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Foundation Hospital
And Research Centre
RESPECT FOR LIFE

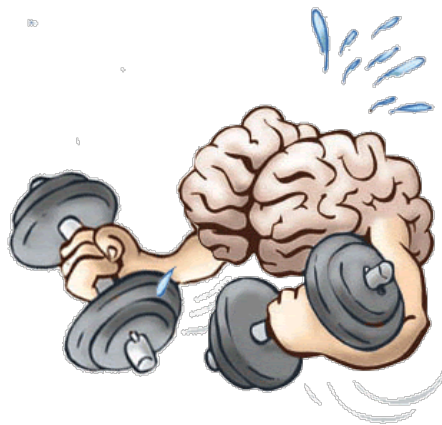
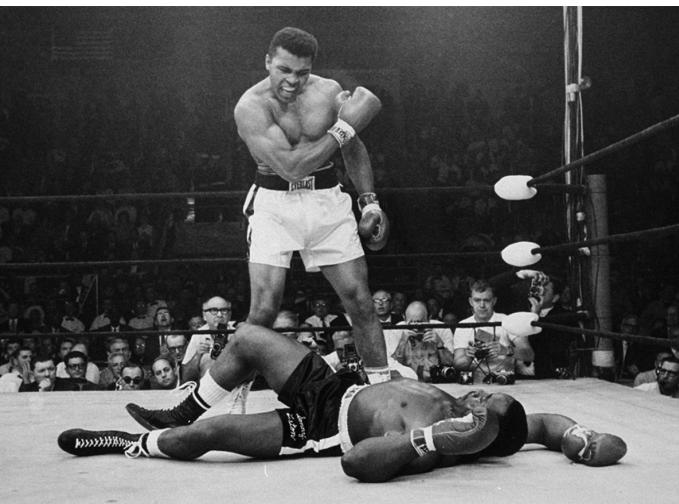
and

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**YOUTH
SPORTS**

BOXING
FEDERATION OF
INDIA

Mental Imagery in Boxing

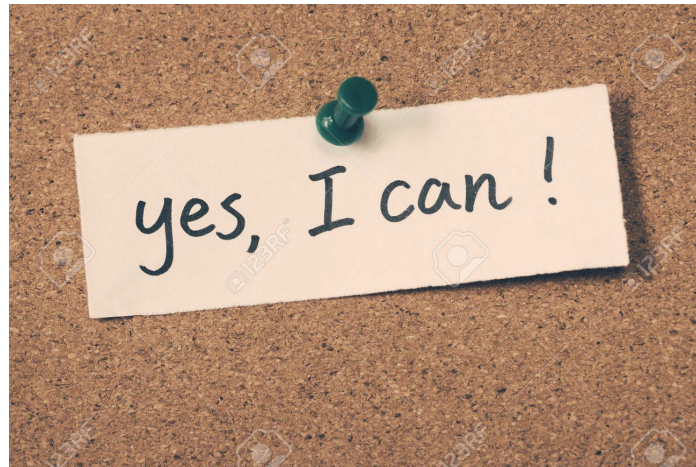


Maithili Bhuptani
Lead Sport & Exercise Psychologist
Sir H.N. Reliance Foundation Hospital

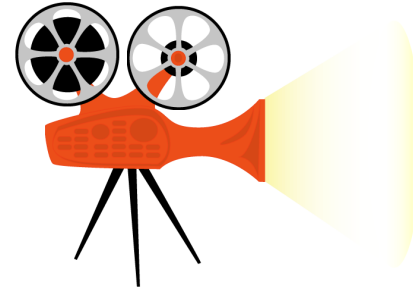
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Sr No.	Sub-Topic
1	What is Mental Imagery?
2	Types of Mental Imagery
3	How Imagery works?
4	Imagery: to help current situation?
5	Uses of Imagery
6	Practical session
7	When to use Imagery?
8	Creating your own Imagery script
9	Summary & tips

*“What the mind of man
can conceive and
believe, it can achieve”
– Napoleon Hill*



