



ELEVATE
YOUR GAME

Mental Rehearsal Script

[How to use Imagery or Visualization]

Prior to practicing Visualization, record this script so that you can listen to it as many times as you like. You can have soft instrumental music or nature sounds playing in the background. Record the [Start], any or all [Section(s)] and [Closing] to complete a recording. Try to keep the recording to around 15-20 minutes maximum.

The power of visualization can enhance your performance by creating a strong mental connection between your mind and body. Feel free to replay this visualization anytime you need to boost your confidence and readiness for your volleyball matches. Good luck and play your best!

The possible situations in the game of volleyball are unlimited. Each of the skills described below could have had many variations. Take what we have here, tweak it to your liking, and practice every night before you go to bed! Allow your mind to take you to the court so that you can continue to play the sport you know and love over, and over again!

[Start]

Athlete Narrator (AN): Welcome, _____Your Name_____, to your mental preparation session. Find a comfortable seated position in a quiet space. Close your eyes and take a deep breath in, exhaling slowly. Let go of any tension in your body, allowing yourself to relax.

Take three deep, slow breaths that will fill your lungs and chest with air, breathe in..... and breathe out..... Breathe in..... breathe out.....Good, your mind is relaxed, and ready to start the visualization session.

Imagine yourself in the locker room. Feel the coolness of the floor beneath you as you walk in and the calming atmosphere around you.

Visualize your routine in the locker room and on the court. See your uniform folded on your chair. Imagine yourself changing into your warmups. Can you smell the clean jersey?, hear the talk and noise of your team mates getting ready, and feel yourself pulling up your kneepads and tying your shoes.

Picture the scene like a movie and the feel of yourself jogging with your team around the court, stretching and warming up your muscles, handling the ball. Imagine your warmup where you're passing,



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setting, or peppering with your whole team and they are all moving together like a dance routine. Create the images of hitting lines, blocking at the net and serving to a spot on the far court. . .after warm up when the whistle blows you are leaving the court, changing into your game uniform, and returning to the bench.

Finally, on the end line, hear the head official blow the whistle and feel yourself move onto the Court: your team is with you and you are all excited to get started so that you can work together and support each other with encouraging words like “what a hit!”, “great spot”, “let’s get this next point”. Image the down referee checking the positions of the teams and the server catching the ball to begin the match. You are in your ready position and your focus is narrowed onto the court. You are breathing steadily in and out, check your position and prepare your arms and feet to react to the situation around you...(see Section(s) and Closing.)

[Section(s)]

Tip: *The following Imagery sections can be used as a whole recording or record only the sections that you would like to work on individually; Serving, Pass/Receive, Attack, Blocking, Self-confidence and Resilience Section*

Serving Imagery Section

AN: Now, let's move onto serving practice. Visualize yourself on the court, ball in hand. Imagine your energy and the anticipation of throwing the ball in the air, straight up. As you serve, see yourself executing a powerful and accurate serve over the net. Hear the satisfying sound of the ball hitting the floor on the other side.

Picture yourself taking the ball and getting behind the endline, look over for the signal from your coach and then see your target, it's a bright spot on the floor over the net and on the other side. See and feel yourself move into proper position and listen for the official's whistle. Feeling completely confident with our chest and head up, take a deep breathe in and locate the seam you want to serve into and pause to exhale. Raise your serving arm and toss the ball, step, make accurate contact on the ball, feel the creases and cover of the ball, then feel the strong movement of your arm as you contact the ball for your follow through. Visualize the aggressive serve clearing the net and landing in the appropriate area. Feel it and see it. Now picture yourself moving into your ready position to be able to respond to the situation.

Pass / Receive Imagery Section



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AN: Transitioning to passing and service receiving. Picture yourself in the receive position, ready for the opponent's serve. As the ball comes towards you, visualize perfect technique as you pass the ball with precision to your setter. See the seamless communication and teamwork between you and your teammates.

