

Mental Training Technique & Strategies for International Archery Judges

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Course Plan

- How to prepare mentally for a tournament / event / daily session / match
- Stress management & Coping with stress
- Immediate refocusing after a mistake / error
- Handling external pressure / athletes and coaches (and crowd) reactions
- The “keeping neutrality” challenge





DISCIPLINE WAY

SELF AVE

How to prepare mentally for a competition

... Tournament / Daily session / Match ...





Getting ready for competition

- Upstream ... Skills training ↔ Overtraining
- Find out about the specifics of the competition venue ↔ anticipate, visualize (issues, possible moves ...)
- Pre-event preparation Routine
- Event management Routine (each day ...)

↔ **Precompetition Plan**

with recall of all relevant techniques & strategies !



Precompetition Plan

PRECOMPETITION PLAN

Preparation for the competition: Week(s) / Day / Evening before	General physiological warm-up	General mental conditioning (+ Guidelines / Communication reminders) <u>ON COMPETITION SITE / Timing</u>
Day of Competition		
	FINAL CONDITIONING: minute(s) & seconds before start	
	MANAGING THE WAIT BETWEEN EVENT PARTS - VOLLEYS / Timing	

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Memorization / Integration

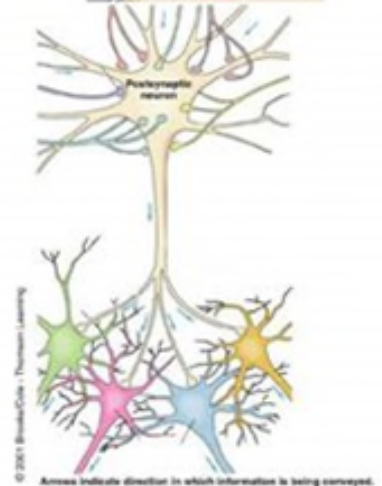
Short term memory:

- Chemical facilitation phenomenon for activation of neural pathways

Short term learning

Short term learning and memory involves changing the **effectiveness of a synapse**.

- More neurotransmitter is released from a synapses (presynaptic)
- Increase the sensitivity of receptors (postsynaptic)



© 2001 Brooks/Cole - Thomson Learning

Arrows indicate direction in which information is being conveyed.

