

Determining Your Athlete's IPS

The athletes have to understand what it is that they are trying to accomplish when they are trying to reach their IPS (Ideal Physical State). Your IPS is your "ideal physical state" and when you are in your IPS ("In the Zone"), you are able to perform at or near your full potential.

Your IPS can be summarized by the following:

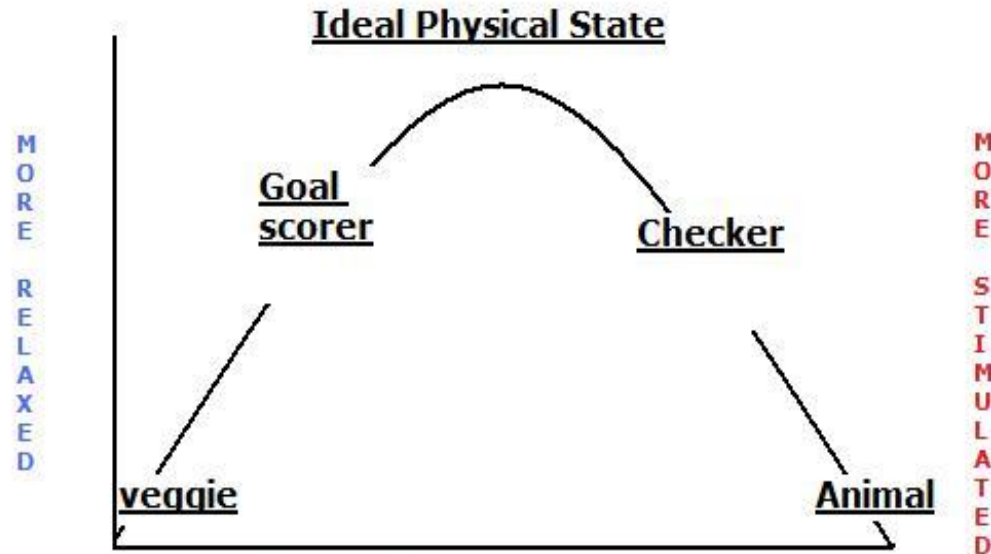
- 1) Self-regulation of arousal - you must be energized, relaxed, with no fear.
- 2) You will feel as though you have a higher self-confidence.
- 3) You will have better concentration - you will be more focused (internally, externally, narrow or wide vision, depending on what is required at that moment).
- 4) You will be in control and it will be an unforced, natural kind of control.
- 5) You will have a positive preoccupation with the sport.
- 6) You will be very determined and committed to achieving your goals, the team's goals and to being the best that you can possibly be.

The amount of physical and mental arousal/stimulation for an athlete is dependent upon what type of sport the athlete is playing, how technical the sport is and what your position is on the team, whether you are playing a team sport etc.

If you are participating in a highly technical sport like shooting, you need a lot of focus and you must be very calm so you need to be closer to the veggie side of the chart.

If you are a linebacker on a football team and your job is to stop another player from getting to your quarterback you need to be very highly aroused/stimulated so you need to be on the other side of the spectrum - more on the animal side of the chart.

Hockey is a very technical sport but depending on your role on the team, a scorer or a checker, will depend on how aroused/stimulated you need to be.



IPS = Ideal Physical State - this is where your mind and body work together in perfect unison allowing you to perform at your highest level. When in you reach your IPS or are "In the Zone", as it is commonly referred to as, you will have your best game. If you have ever reached your IPS you want to remember what you did and recreate that feeling

A really good way of finding your IPS is to record the feelings that you experience from several games. You have to be in touch with your emotions during the good games and also during the bad games. You have to be able to identify what allowed you to reach your IPS and try to recreate everything that you did pre-game. Your nutrition, your mental arousal (did you pump yourself up or calm yourself down if you were nervous? If you were having negative thoughts, did you work on "Positive self-talk" and replace the negative thoughts with positive thoughts etc.) Were you well hydrated pre-game? Did you have a pre-game plan to deal with distractions? Were you focused?

Determining Your IPS

Step 1 - Rank your performance in the next 5 games. 10 is good and 1 is poor. Make a few notes on what you feel you did well and what didn't go so well. Make a few notes on how you felt from the time you woke up until the time you played the game.

Step 2 - use the following key words as a guide. Give each word a numerical value on the chart

1) Emotional Control (EC) - Were you? Anxious = 1, Nervous/Butterflies = 2, Calm = 3, Composed = 4, Confident = 5

2) Mental Focus (MF) - Were you? Focused = 1, Narrow Vision = 2, Scanning the ice = 3, Broad Vision = 4, Distracted = 5

3) Physical Feelings (PF) - Were you? Excited = 1, Energized = 2, Unaware = 3, Relaxed = 4, Loose = 5

Circle the appropriate value for each game on the chart below.

Step 3 - Make any special notes of factors that had a significant effect on how you played, whether good or bad.

Performance Ranking Chart

<u>Game # 1</u>			<u>Game # 2</u>			<u>Game # 3</u>			<u>Game # 4</u>			<u>Game # 5</u>		
Date:			Date:			Date:			Date:			Date:		
Overall Performance Rank			Overall Performance Rank			Overall Performance Rank			Overall Performance Rank			Overall Performance Rank		
EC	MF	PF	EC	MF	PF	EC	MF	PF	EC	MF	PF	EC	MF	PF
1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
Notes:			Notes:			Notes:			Notes:			Notes:		