

SOLUTION FOCUSED PRACTICE IN SPORT : A CASE STUDY



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KEY ASSUMPTIONS *WITHIN THE* *CONTEXT OF SPORT*

- ✓ Focus is on “what works”
- ✓ We don’t ‘need’ to know all about the problem to look for solutions
- ✓ There are *always* exceptions
- ✓ The athlete is the expert
- ✓ Identification of goals
- ✓ Change happens through the athlete experiencing themselves as competent and successful



The New Zealand Herald



HOCKEY NZ U18 **PATHWAY TO PODIUM**



WORKSHOP THEMES

1. Performance Mindset – The Concept of Identity and Using Strengths as Tools
2. Vision of Success – In Life and In Hockey

WORKSHOP 1 - STRENGTHS EXERCISE

- Select two cards that relate to any or all of the other identities or roles in your life
- Pair up (different region/different gender), remain standing and face your cards outwards:
 1. Share with each other how the strengths you've chosen have helped you to achieve and succeed (in other areas of your life *apart from hockey*)
 2. SWOP your cards, and see if you can find examples of how you use *those* strengths in the other areas of your life
- SWOP the cards back so you have your original two, and pair up with someone new. Remain standing and face your cards outwards:
 1. Share with the other person how you use / could use these strengths as a hockey player (off and on the field)
 2. What do you notice about your **performance** when you use these strengths? What would others notice? (teammates, opposition, coaches, selectors)



WORKSHOP 2 – VISION EXERCISE

You are at the top of your professional game, and you have been asked back to your high school to present a talk on your sporting journey so far. How would you like to be answering the following questions?

1. What does your life look like?
2. What will have happened for this to be true?
3. What skills would you have had to develop?
4. Who will you have had to have met and developed relationships with?
5. What type of person have you become i.e. what qualities and strengths have you developed that have allowed you to become successful?
6. How likely is this to happen?



SCALING

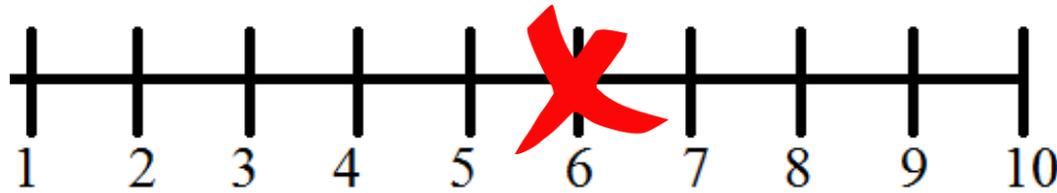


- Scales can be used to measure movement towards the preferred future
- Questions could include:
 - On a scale of 0-10, where 0 is “I can’t do this” and 10 is “I’m performing at my peak”, where are you?
 - What tells you you’re at 3 and not at 2? How did you get to 3?
 - What will be happening (how will you know) when you get to 4?
 - Who will notice? What will others notice?
 - What’s the highest you’ve ever been? How did you do that?



WORKSHOP 2 - BE AT YOUR BEST

RED



GREEN



- What does a 10 look like to you?
- What number are you at NOW? What have you done to get you to that number? What else?
- If you were at NOW+1, what would be different? What would you notice as clues you were progressing, and what would others notice?
- What would you be doing, either before, or during the next game / training session, to be performing at NOW+1? What else?
- How could your coach help you be more in “the green”?



"You have to expect things of yourself before you can do them."

Michael Jordan