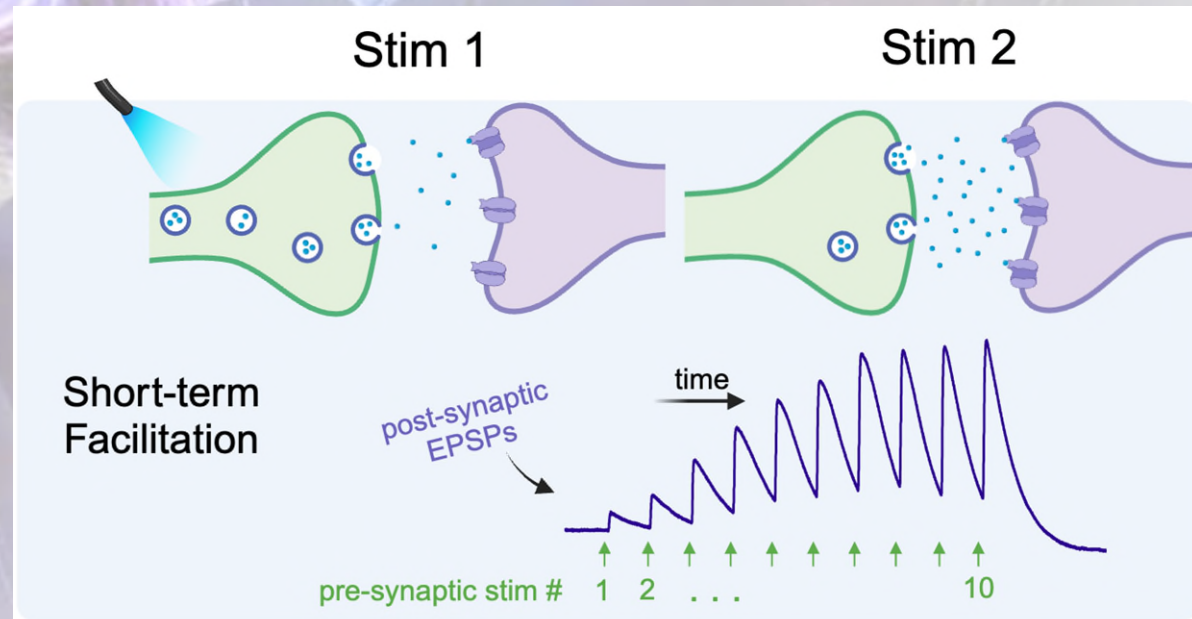


Memorization / Integration

Short term memory:

- Chemical facilitation

**Mental
preparation
before performing !**



Getting ready for competition

- Upstream ... Skills training ↔ Overtraining
- Find out about the specifics of the competition venue ↔ anticipate, visualize (issues, possible moves)
- Pre-event preparation Routine
- Event management Routine (each day ...)
 - ↔ **Precompetition Plan**
 - with recall of all relevant techniques & strategies !
 - ✓ **Concentration / Focus Plan** with refocusing & communication Keys ↔ Clear vision of Roles & Rules



Concentration / Focus Plan

CONCENTRATION / FOCUS PLAN

DESCRIPTION - Role / Mission Specific tournament phases (qualif., matches, shoot off ...)	PRECISIONS Key aspects <i>Focusing attention on ...</i>	Keywords - Images Triggers - Reminders COMMUNICATION

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 - ↔ **Precompetition Plan**
 - with recall of all relevant techniques & strategies !
 - ✓ **Concentration / Focus Plan** with refocusing & communication Keys ↔ Clear vision of Roles & Rules
 - ✓ **Contingency Plans** + Clear Vision of the Goals



High Level Competitive Environment Stress Management



Stress Management

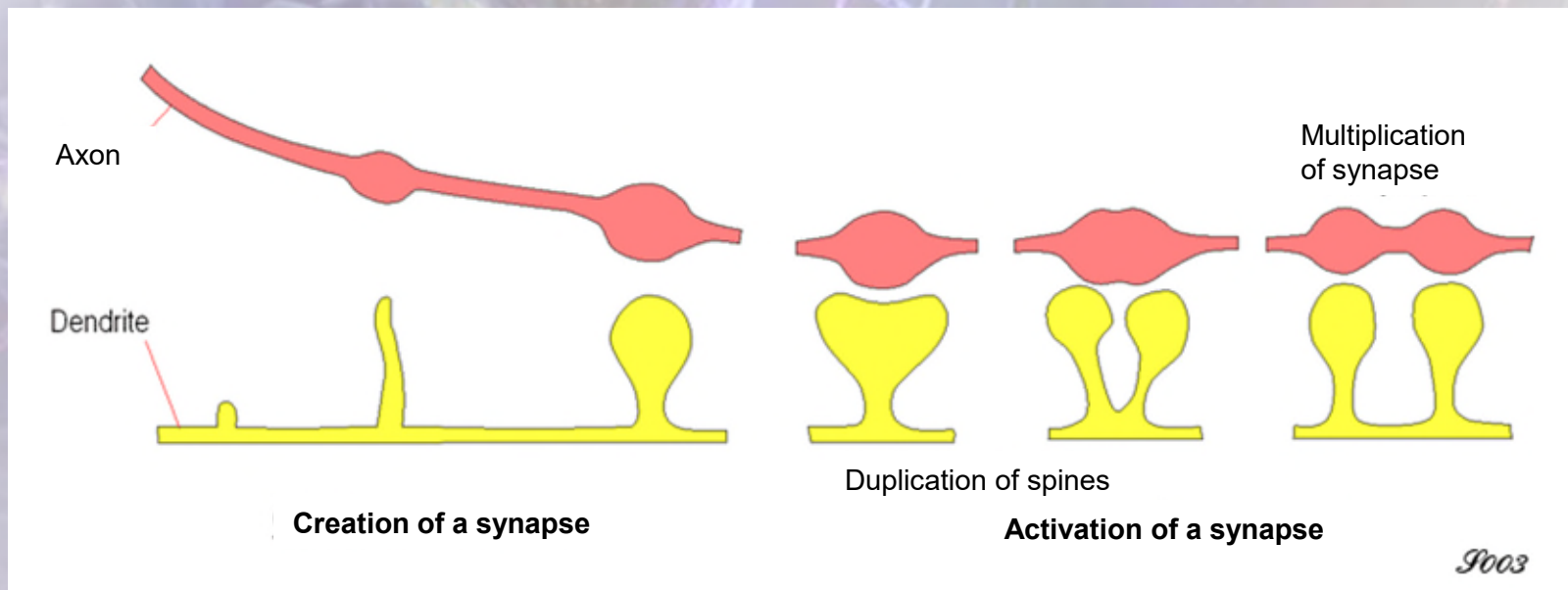
- Skills training ↔ Overtraining (whenever and wherever – create or take advantage of opportunities)



