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# Preparing your mind and body

Presented by  
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# Session Plan

**Part 1: Tournament preparation**

**Part 2: In tournament performance**

**Q & A**



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# Part 1: Tournament preparation

**Attaining optimal performance  
through preparation**



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# Preparation

## Physical preparation:

- Nutrition
- Hydration
- Alcohol
- Exercise

Additional challenges when taken away  
from normal routines

# Possible Challenges

## Travel

- Exercise

## Sleep

- Routine

## Location

- Preparation

*Physical preparation allows  
for an optimal mental  
performance*

# Mental Preparation

- Pre-tournament emotion
  - Nerves
  - Over excitement
- Tournament strategies



# What if scenarios

- The travel arises late..?
- Hotel isn't what you expected..?
- Match time postponed..?
- Partner has to be changed..?
- Struggle sleeping..?

# Part 2: In tournament performance

**Attaining optimal performance  
throughout competition**



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***“Because every hand is different, the intellectual challenge of bridge never ceases.”***

# Relaxation & Concentration

- **Switch on/off**
- **Concentration**
- **Opportunities to relax**
- **Individual & Personal**



# **Routines**

- **Prepare for performance**
- **Increase concentration**
- **Prevent negative thoughts**
- **Block external distractions**
- **Improve performance**

# Positive self-talk

Negative/irrelevant thought	Positive replacement
I don't want to make another mistake	Mistakes are bound to happen and will not effect my next actions if I re-focus and use my routines
We are playing against a really good opponent	Opportunity to show our quality
We are never coming back from this	This will be a challenge and I need to concentrate to optimise chances of winning

# Breathing Techniques

## Breathing exercise

- One hand on the chest and the other on the belly
- Take a deep breath in through the nose, ensuring the diaphragm (not the chest) inflates with enough air to create a stretch in the lungs.
- Exhale through the mouth
- 6-10 deep, slow breaths per minute

# Imagery

**How did you find the imagining:**

**(Easy) 1      2      3      4      5      (Difficult)**

**Was the image in black and white or colour?**

**How clear or hazy was the image?**

**(Clear)      1      2      3      4      5      (Hazy)**

# Teammates

- **Concentration**
- **Relaxation**
- **Understanding**
- **Cohesion**



# Cues

## When to use techniques...?

Relax or concentrate	Cue
e.g. Concentrate – Totalling points in hand	Tap thigh
e.g. Relax – When Dummy	Say to myself “Relax”
e.g. someone makes an unexpected mistake	

# Summary

## **Tournament preparation:**

- **Physical & Mental**

## **In tournament performance:**

- **Concentration & Relaxation**



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# Questions..?