FOCUS: An Imagery Tool (J. Bishop, 2024)

F - Find your target — visualize being in the right place at the right time, executing the right actions
O - Open your mind — relax and tap into all of your senses (touch, smell, sight, taste, hearing) visualize all aspects of the task/move
C - Concentrate — zone your attention in on executing the play/movement successfully; create controllable images
U - Unload your distractions — take a deep breath in control of your emotions, thoughts, and actions; imagine what it will feel like to execute the perfect play/move
S - Simulate success — imagine executing your best play using all of your senses; visualize successful execution and outcome; savor and enjoy creating your ideal reality!

Imagery Script:

FOCUS

Find Your Target
Open Your Mind
Concentrate On Executing Your Best Performance
Unload Your Distractions
Simulate Success

Script to outline responses utilizing all senses (UWS Syllabus – SPP 6230)

Visual
Auditory
Kinesthetic
Physical
Emotional
Olfactory
Gustatory