Memorization / Integration

Long term memory:

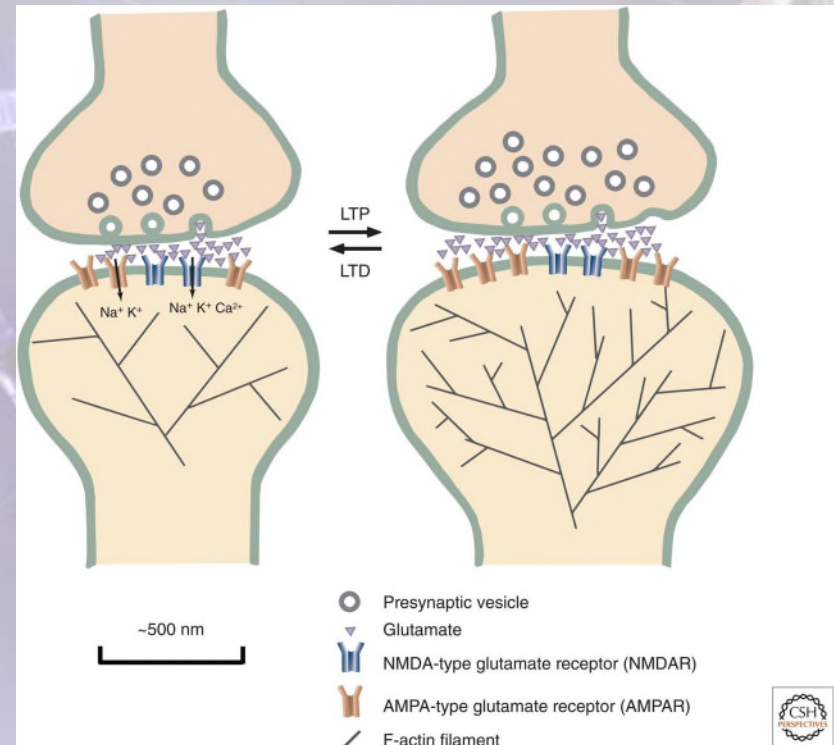
- Structural change \Leftrightarrow **mecanical facilitation**



