



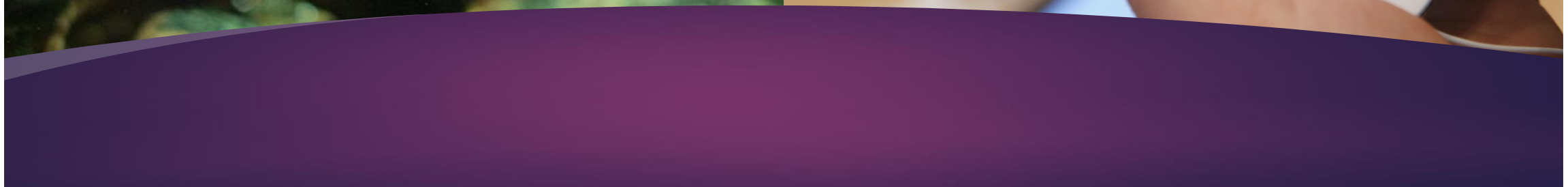
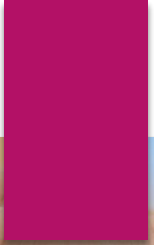
Creating Better Decision Makers Under Pressure

Tony OG REGAN SPORTS PSYCHOLOGIST AND COACH

In Association with







P.I.N.T

- ▶ Positive (Motivational) - Internal or External – “I can do this”
- ▶ Irrelevant – “Wonder will it rain”
- ▶ Negative – “That was really bad strike”
- ▶ Task oriented or instructional – “Ball to hand”