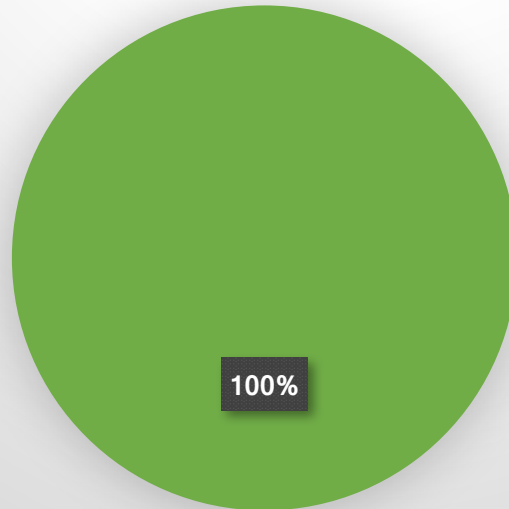
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- “Cognitive rehearsal of a task in the **absence** of overt physical movement”.
(Driskell, Copper & Moran, 1994)
- In simpler words, everything that we *visualize* is a *form of mental imagery*.
- It involves you imagining yourself in an environment performing a specific activity using **all of your senses** (sight, hear, feel and smell).

Have you heard of Imagery?

Have you ever heard of the terms "Mental Imagery" or "Visualisation"?



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Types of Imagery



Internal

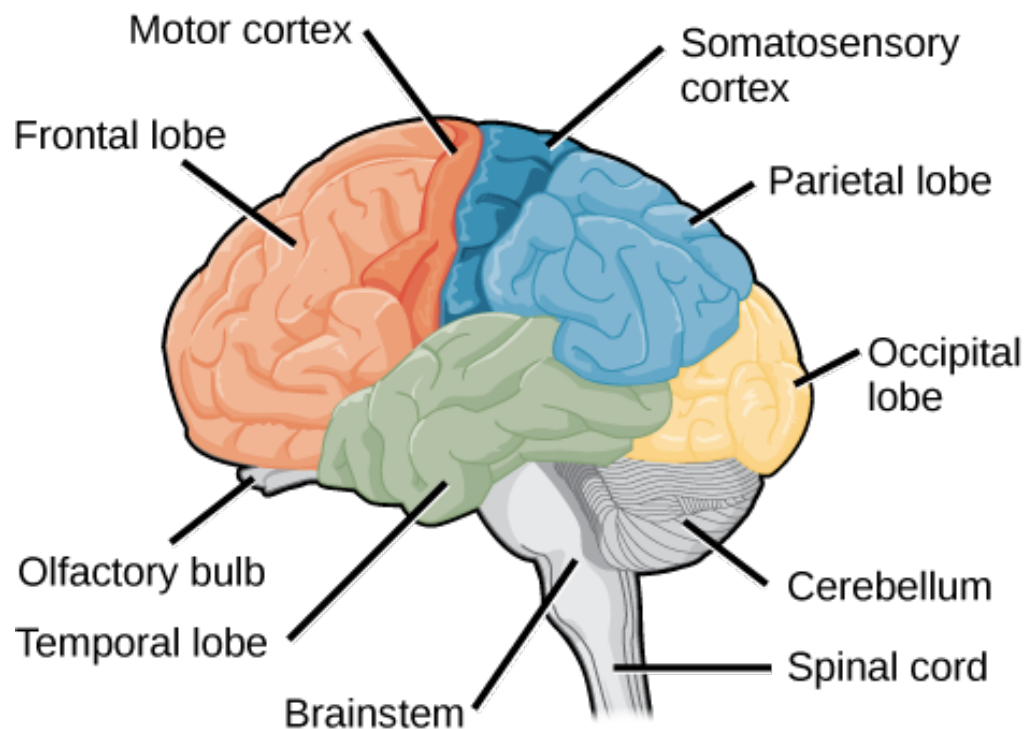
Visualizing the implementation of a skill from your point of view, you are imagining your own actions, seeing and feeling from within.

External

Seeing yourself from the point of view of a third person. For instance, watching yourself in action in a movie.

The Psychoneuromuscular Theory:
Practise imagery → brain imagines movements →
firings from brain are recorded on a mental blueprint
→ easier to perform movements in future.

(Carpenter, 1894; Jacobson, 1931)



Why is it important to practice Imagery?

