
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

