

100% ICE - The 3 Keys to Successful Sport Performance
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PURPOSE

- ❖ To direct athletes awareness, attention, & energies toward a more highly productive level. Increase athlete self-awareness of limiting attitudes, thoughts, & behavior regarding their intensity, concentration, and enthusiasm.

THEORY

- ❖ Perhaps the simplest concepts can be the most effective and have the greatest impact. Self-awareness is a life-long learned skill.
- ❖ Body awareness, 'court sense', situational awareness can all be taught & learned.
- ❖ Mental skill learning is perhaps the most overlooked of all the sport skills.

TECHNIQUE I

- ❖ Introduce athletes to the idea that these 3 core concepts (ICE) are completely under their control, even if during heated sport performance, it doesn't feel that way.
- ❖ Introduce each concept so athletes can think about themselves in practice & competition thinking & acting in new ways. When they previously thought they were 'giving 100%', they really weren't. Development of these skills is a long-term learning process.

TECHNIQUE II

- ❖ Challenge each athlete to strive to be more mindful and present in practice & drills through self-monitoring (& monitoring teammates).
- ❖ Work with staff to develop carry-over to practice; i.e. design drills that incorporate 100% ICE techniques. (VB Mag May 2008) Hold athletes accountable for their intensity, concentration, & enthusiasm levels.
- ❖ Encourage athletes to journal their progression and share successes & setbacks with team. Ask athletes to grade themselves on ICE levels during practice and competition.

ATHLETE HANDOUT

100% ICE

INTENSITY

What is it? How do you 'adjust' it? Different for practice vs. competition?

CONCENTRATION

What is it? How do you 'adjust' it? What are the concentration demands of your sport? Broad–narrow, Internal-external How quickly can you adjust it?

'Sweeping the gauges'

ENTHUSIASM

What is it? How do you 'adjust' it? 'Spread' to others?

QUOTES

“IF YOU WANT TO BE A WINNER,
ACT LIKE ONE.”
RELENTLESS PURSUIT
OF EXCELLENCE

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