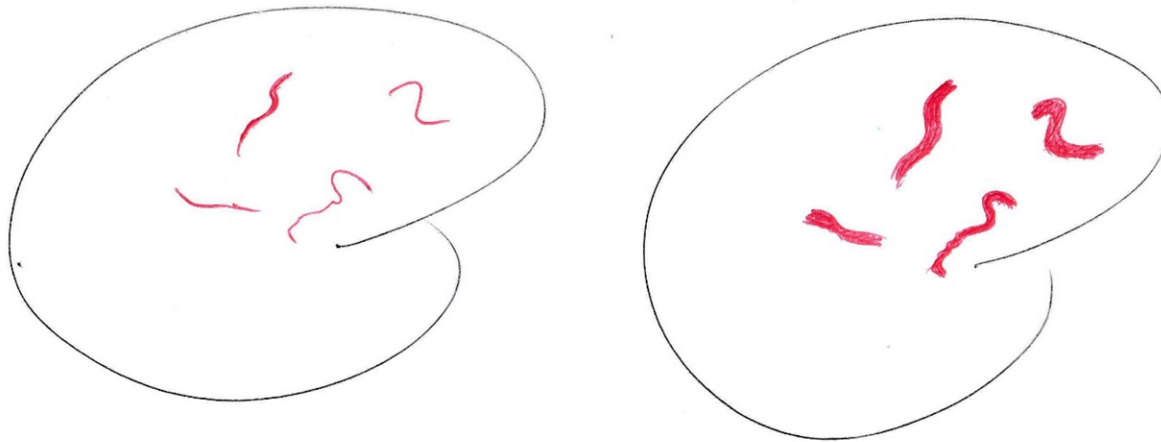
Memorization / Integration

Long term memory:

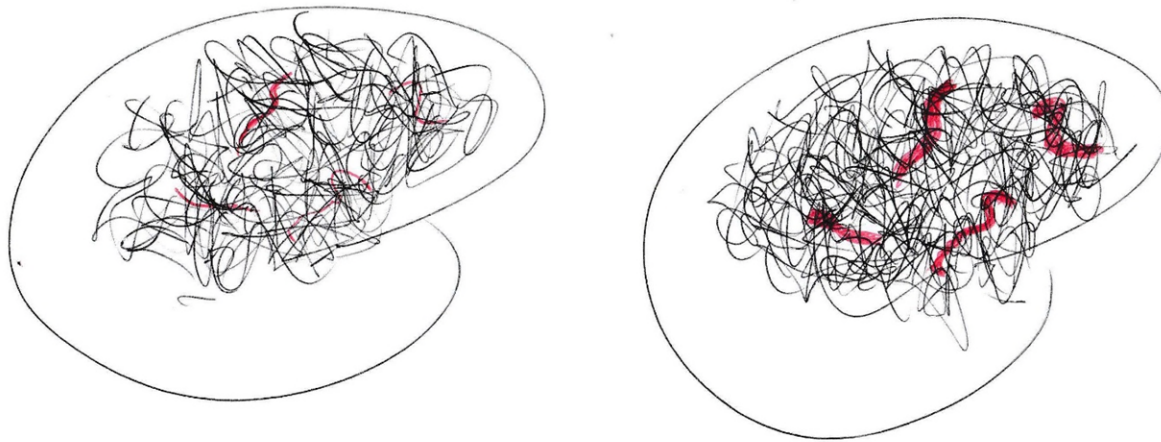
- Structural change
↔ **mechanical facilitation**
↔ **Automatizations**



Overtraining Effect



Overtraining Effect



Stress Management

- Skills training ↔ Overtraining
- Precompetition Plan
- Differentiating aspects under & out of your direct control (volition / will)



Under or out of Control ?



What aspects / parameters
can influence a judge's performance
(positively & negatively) ?

Which ones are under or out of
the direct control of judges



Stress Management

- Skills training ↔ Overtraining
- Precompetition Plan
- Differentiating aspects under & out of your direct control (volition / will) ↔ *Progression / Mastery goals always set on aspects under direct control*
- To change perspective, use the **Thoughts Control Technique**



Right Thinking



- Our brain perceives and processes information continuously
- The thoughts we are conscious of are only the visible part of the iceberg
- They organize lived experiences by giving them meaning and significance, based on our knowledge (theoretical and/or experiential bias)
- They therefore filter and limit "Reality" according to the perspective taken
- They directly influence **our** experience of reality!



