

GREEN BAY PHOENIX

PAY ATTENTION, KEEP CONTROL

**Attention control is managing focus.
If your focus is not managed properly,
concentration can be lost.**

**ATTENTION CONTROL CAN BE
BROKEN DOWN TO 4 DIFFERENT
TYPES OF FOCUS:**

- **Internal Focus:** thoughts, emotions, physical sensations
- **External Focus:** environmental factors (what happens on the field/court)
- **Broad Focus:** general ideas or senses that cover different areas at once
- **Narrow Focus:** specific ideas or senses that are sharp in the present moment

External Focus	
<ul style="list-style-type: none">• Focusing on the constantly changing external environments• Basketball player looking for an open pass	<ul style="list-style-type: none">• Shifting to focus on external skill execution• A volleyball player focusing on their serve ability
Broad Focus	Narrow Focus
<ul style="list-style-type: none">• The focus is on one's own thoughts and emotions in general• A skier noticing they are happy while at the starting line	<ul style="list-style-type: none">• An athlete's focus on their sport-related mentality and skill set• A cross country runner going through their mantra before the start of a race
Internal Focus	

CONTROL YOUR ATTENTION

EXERCISES THAT CAN BE USED TO FOCUS ATTENTION

- Focus on controllables rather than uncontrollables
- Practice distraction control drills before, during, or after practice
 - Listening to a crowd noises recording while simulating competitions
- Create attentional cues to use during competition to refocus on what is important
- Visualize possible distractions and utilize the distraction control skills and attention cues to shift attention

Think of a practice or competition situation where you lost your concentration/attention.

What type of focus did you have? What type of focus would you like to instead to gain your concentration/attention back?

What strategies would you use to shift your attention back to what is most important?



Sport, Exercise, and Performance Psychology

Twitter: UWGB_SEPP

Email: sepp@uwgb.edu

Office: MAC 120X