Performing under pressure

"If he had other head, he would become a champion"

Andrija Gerić
Sport psychologist
Sport Mental Coach

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My path

www.andrijageric.com

Success ingredients

Thought factory

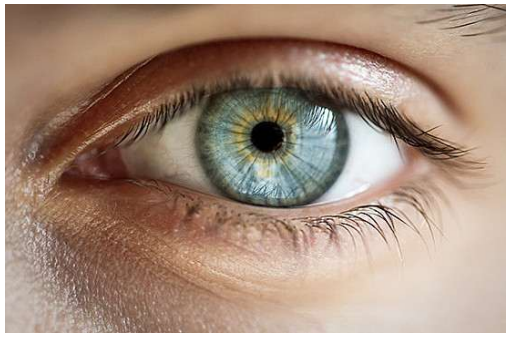
Pressure

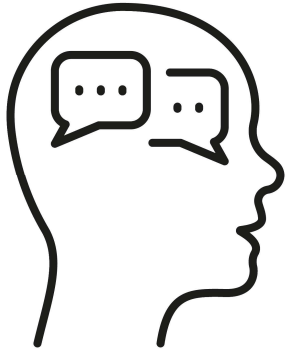
Expectations

- You from yourself?
- You from your team?
- Players from themselves?
- President from your team?

EXPECTATIONS ARE ENEMY OF OUR EXPERIENCE!!!!

CHANGING the STATE





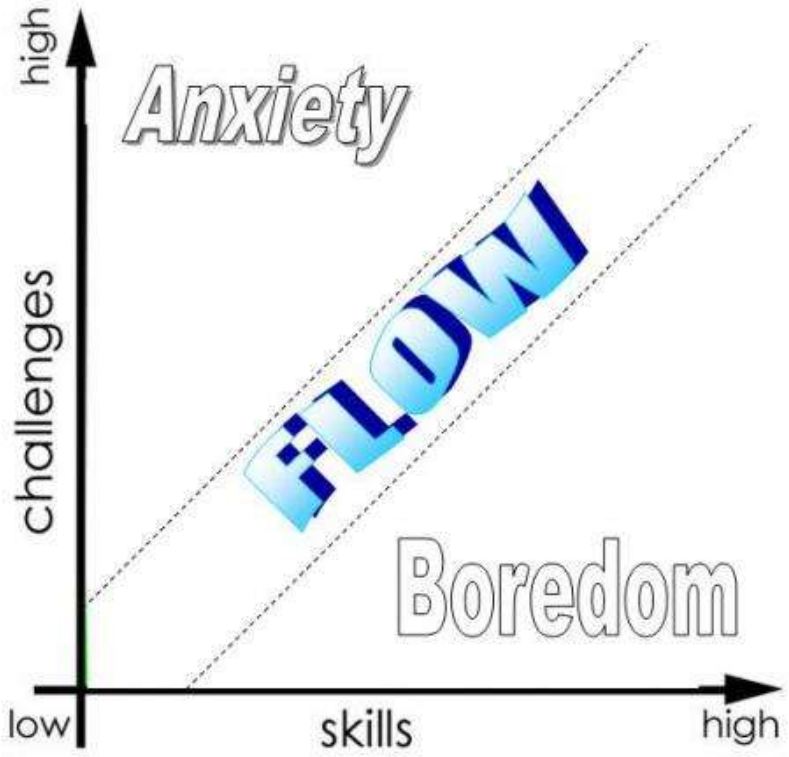
Using body position

CHANGE your SIZE

FLOW (Csikszentmihalyi)

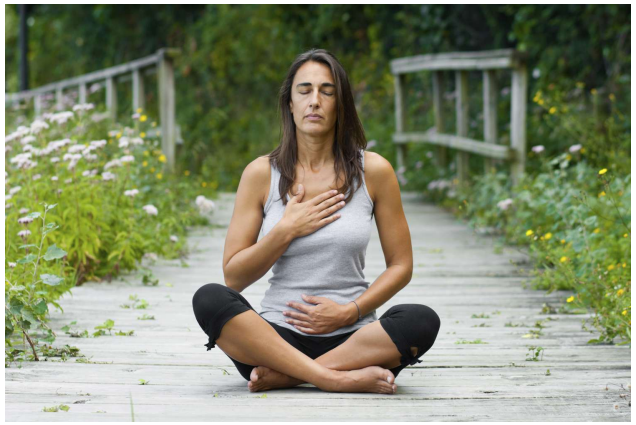
- “ZONE” experience
- FOCUSED ATTENTION
- Unaware of TIME
- Enjoying in ACTIVITY
- ALL Senses ON
- Attractive GOAL
- feedbek

FLOW in sports



BE IN HERE and NOW

DEEP BREATHING



4 INHALE

2 HOLD

5 EXHALE

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MAGIC or PRACTICE