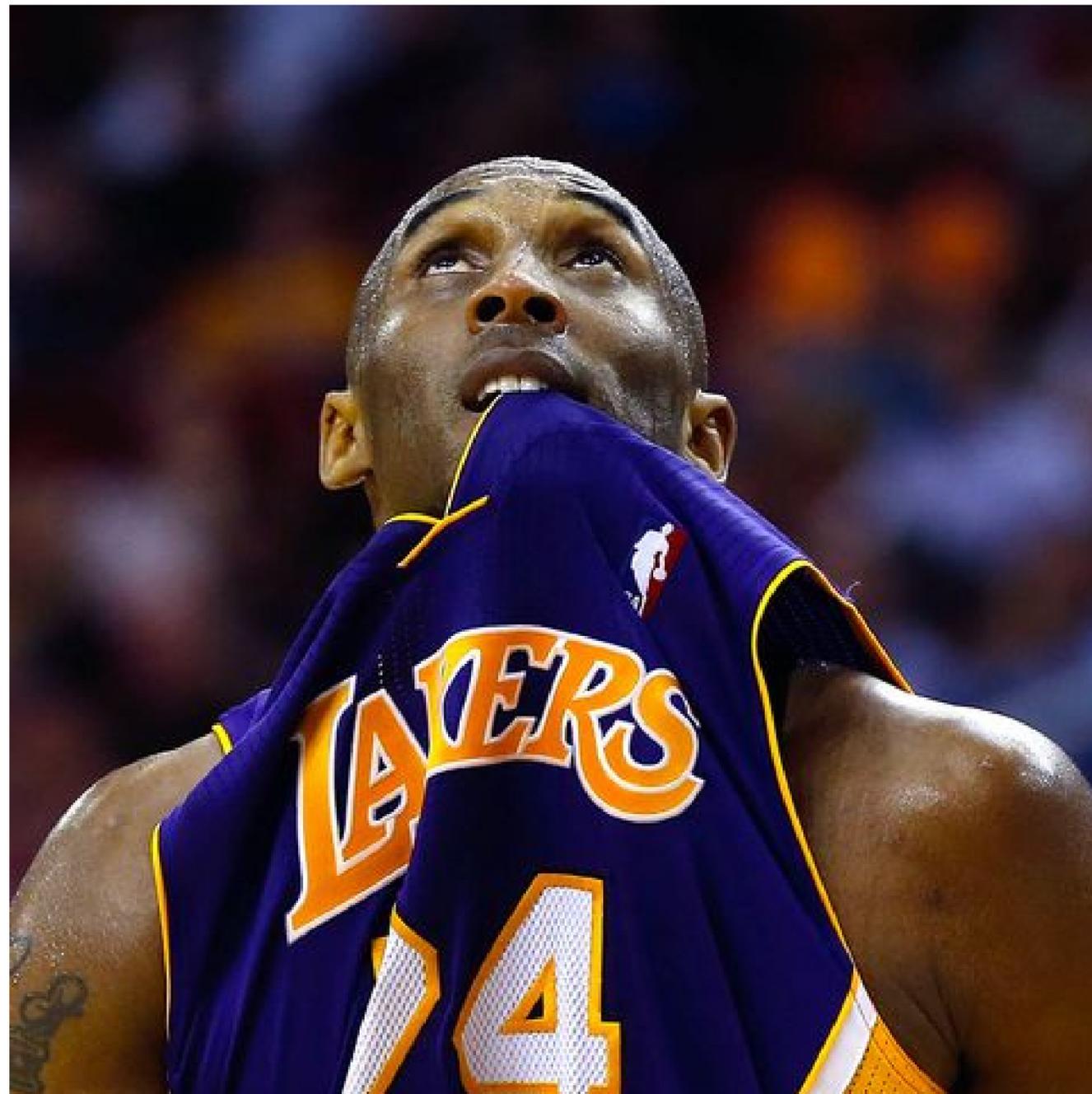


1.3 Sports Psychology



Why this Session?



"to use Sports
as the Biggest
Metaphor for
Life..."

Activity 1

Think of a Sport that you are actively involved in now or used to practice in the past.