Right Thinking



- Recurring thoughts generate general attitudes and beliefs, which are subsequently automatically used to analyze later experiences...
- These attitudes/beliefs can be transmitted from the outside (transmitted through sports culture, other judges ...)
- They can be **constructive / inspiring** or *negative / interfering*

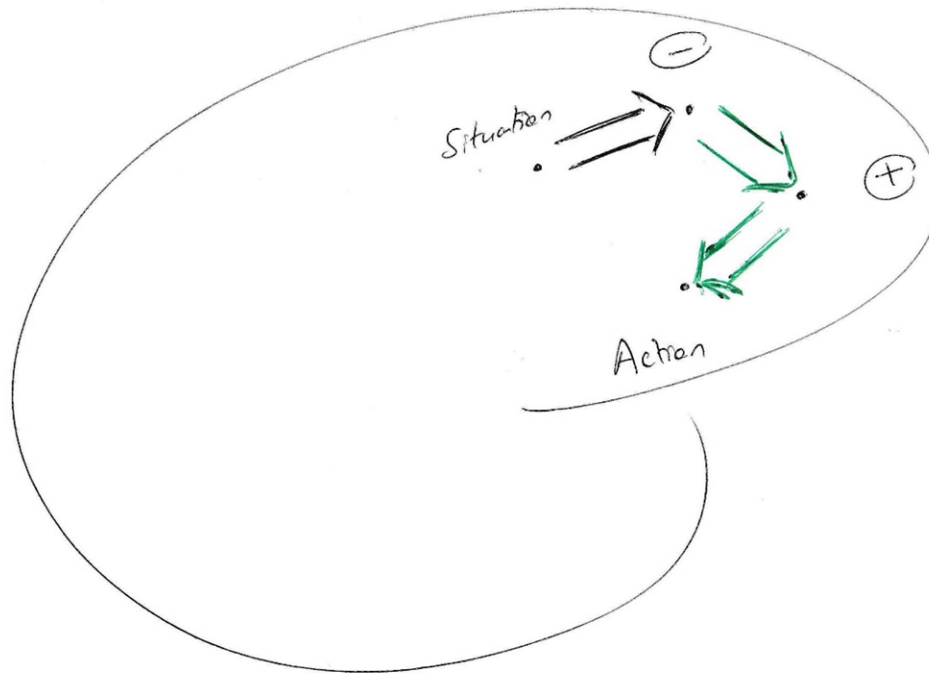


Thoughts Control Technique

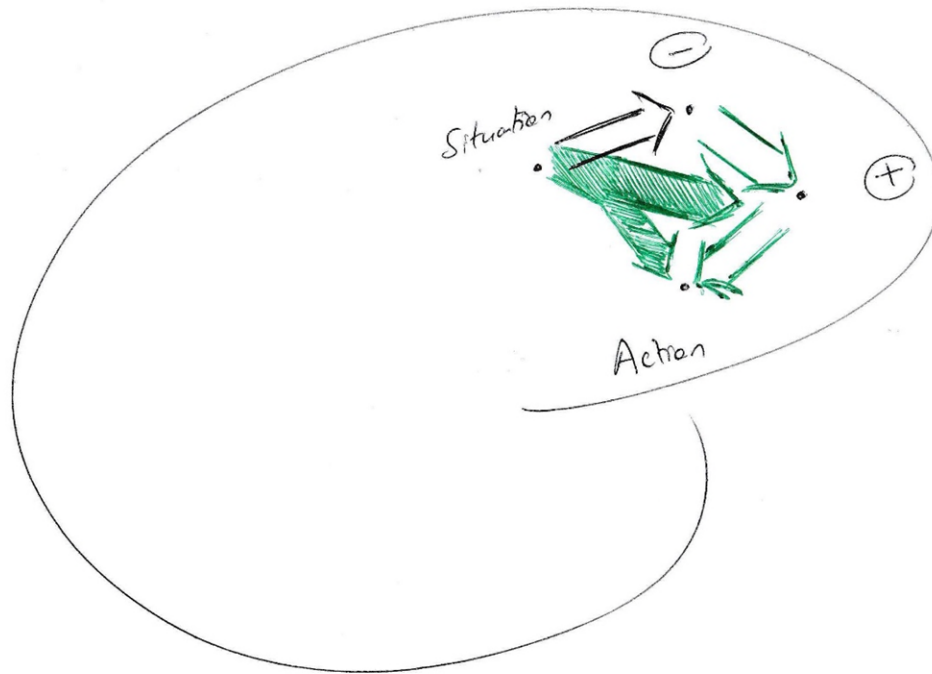
<p>Context Situation</p> <p>Anticipated problem</p> <p>Destabilizing Aspects</p>	<p><u>Interfering Thoughts</u></p> <p><i>negative / defeatist belittling ...</i></p> <p>Apprehensions</p> <p><i>Usual / Recurring</i></p>	<p><u>Constructive, Positives thoughts</u></p> <p>Convincing, impactful, inspiring arguments</p>	<p>Solutions Actions</p> <p>ROUTINE - Checklists, Keywords, Affirmations, Images, Visualisation</p>



