



# **BUILDING A MENTAL SKILLS TOOLBOX TO SUPPORT HIGH SCHOOL ATHLETES**

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# **THINK, PAIR, SHARE**

**WHAT ARE MENTAL SKILLS?  
WHY ARE THEY IMPORTANT?  
WHAT ARE CHALLENGES TO  
IMPLEMENTATION?**



# **SOME KEY MENTAL SKILLS FOR SUCCESS**

**GOAL SETTING  
AROUSAL REGULATION  
VISUALIZATION**



The background features a light gray gradient with several realistic water droplets of varying sizes scattered in the corners. The droplets have highlights and shadows, giving them a three-dimensional appearance.

# **TECHNIQUE #1**

## GOAL SETTING

# ***GOAL SETTING DEFINED***

- SETTING A SPECIFIC STANDARD OF PROFICIENCY
- MEASURING PROGRESS TOWARD THAT STANDARD
- ASSESSING THE OUTCOME

# COMMON PROBLEMS IN GOAL SETTING

- TOO EASY
- UNREALISTIC FOR ABILITY
- NOT SPECIFIC ENOUGH
- TOO MANY GOALS ARE SET
- FAILURE TO ADJUST
- FAILURE TO EVALUATE

# IMPLEMENTATION STRATEGIES

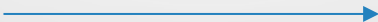
- HELP ATHLETES DIVERSIFY GOALS
  - PRACTICE AND PERFORMANCE
  - LONG AND SHORT-TERM
- RECORD GOALS
- SHARE GOALS
- ASSESS GOALS
- SMART GOALS

The background features a light gray gradient with several realistic water droplets of various sizes scattered in the corners. The droplets have highlights and shadows, giving them a three-dimensional appearance.

# **TECHNIQUE #2**

AROUSAL REGULATION

# AROUSAL REGULATION DEFINED

- GENERAL PHYSIOLOGICAL/PSYCHOLOGICAL ACTIVATION
- CONTINUUM OF INTENSITY  
DEEP SLEEP  INTENSE EXCITEMENT
- NOT SPECIFICALLY ASSOCIATED WITH PLEASANT OR UNPLEASANT EVENTS

# KEY TAKEAWAYS

- OPTIMAL AROUSAL LEVELS DEPEND ON THE INDIVIDUAL AND THE TASK
- AROUSAL AND STRESS DO NOT ALWAYS HAVE A NEGATIVE IMPACT ON PERFORMANCE

The background of the slide features a large, light green pencil pointing towards the bottom right. Overlaid on this are several grey-outlined squares, each containing a green checkmark, arranged in a descending staircase pattern from the top left towards the bottom right.

# **IMPLEMENTATION STRATEGIES**

- **BREATH CONTROL**
- **PRE-EVENT CHECKLIST**

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# **TECHNIQUE #3**

## VISUALIZATION

# VISUALIZATION DEFINED

- CREATING (OR RE-CREATING) AN EXPERIENCE IN YOUR MIND
- RECALLING PIECES OF INFORMATION FROM YOUR MEMORY
- SHAPING THESE INTO MEANINGFUL IMAGES

# WHY DO ATHLETES USE VISUALIZATION?



- IMPROVE CONCENTRATION
- ENHANCE MOTIVATION
- BUILD CONFIDENCE
- CONTROL EMOTIONS
- PRACTICE SKILLS

# TIPS FOR EFFECTIVE IMAGERY

- USE ALL THE SENSES!
- PRACTICE IN APPLIED SETTINGS
- PRACTICE A LOT
- USE VISUAL AIDS
- IMAGE BOTH *EXECUTION* AND *OUTCOME*
- IMAGE IN REAL TIME
- MAKE IMAGES POSITIVE!



Visual



Auditory



Kinesthetic



Olfactory



Tactile

# **WRAP UP: IMPLEMENTING MENTAL SKILLS TRAINING**

- KNOW YOUR ATHLETES
- KNOW THE COMMON DEMANDS OF YOUR SPORT
- IMPLEMENT IN MANAGEABLE WAYS
- FOLLOW AN APPROPRIATE TIMELINE



# TIMELINE FOR PST



## Introduction

Off-Season or  
Preseason

## Acquisition

Preseason/early  
season during  
practice

## Practice

Middle/late  
season during  
competition



**QUESTIONS AND COMMENTS**