You move yourself into position next to your teammates in serve receive. Your setter has called the play and all eyes are on the server. Hear the official's whistle and see the server contact the ball. Watch it come towards you. Continue to watch the path of the ball while feeling yourself move into position to make contact. See and feel that your contact position is low, with your weight a little forward and arms outstretched. Visualize the ball contacting your arms and rebounding to the setter. Feel your movement balanced with solid follow through toward the setter. Observe that the pass is the optimal height and right on target. Now picture yourself moving into your ready position to be able to respond to the situation.

Attack Imagery Section

AN: Moving on to attack and block scenarios. Envision yourself as the attacker, approaching the net with determination. Picture the ball coming to you, and as you jump, feel the power in your legs and arms as you execute a strong attack. Witness the ball hitting the floor on the other side of the net.

See and feel yourself move off the net to get a great approach to the ball. You see it is a great pass to the setter and quickly look at the block to see where they are lined up. Refocus on the ball and the setter, who delivers a great set to you. Feel that your footwork is quick and smooth as you accelerate up and into the air to attack the ball. You observe that there are two blockers up as you bring your arm through quickly to cut the ball off the blocker's left hand. You feel the solid contact of hand on ball and see it deflected straight down into the opponent's court. See, feel, and hear yourself, celebrate with your teammates.

Blocking Section

AN: Switch your focus to blocking. See yourself at the net, reading the opponent's movements. Visualize your timing and coordination as you jump and block the incoming attack. Feel the sense of accomplishment as the ball deflects back to the opponent's side.

You are in blocking base, and the attacker has already moved off the court to approach. You see their setter deliver a tempo set to your opponent. You watch the ball reach its peak, and then connect with your hitter's approach angle, the player's eyes and shoulders all show a cross-court shot. Feel yourself move your feet to line your body up on that angle and then jump straight up. Feel your outside hand turn slightly into the court as you place



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your inside hand in the seam. You have penetrated and sealed the net with both hands and forearms. Your position has taken away the shot of the attacker. Feel yourself block the ball straight down in front of them and then see, hear and feel the celebration with your teammates.

Self-confidence and Resilience Section

AN: Let's work on increasing your self-confidence and resilience. Begin by taking a deep, calming breath. Inhale positivity, and exhale self-doubt. Feel a sense of calm washing over you. Take three deep, slow breaths that will fill your lungs and chest with air, Inhale positivity, and exhale self-doubt, breathe in..... and breathe out..... Breathe in..... breathe out.....

Picture yourself in a challenging situation, one that may have happened in the past where you've missed a serve or the pass. Visualize the scenario and acknowledge any doubts or errors that might arise. (You may feel disappointment or anger or sadness or regret). Now take that picture and the feeling, roll it into a ball, throw that ball into the air and see it turn into fragile glass that when it hits the floor it smashes into thousands of pieces and disappears. You've acknowledged the feeling and are ready to let it go.

Now, imagine a switch inside you, a switch that represents your self-confidence. As you flip this switch, feel a surge of power and excitement coursing through your veins. Picture that you overcome obstacles by acknowledging how they make you feel and then letting them go and disappearing. You can use your powerful, inspiring and exciting belief in your abilities to execute the things you practice.

Shift your focus to making the next play or taking the next step. Imagine the serve going over the net and hitting the exact spot you intended it to go or imaging that it's the perfect pass, sailing through the air right to the exact place you intended it to go.

Feel the resilience within you, growing stronger with each challenge you face. Embrace the belief that you have the skills and strength to overcome any obstacle. Hug yourself and sway from side to side while you picture yourself with the skill to do amazing, incredible, fantastic things on the court over and over again just like you've practiced.

Inhale deeply one more time, drawing in that newfound confidence, just exhale. You carry this self-assurance with you. You trust in your abilities and know that you can handle any situation that comes your way. You are resilient, capable, and confident. You know what that feels like and looks like, you have unwavering self-belief.



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[Closing]

AN: Take a moment to acknowledge your progress and dedication in this mental rehearsal. Imagine yourself walking off the court with a sense of satisfaction, knowing you've visualized successful plays and teamwork. As you open your eyes, carry this confidence and mental clarity with you onto the court.

[Background Music Fades Out]

[End of Visualization]