Different purposes depending on need of athlete

Example: Muhammad Ali



5 hours of practice & 1 hour of visualization

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Mentally
connected

Practice
your skills

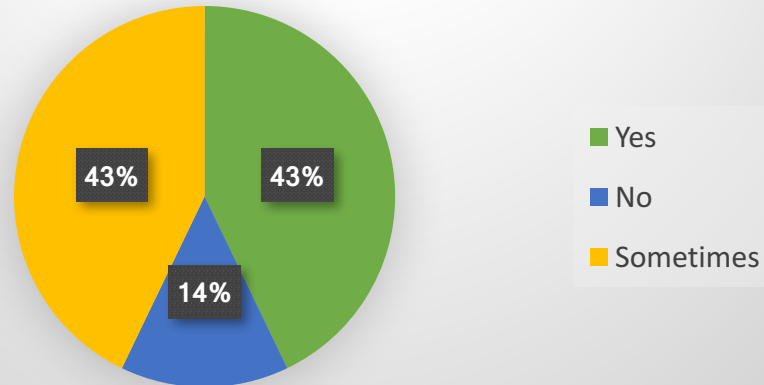


Shadow
boxing

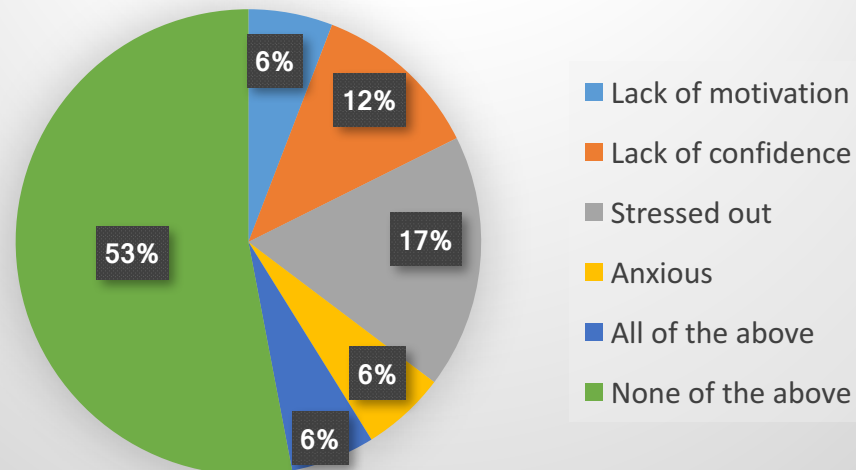
Prepares
the muscles

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Do you practise Visualisation or Mental Imagery?



Have you been feeling any of these states recently?



Uses of Imagery



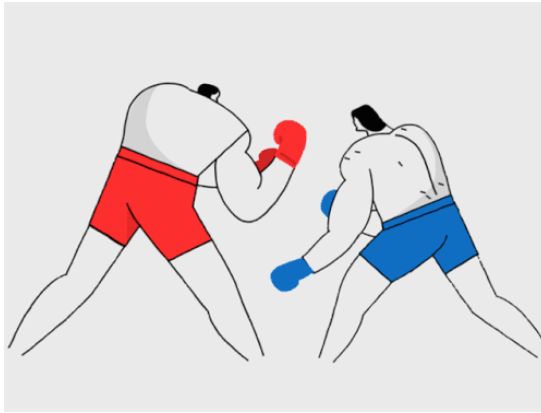
Motivation Enhancement

- Recalling images of their goals, or of success in past competition or beating a competitor in a competition, their training routines.

Try it with me...



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Rehearsal of skills



- Practice and acquire skills
- Practice skills to polish them or detect areas of improvement and visualise correcting them



Relaxation

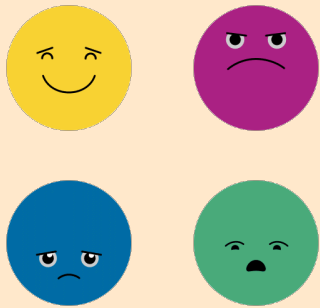


- Imagining yourself in a calm, relaxed state
- Imagining peaceful/ calming environments

