



CROKE PARK,
DUBLIN
12TH JANUARY
2013



CHOKING UNDER PRESSURE IN ELITE TEAM SPORT

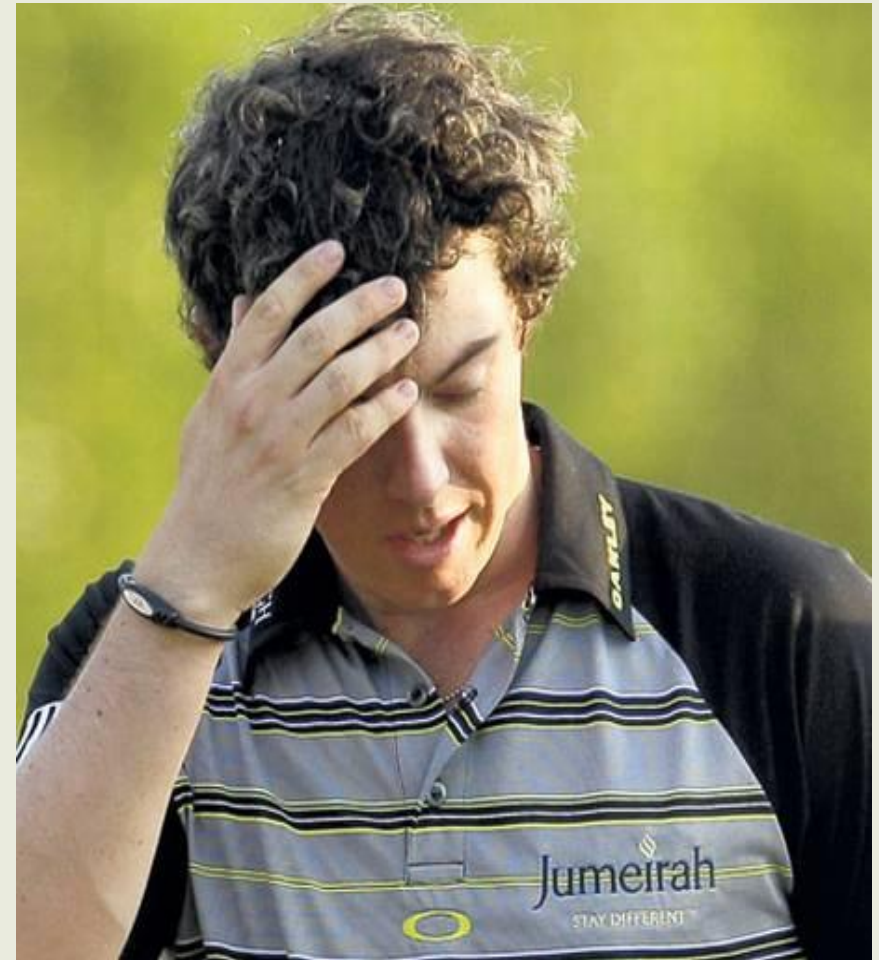


DR DENISE HILL





- 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



**CHOKING IN SPORT
CRITERIA**

DESCRIPTION

**SIGNIFICANT /
CATASTROPHIC DROP
IN PERFORMANCE**

THE LEVEL OF PERFORMANCE WILL DECLINE DRAMATICALLY FROM EXPECTED / NORMAL STANDARDS. A MODERATE UNDER - PERFORMANCE IS NOT CONSIDERED A CHOKE.

STRESS RESPONSE

THE ATHLETE FEELS UNABLE TO COPE WITH THE PRESSURE SITUATION

CRITICAL MOMENT

THE CHOKE WILL OCCUR WITHIN A SITUATION DEEMED IMPORTANT BY THE ATHLETE, AND WHERE THEY ARE STRIVING FOR SUCCESS.