M+

M-

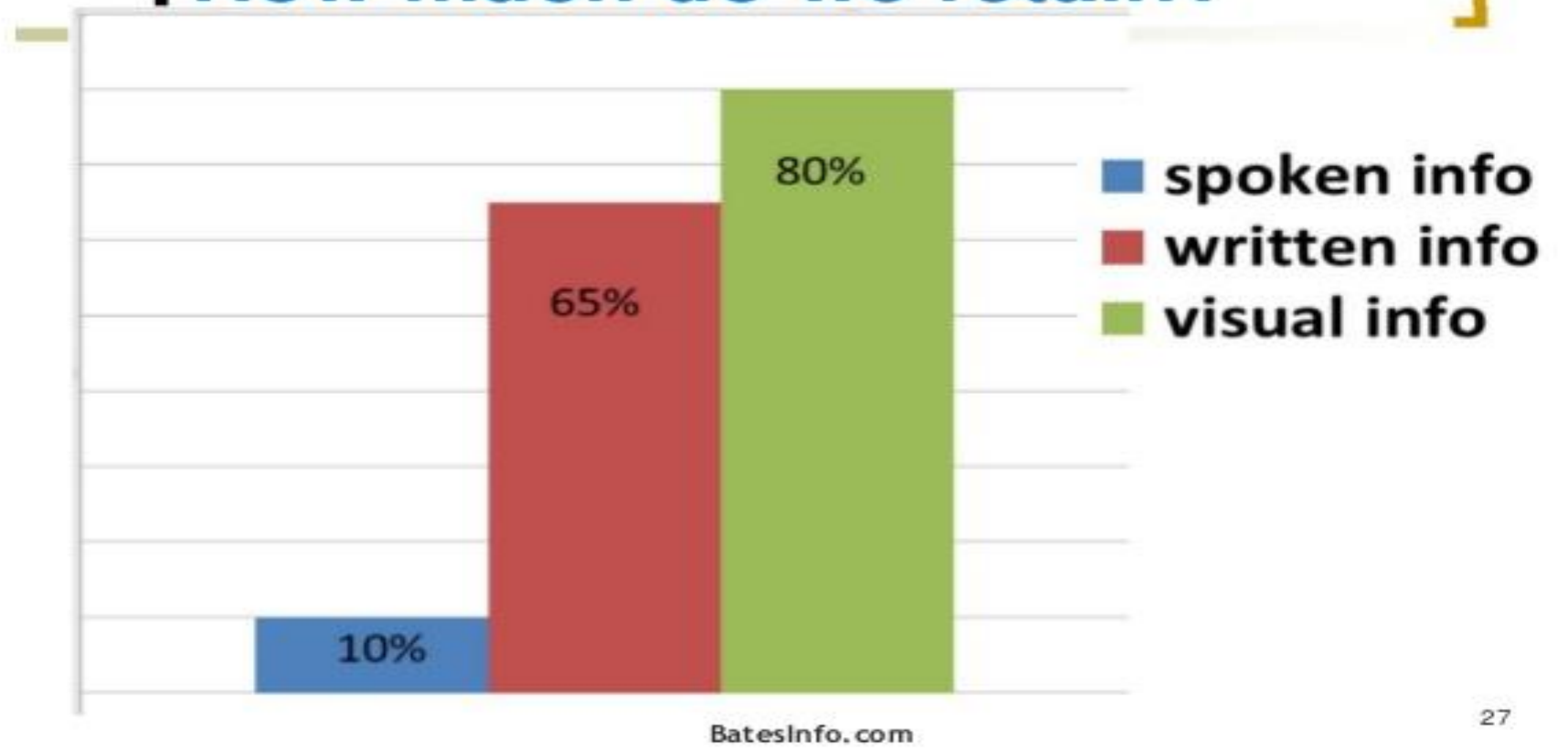
M+

Model the way

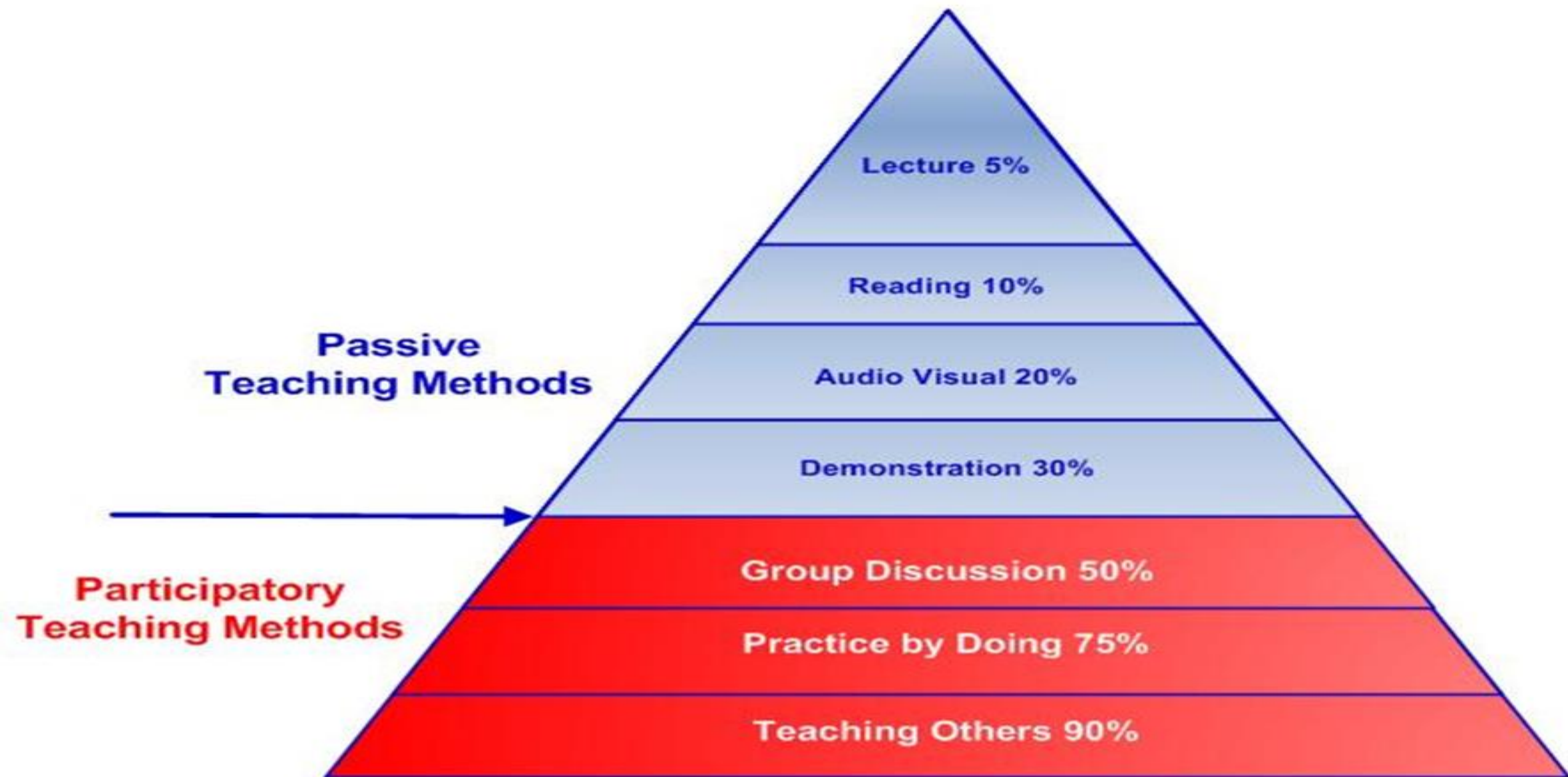
It's the little details that are vital.
Little things make big things
happen.