List down 5 ways on how this sport activity has benefited you or even changed your life.





Pain. Patience. Humility



Benefits of Sports

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School of Life



1. Humility
2. Leadership & Teamwork
3. Discipline
4. Respect
5. Self Esteem
6. Focus
7. Values
8. Techniques
9. Resilience
10. Mental Toughness

Video

Curious
MIND



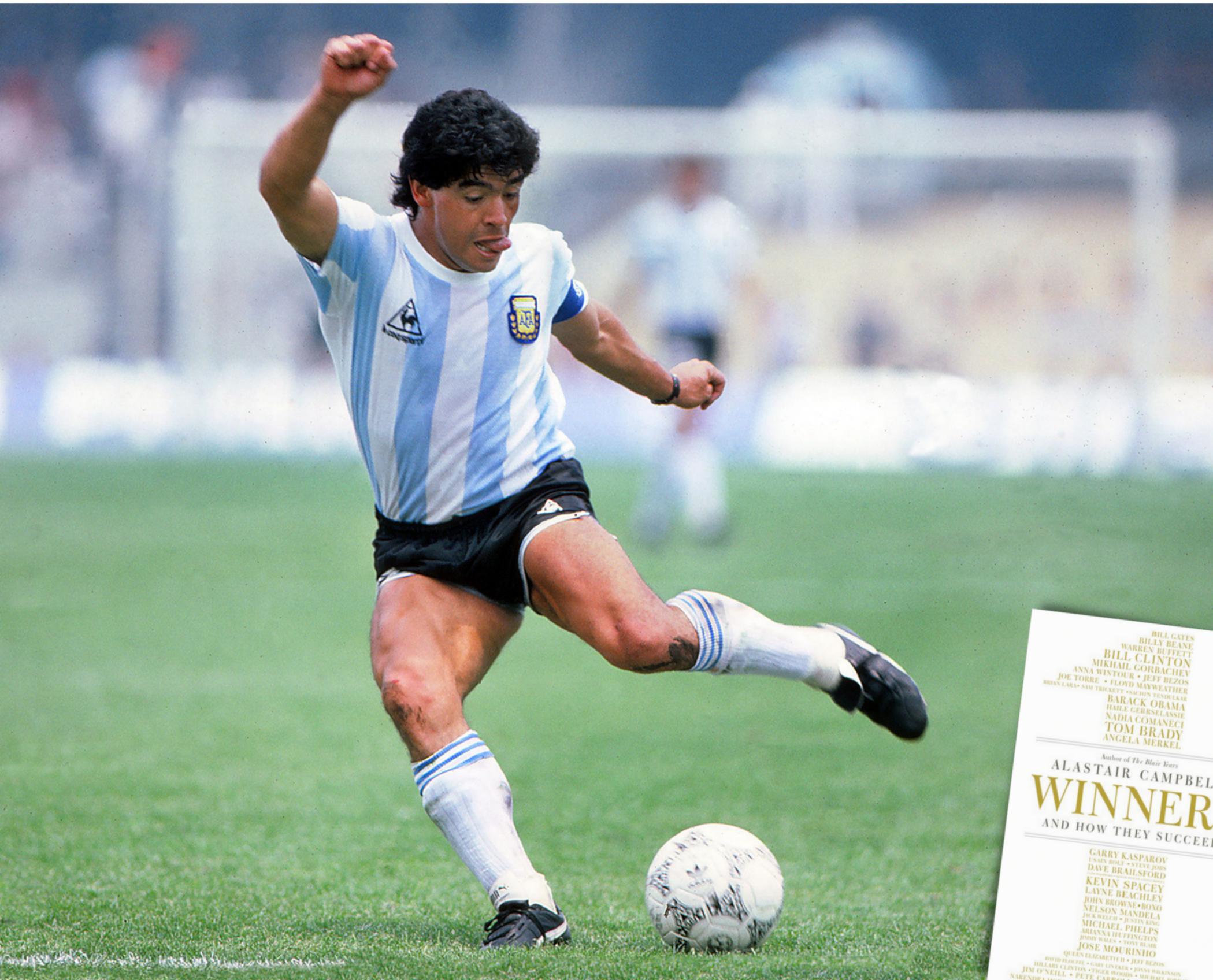
Disciplines of the World's Most Elite Athletes



1. Visualization

The brain can't really distinguish between a visualized and an actual experience. MRI have shown that you're the blood move around the brain even if you are only visualizing. The more you get used to what to expect, the better you'll cope.'