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Control Emotional Responses

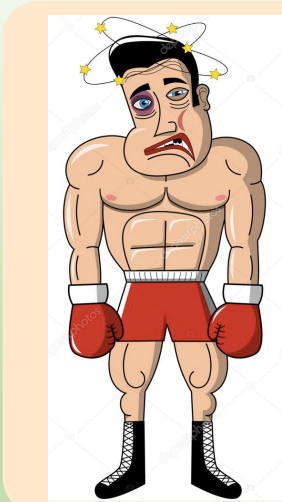
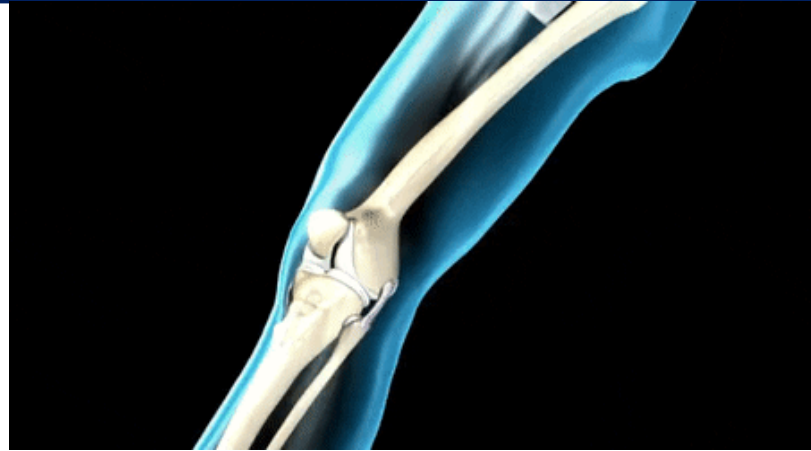


- Given the uncertainty, feeling anxious, low, negative is very common and imagery helps to reduce these negative experiences.

Try it with me...



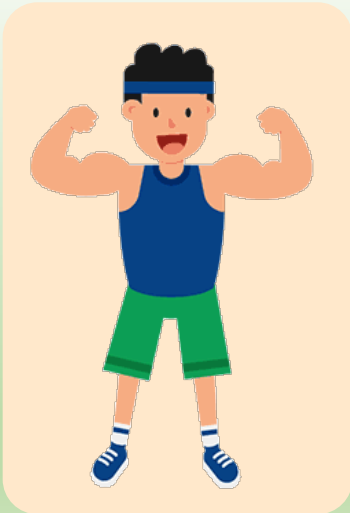
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Injury rehabilitation

- Pain management
- Visualize yourself getting injured and then imagine yourself healing successfully

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Build Confidence

- Feel confident before a fight
- During a fight
- Pre-competition anxiety / nervousness

Try it with me...



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Before a fight

During a fight


When to
use
Imagery?

Before
practice



Creating your own Imagery Script

Step 1: Match desired outcome with function of imagery



Step 2: Create your imagery script



Step 3: Record your script



Step 4: Begin your imagery training program

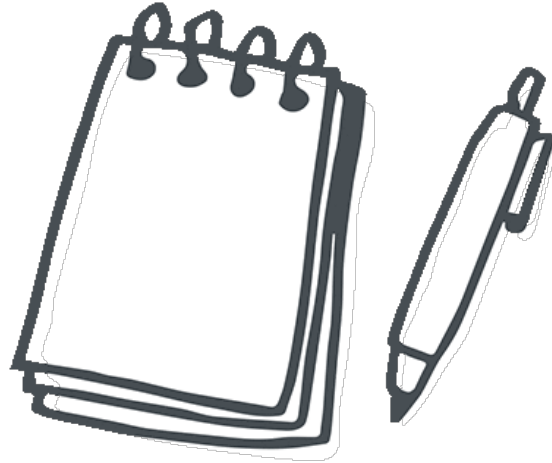


Step 5: Evaluate your program



Step 1: Match desired
outcome with function of
imagery

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Step 2: Create your imagery script

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Listening.

Step 3: Record your script

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Step 4: Begin your imagery training program

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Step 5: Evaluate your program

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Date _____

What time did you practice your imagery script?

Where were you when you practiced your imagery script?

	Not at all	Somewhat	Very well
Rate how well you saw yourself in the situations	1	2	3
Rate how well you heard yourself in the situations	1	2	3
Rate how well you 'felt' making the movements	1	2	3

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Summary & Quick Tips

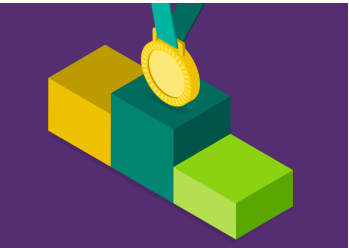
1. Visualize the outcome you desire

2. Use all your senses

3. Practice frequently

4. Focus on quality... not quantity

5. Takes time and effort to learn



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Thank you!

Questions?

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Contact:

Maithili Bhuptani

E: maithili.bhuptani@rfhospital.org

M: 1800-890-1111