CROKE PARK, DUBLIN
12TH JANUARY 2013

CHOKING UNDER PRESSURE IN ELITE TEAM SPORT

PERFECT FOR THE BIG OCCASION.

The All Black Choker. Available soon.

DR DENISE HILL
THE SESSION

- **What is choking under pressure?**
- **Causes of choking in sport**
- **Prevention of choking (in team sports)**
“A PROCESS WHEREBY THE INDIVIDUAL PERCEIVES THAT THEIR RESOURCES ARE INSUFFICIENT TO MEET THE DEMANDS OF THE SITUATION, AND CONCLUDES WITH A SIGNIFICANT DROP IN PERFORMANCE – A CHOKE, P.206”

Hill et al., 2009
<table>
<thead>
<tr>
<th>Choking in Sport Criteria</th>
<th>Description</th>
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<tbody>
<tr>
<td>Significant / Catastrophic Drop in Performance</td>
<td>The level of performance will decline dramatically from expected / normal standards. A moderate under-performance is not considered a choke.</td>
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<td>Stress Response</td>
<td>The athlete feels unable to cope with the pressure situation</td>
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<td>Critical Moment</td>
<td>The choke will occur within a situation deemed important by the athlete, and where they are striving for success.</td>
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ANTECEDENTS

- Self presentation
- Event importance
- High expectations
- Errors
- Unfamiliarity
- Overload
- Opponents actions
CHOKING IN ELITE TEAM SPORT

CAUSES / MECHANISM

- Debilitative Anxiety
- Distraction
- Self Focus
- Outcome Focus
- Low Perceived Control
- Low (Fear of Not Meeting) Expectations
- Fear of Failure
CHOKING IN ELITE TEAM SPORT

MODERATORS

- SELF-CONFIDENCE
- COPING STRATEGY
- ATHLETIC IDENTITY
- PHYSICAL/MENTAL PREP.
- TEAM COHESION
  (EMOTIONAL CONTAGION)
- MOTIVATIONAL CLIMATE

- PERSONALITY FACTORS
  (PERFECTIONISM, RESILIENCE
  SELF CONSCIOUSNESS)
Choking in Elite Team Sport

Consequences

- **Significant effect of performance and affect on performer**

- **Lowered self confidence**

- **Damaging impact on future performances**

- **Lowered well-being**
Without sport, I have nothing. To not be good at the one thing I thought I was good at, is heart breaking.

All I did every night was beat myself up. I would dream about playing good golf...but I couldn’t do it. It wasn’t worth me being here if I wasn’t good at it; life wasn’t worth living.
## Intervention

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<th>Constructs Requiring Enhancement</th>
<th>Suggested Strategies</th>
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<td>Self Confidence</td>
<td>Simulated Practice</td>
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<tr>
<td>External Narrow &amp; Task Focus</td>
<td>Mastery Orientation Climate</td>
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<td>Anxiety Management</td>
<td>Process Individual and Team Goals</td>
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<td>Perceived Control</td>
<td>Task (vs Social) Cohesion</td>
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<td>Motivation Climate</td>
<td>Cognitively Restructure Errors</td>
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<td>Approach Coping</td>
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<td>Imagery</td>
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<td>Pre and Post-Routines</td>
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