

## **Energy Management Energizing Technique Visualization**

Visualization is the skill of using your imagination to achieve your goals. Developing visualization skills is just like developing the skills you work on to improve your physical performance in sport: It takes practice, practice, practice! It is recommended that you spend 10-15 minutes a day working on your visualization skills (when you wake up in the morning, right before practice, after listening to game plan meetings or watching video, waiting to compete, traveling to competitions/practices). In addition to managing your energy level, visualization can be used to:

- See success
- Learn skills
- Refocus
- Prepare for competition

### **Visualization Exercise for Energy**

Adapted from Jnnifer M. Witkowski

Close your eyes, to help you concentrate on the act of breathing and to close out any external distractions. Take a deep breath, inhale through the nose and use a four second count when inhaling. Then, exhale out the nose for another four second count. Force the air out slightly if you must, so that your exhale is the same length as your inhale.

As you inhale, concentrate on feeling the chest and abdomen expand. Try to inhale as much oxygen as you can in the four second count, and exhale completely, again within the four second count. Once you have gotten the rhythm of breathing down, imagine yourself inhaling a pure ray of white light, of energy, as you inhale. Picture this energy filling your body, expanding from your chest to your fingertips, to your toes. As you exhale, imagine all the tiredness and sluggishness leaving your body. Imagine yourself in your performance environment, feeling energized and ready for competition. Continue breathing in, imagining an energizing light filling your body, and saying to yourself "I'm ready".