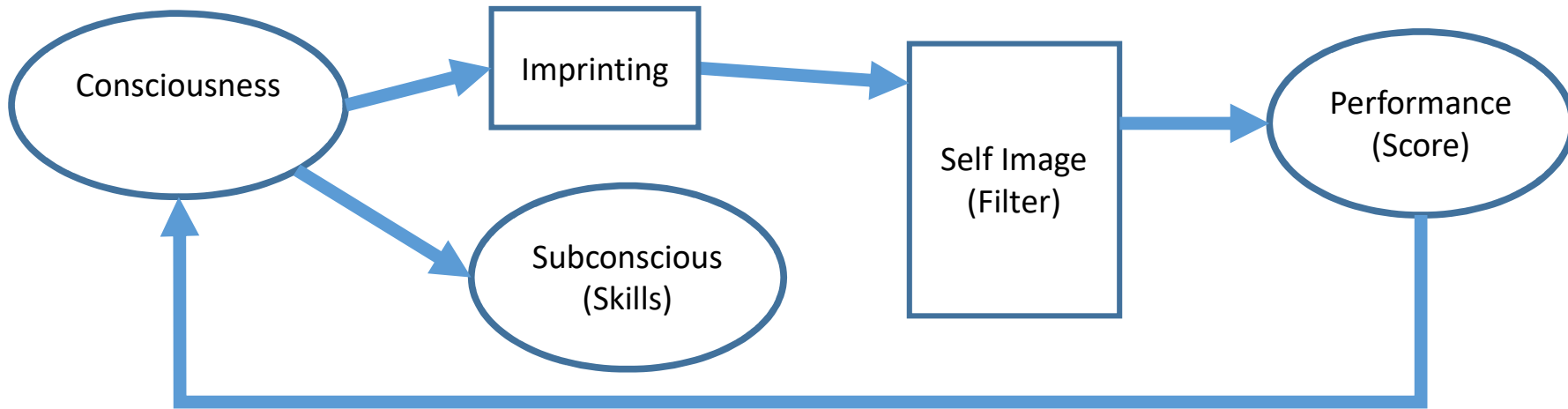


Mental Training Overview:



Consciousness: Decision made that Smallbore Rifle Shooting is “your” sport (limited to “one action at a time” focus)
I cannot take notes while listening to the Teacher (or listening to the Teacher and take notes)

Subconscious: The storage of skills you learn (can do many actions at the same time)
I can walk, chew gum, and hum a tune at the same time

Self Image: The idea you have about your abilities
I can hit the ball no matter how fast the pitcher throws the ball (I do not like corn)

Imprinting: The Conscious effort to change your self image
I did not like corn when I was younger, but I will try to eat corn now

Mental Training Overview:

Consciousness:

- 1) Why do you want to participate in Smallbore Rifle Shooting?
- 2) What do you want to learn when shooting Wednesday night practice? (aiming, follow through, breathing, etc..)
- 3) How do I maximize my Wednesday training? (get to the club early, quickly setup, prepare before Wednesday, etc..)

Subconscious: Learning skills (shooting Wednesday night practice)

- 1) Concentration on performance

Self Image: The idea you have about your abilities

I can hit the ball no matter how fast the pitcher throws the ball (I do not like corn)

Imprinting: Change my Self Image (make a “conscious” effort to positively change your self image)

- 1) Think positive thoughts
- 2) Write positive thoughts
- 3) Talk positive thoughts (Tell your parents and friends how well you did at practice, show targets to a coach)

Positive thoughts:

- 1) “I shot a “10!!!!”
- 2) “I did not shoot a 10, but that is OK. I know how to fix why I missed a “10”. I got this!