Thoughts Control Technique



Thoughts Control Technique



Stress Management

- Skills training ↔ Overtraining
- Precompetition Plan
- Differentiating aspects under & out of your direct control (volition / will) ↔ *Progression / Mastery goals always set on aspects under direct control*
- To change perspective, use the Thoughts Control Technique
- Concentration / Focus Plan
- Contingency Plan / Refocusing Plan



Contingency / Refocusing Plan

Context Situation Anticipated challenges (non-optimal situations...)	Solutions Actions ROUTINE - Processes, Checklists Keywords, Affirmations, <i>COMMUNICATION</i> Images, Visualisation



Stress Management

- Skills training ↔ Overtraining
- Precompetition Plan
- Differentiating aspects under & out of your direct control (volition / will) ↔ *Progression / Mastery goals always set on aspects under direct control*
- To change perspective, use the **Thoughts Control Technique**
- **Concentration / Focus Plan**
- **Contingency Plan / Refocusing Plan**
- **Abdominal (Belly) Breathing** to lower down the physiological activation level / release excessive tension, to favor (con)centration & the feeling of being grounded



Immediate refocusing after a mistake

mission



Immediate refocusing after a mistake

- Clearly define your mission and set goals accordingly
- Once a mistake is done, we can at best correct the course
- Dwelling on mistakes IS NOT AN OPTION
- **Contingency Plan / Refocusing Plan** *using the Thoughts Control Technique*
- Overtraining !
- BEST PRACTICES ...



Handling external pressure / athletes and coaches (and crowd) reactions



How to deal with confrontation



Handling external pressure / athletes and coaches (and crowd) reactions

- Contingency / Refocusing Plan ⇔ Anticipate / be prepared to face non-optimal athletes' and/or coaches' reactions
- Recall of the judges missions (*Goals, including aspects linked to values and attitudes* ⇔ Focus on aspects under control!)
- Rules clearly recalled / set with archers ... before start
- Remind clearly game rules in case of disagreement
- Don't take it personally – *no need to blame* ...
- Use abdominal breathing
- Keep a determined attitude / body language (⇔ to be trained!) ... *Some athletes test the limits / boundaries*



DETERMINATION



*Video with
Pierluigi Collina:
“Bodylanguage”*

[https://www.youtube.com/
watch?v=aHTXG7b-7eY](https://www.youtube.com/watch?v=aHTXG7b-7eY)



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- BEST PRACTICES



The “keeping neutrality” challenge

The Art of fairly
refereeing
competitions



The “keeping neutrality” challenge

- Clear Goal Setting (Role & Mission of Judges)
- Concentration / Focus Plan
- Contingency / Refocusing Plan

N.B.: Personal Biases exist ... We can't be neutral, unless we are very wise. But we can act neutrally. “Simply” apply the Rules ! For the sake of Archery



Meditation & Mindfulness approaches ...

*help to be more aware of
and to take distance with
emerging thoughts
& to adopt a
non-judgmental
attitude, to calmly
accept situations
as they arise, and
to act with discernment*



I wish you

SUCCESS