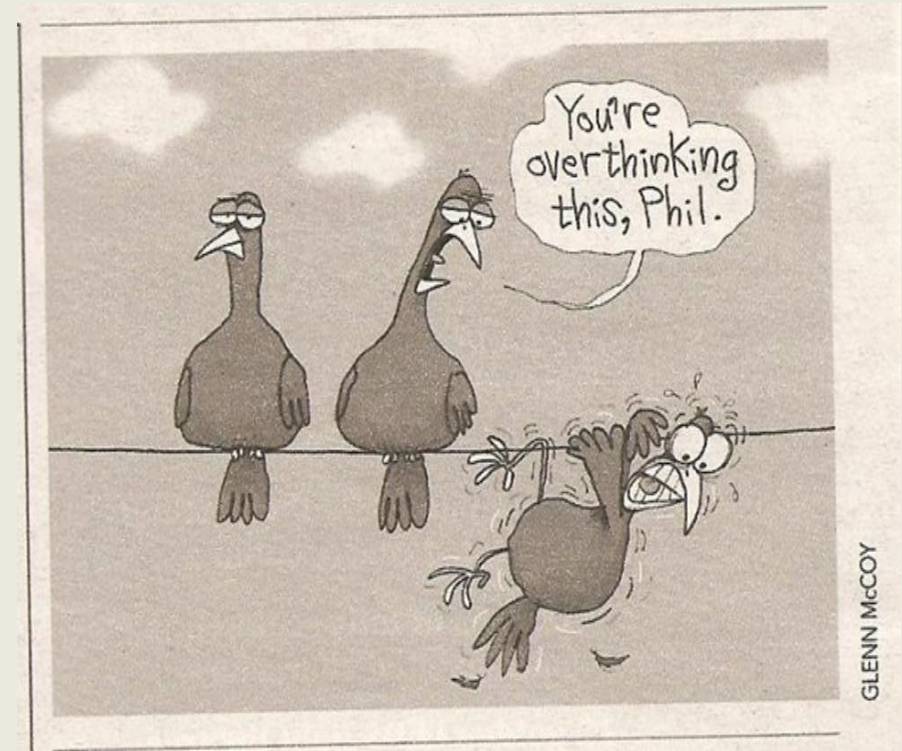
ANTECEDENTS

- **SELF PRESENTATION**
- **EVENT IMPORTANCE**
- **HIGH EXPECTATIONS**
- **ERRORS**
- **UNFAMILIARITY**
- **OVERLOAD**
- **OPPONENTS ACTIONS**



CAUSES / MECHANISM

- **DEBILITATIVE ANXIETY**
- **DISTRACTION**
- **SELF FOCUS**
- **OUTCOME FOCUS**
- **LOW PERCEIVED CONTROL**
- **LOW (FEAR OF NOT MEETING) EXPECTATIONS**
- **FEAR OF FAILURE**



MODERATORS

- **SELF-CONFIDENCE**
 - **COPING STRATEGY**
 - **ATHLETIC IDENTITY**
 - **PHYSICAL/MENTAL PREP.**
 - **TEAM COHESION
(EMOTIONAL CONTAGION)**
 - **MOTIVATIONAL CLIMATE**
- **PERSONALITY FACTORS
(PERFECTIONISM, RESILIENCE
SELF CONSCIOUSNESS)**



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

CONSTRUCTS REQUIRING ENHANCEMENT

SELF CONFIDENCE

EXTERNAL NARROW & TASK FOCUS

ANXIETY MANAGEMENT

PERCEIVED CONTROL

MOTIVATION CLIMATE

SUGGESTED STRATEGIES

SIMULATED PRACTICE

MASTERY ORIENTATION CLIMATE

PROCESS INDIVIDUAL AND TEAM GOALS

TASK (VS SOCIAL) COHESION

COGNITIVELY RESTRUCTURE ERRORS

APPROACH COPING

IMAGERY

PRE AND POST-ROUTINES

Hill, D.M., Hanton, S., Fleming, S., & Matthews, N. (2009). A re-examination of choking under pressure. *European Journal of Sports Science*, 9, 203-212.

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