking the positions of the teams and the server catching the ball to begin the match.





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Serve Imagery

Picture yourself taking the ball and getting behind the endline----- see your target or look over for the signal from your coach. See and feel yourself move into proper position and listen for the official's whistle----- Feeling completely confident, locate the seam you want to serve into and pause to breathe. Raise your serving arm and toss the ball, step, make contact and follow through----- Visualize an aggressive serve clearing the net and landing in the appropriate area. Feel it and see it.

Pass / Service Reception Imagery

You move yourself into position next to your teammates in serve receive. Your setter has called the play and all eyes are on the server. ----- Hear the official's whistle ----- and see the server contact the ball.----- Watch it come towards you.----- Continue to watch the path of the ball while feeling yourself move into position to make contact. See and feel that your contact position is low-----, with your weight a little forward and arms outstretched----- Visualize the ball contacting your arms----- and rebounding to the setter.----- Feel your movement ----- balanced with solid follow through toward the setter----- Observe that the pass is the optimal height and right on target.



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Attack

See and feel yourself move off the net to get a great approach to the ball----- You see it is a great pass to the setter----- and quickly look at the block to see where they are lined up----- Refocus on the ball and the setter-----, who delivers a great set to you----- Feel that your footwork is quick and smooth as you accelerate up and into the air to attack the ball----- You observe that there are two blockers up as you bring your arm through quickly to cut the ball off the blocker's left hand.----- You feel the solid contact of hand on ball and see it deflected straight down into the opponent's court. See, feel, and hear yourself. Celebrate with your teammates.

Block

You are in blocking base, and the attacker has already moved off the court to approach. You see their setter deliver a tempo set to your opponent----- You watch the ball reach its peak, and then connect with your hitter's approach angle-----, the player's eyes and shoulders all show a cross-court shot----- Feel yourself move your feet to line your body up on that angle and then jump straight up----- Feel your outside hand turn slightly into the court as you place your inside hand in the seam----- You have penetrated and sealed the net with both hands and forearms----- Your position has taken away the shot of the attacker----- Feel yourself block the ball straight down in front of them and then see, hear and feel the celebration with your teammates-----.