

**MENTAL SKILLS TRAINING FOR ATHLETES**

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**Abstract:**
**Introduction :**

Sports have always been more than a form of physical activity. The mental skill training is a structured approach to developing psychological skills like confidence, focus and resilience to enhance athletic performance, key techniques include goal setting, visualization, positive self talk and managing anxiety through methods like deep breathing and it helps athletes perform more consistently under pressure.

The few techniques include visualization, goal setting, and positive self talk, Each techniques targets a specific aspects of mental strength. The process involves identified mental obstacles and systematically working through them. Metal preparation sets the stage for success, much like physical training preps the body. Athletics such as have all brought attention to the mental health aspects of competing at the professional level, on national teams. These athletes have used sports psychologists to help their athlete careers.

**Key mental skills and techniques :**

- A positive self talk – The positive self talk using and prompt to increase confidence manage pressure and maintain focus.
- Goal setting – The Establishing high, realistic goals to provide purpose and direction.
- To focus and concentration – The developing the ability to maintain attention on the task at hand an refocus when distracted.
- An Anxiety and emotion management – using techniques like deep breathing meditation and centering to stay calm and focused under pressure.

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**Benefits of mental skills training :**

The benefits of mental skills training for few steps like improved performance, better pressure managements, increased confidence an motivation and greater well being, believe that these skills are learned and can be improved through instruction and practice, work with each individual by assessing his current proficiency in each of the skills. The develop a plan for teaching and

enhancing the specific skills that need improvement for the individual.

➤ **The following Nine skills of successful Athletes  
(Jack J. Lesyk)**

The professional athlete or an Olympic champion to be successful athlete. Nor do you have to have a room trophies, win a state championship, make the front page of the sports section. Successful athletes have

worked with include an eleven year old figure who not yet won a competition, a middle aged runner whose goal is to complete her 1<sup>st</sup> marathon a weight lifter who holds several world records, and an Olympic medalist, these athletes have in common is that their sports is important to them and there committed to being the best that they can be within the scope of their limitations other life commitments finance, time and their natural ability.

There are Nine specific mental skills that contribute to success in sports, they are all learned and can be improved with instruction and practice. The sport psychology with serious athlete to all ages and ability levels to help them learn and sharpen these important skills. The following Nine skills of mental skills.

#### ➤ Brief list of the Nine Mental skills of successful Athletes :

##### 1) Attitude :

- Realize that attitude is a choice.
- Choose an attitude that is predominantly positive.
- Maintain balance and perspective between their sports and the rest of their lives.
- Respect their sport, other participants, coaches, officials and them selves.

##### 2) Motivation :

- Are able to persist through difficult tasks and difficult times, even when these rewards and benefits are not immediately forthcoming.
- Realize that many of the benefits come from their participation, not the outcome.

##### 3) Goal and commitment :

- Are highly committed to their goals and to carrying out the daily demands of their training programme.
- Set long term and short term goals that are realistic, measurable, and time oriented.

- The current performance level and are able to develop specific, detailed plans for attaining their goals.

##### 4) People Skills :

- When appropriate, communicate their thoughts, feelings and needs to these people and listen to them as well.
- Realize that they are part of a larger system that includes their families, friends, team mates, coaches, and others.

##### 5) Self Talk :

- Maintained their self confidence during difficult time with realistic positive self talk.
- Use self talk to regulate thought, filling and behaviors during competition.
- Talk to themselves the way they would talk to their own best friends.

##### 6) Mental Imagery :

- Create and use mental images that are detailed, specific and realistic.
- Prepare themselves for competition by imaging themselves performing well in competition.
- Use imagery during competition to prepare for action and recover from errors and poor performance.

##### 7) Dealing Effectively with Anxiety :

- Accept anxiety as part of sports.
- Know how to reduce anxiety when it becomes too strong without losing their intensity.
- Realize that some degree of anxiety can help them perform well.

##### 8) Dealing Effectively with Emotions :

- Are able to use these emotion to improve rather than interfere with high level

performance.

- Accept strong emotions such as excitement anger and disappointment as part of the sport experience.

#### 9) Concentration :

- Have learned how to play in the 'here and now' without regard to either past or anticipated

#### Future Events :

- Know what they must pay attention to during each game or sport situation.
- Have learned how to maintain focus and resist distractions, whether they come from the environment or from within themselves.

#### Conclusion :

- The conclusion drawn from research and practice regarding mental skills training are
- Essential for peak performance – Mental skill are not just an optional extra but a fundamental 'hub of the performance wheel' processing every decision and action an athlete.
- Beyond the Game – The psychological skills acquired are valuable life skills that benefit athlete in other areas of life.

- Proven effectiveness – Based research constituent show that well structure.
- Reduces stress and Anxiety – Athlete to better manage pressure, reduce performance anxiety and maintain composure in high stakes situation.
- Value of professional Guidance – Training is beneficial, working with a qualified sport psychology practitioner to create a personalized.
- Reduces stigma – Implementing MST program in a team setting can help normalize discussion team culture and encourage athletes to seek help when needed.

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