John Wooden

How much do we retain?



The Learning Pyramid



Section Two

OUR BRAIN UNDER PRESSURE

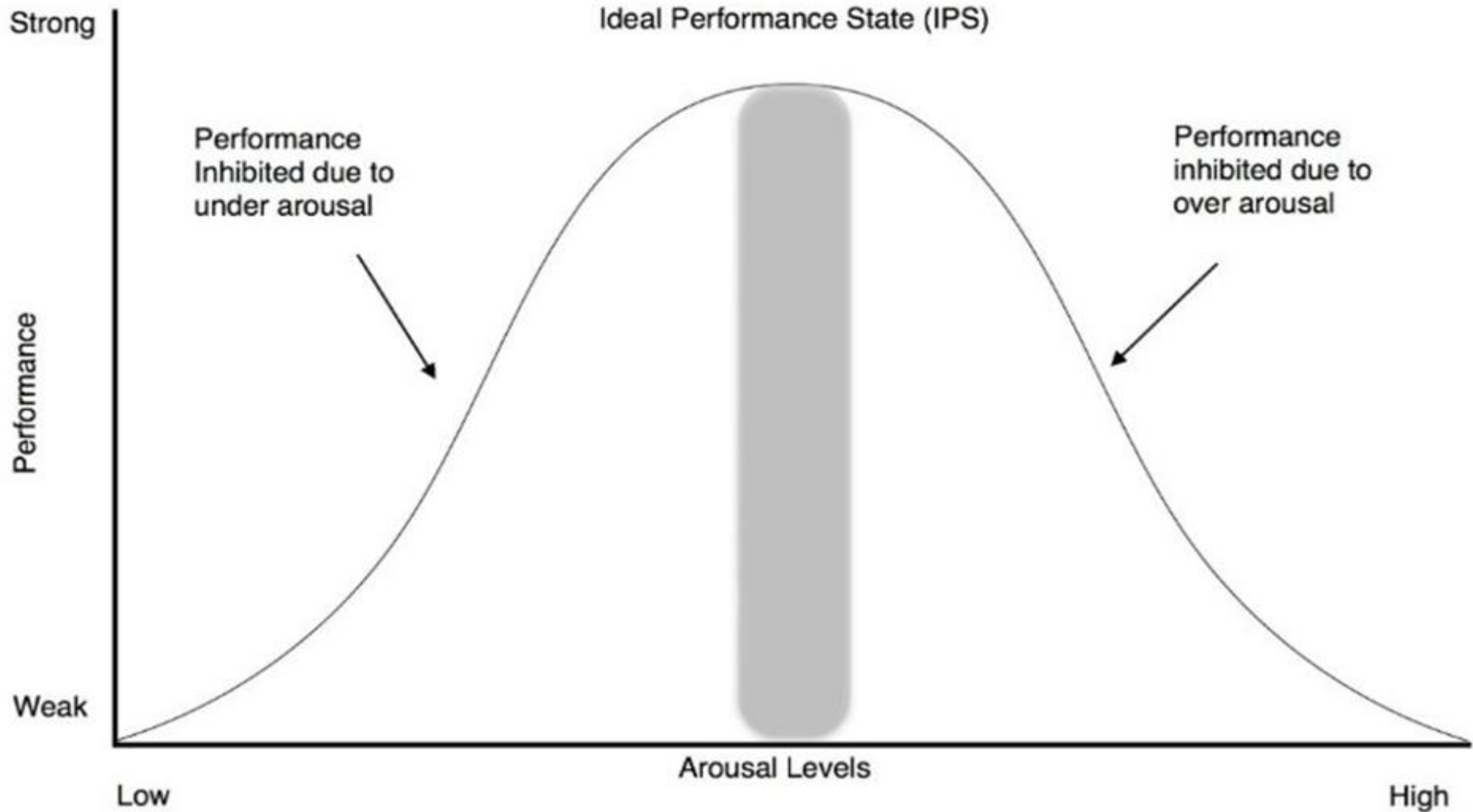


The Psychological Mind

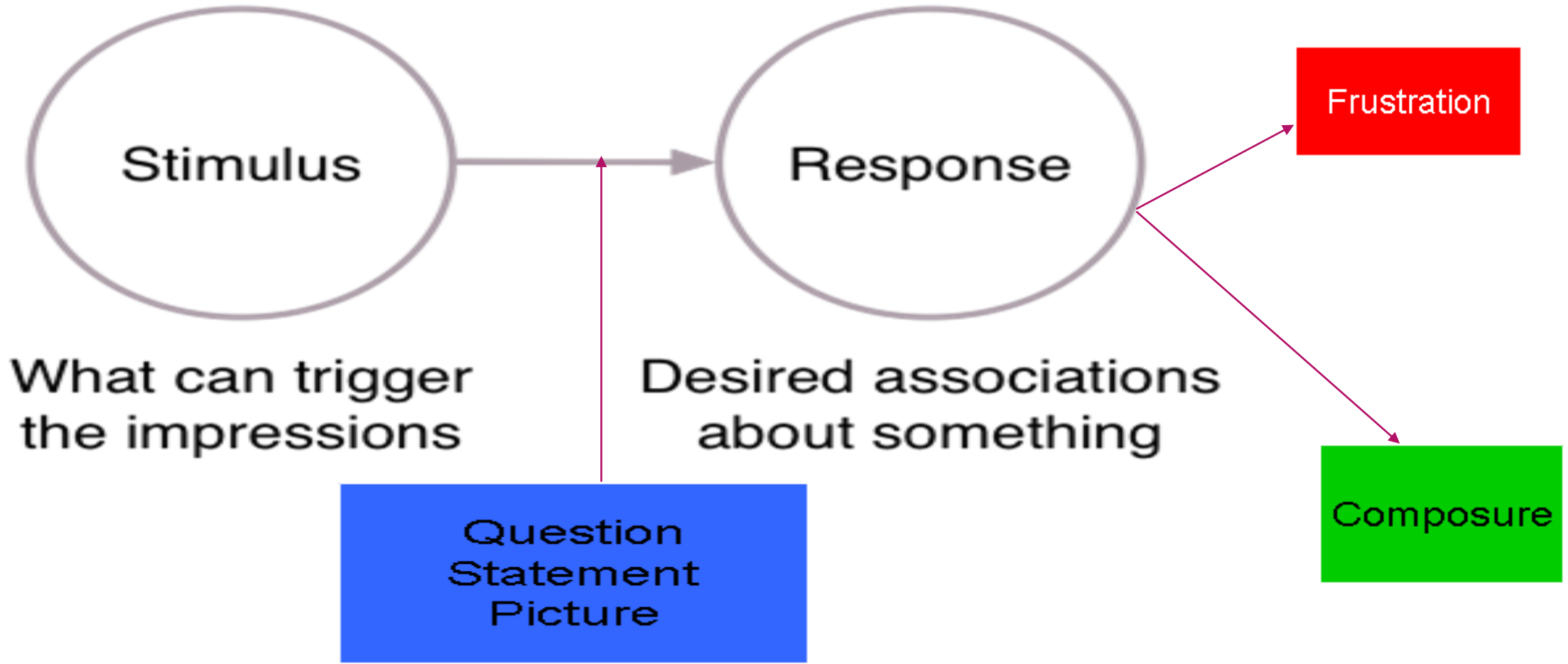
The Balanced Mind

Mind/Body under stress

- ▶ Work off only 1 of the 5 senses – Vision
- ▶ Tunnel vision/hearing can occur
- ▶ Inability to focus due to relaxed eye muscles
- ▶ Loss of depth perception



Challenge our Responses - Breathe!



Section Three

WHAT ARE THE BEST
PLAYERS DOING UNDER
PRESSURE

Reading the game

Recognise and recall structured patterns

Recognise the developing play earlier

Ball looking vs short looks to different areas

Extract minimum essential information

Superior knowledge of situational probabilities

The process – P.D.A

Perception

Decision

Action

Section Four

HOW WE IMPROVE DECISION
MAKING

How to improve decision making

- ▶ Tactical rehearsal – schema's of plays
- ▶ Decision making drills – situational/game-based
- ▶ Mental rehearsal
- ▶ Physical improvements (fatigue)
- ▶ Skill development
- ▶ Appreciate different learning styles
- ▶ Allow them to make mistakes (teachable moments) reduces risks of making error
- ▶ Grow their AWARENESS through open questions
- ▶ What if THEN scenarios

The Person..

Regular
Reviews

Action plan

Development
Areas



Personal
Professional
Goals

Beliefs
Values

Strengths
Resources

Go raibh míle maith agat