Andy McCann - Mental Skills Coach



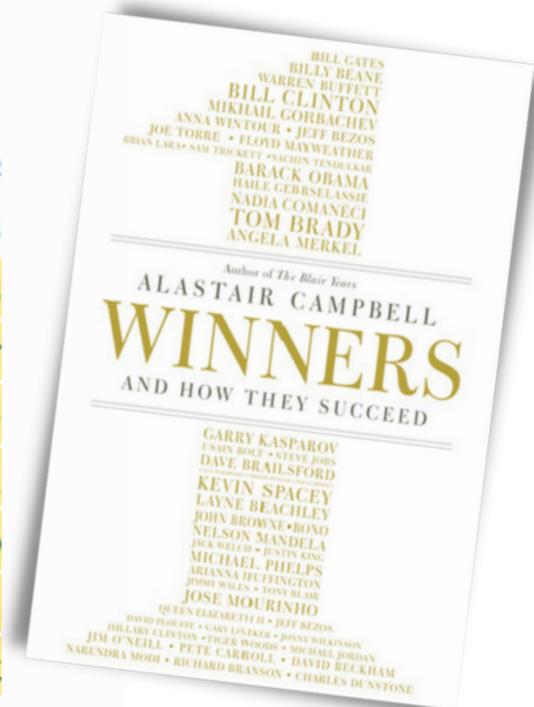
stand enough as he tells me how much he loves football, like a man loves a woman or a child loves a parent. It makes him happy because he knows he can make other people happy. We walk the length of the pitch, and he is very deliberately looking all around him, at every part of the turf and of the stands. He asks me how many people are coming tonight. 'Seventy thousand,' I say, and his eyes light up. Then he points around the ground, and says: 'Full, full, full, people, people, people.' I start to copy his lung-filling breathing exercises, and he nods in approval.

By now, a few balls have been rolled onto the pitch, and we jog slowly towards them. His knee is playing up, he has an impressive array of scars on both legs, and he moves gingerly at first, but as I pass a ball to him, he becomes a different person; the rather rickety frame turns into an athlete-cum-ballet dancer. He lets the ball hit the side of his boot; it rolls up his leg, over the tattoo of his friend and hero Fidel Castro, up to his thigh, then he flicks it away, turns his body almost to a right angle

and volleys the ball goalwards. I pass another ball, this time too softly, but he runs for it, flicks it up and then heads it in the air, again and again and again, running as he goes, before bringing the ball to a stop, on his neck. It sits there for a few seconds, then he lets it roll down his back, over his thigh, down to his foot, holds it still for a second or two, flicks it up in the air and crosses it back to me, inch-perfect from forty yards.

After a few minutes of this, he wants to do some shooting practice. We have four balls and he signals that I should roll them to him one by one. He hits the first into the corner of the net from twenty yards, then runs off in celebration. I mean celebration. Not like a child pretending he is Lionel Messi scoring in a park kick-about. I mean like Diego Maradona when he was winning World Cup Finals. He runs, thumps his chest, shouts and screams at imaginary people. The 'crowd' – now up to around seventy-five – watches on with a mix of amusement and awe. Then he's back, wants to try some more, deliberately aiming to hit the crossbar. Miss. Miss.

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Hit. Miss. Hit. Hit. He wants a harder challenge now, says he will hit the angle of the post and the bar. Bullseye first time. Off for another celebration, and the spectators are already so used to it they are cheering him on. He looks happy now.

As we walk off, he is surrounded and does what he has done every day of his adult life – signs autographs, poses for pictures, works at being Diego Maradona, legend. Back in the changing room, he showers, gets dressed again, says: 'It is going to be great. Tonight will be great.'

We now have Richard back with us, so I ask him to interpret, and ask Maradona what he was doing when he was celebrating goals scored into an empty net. Back comes the answer: 'You must visualise the victory.'

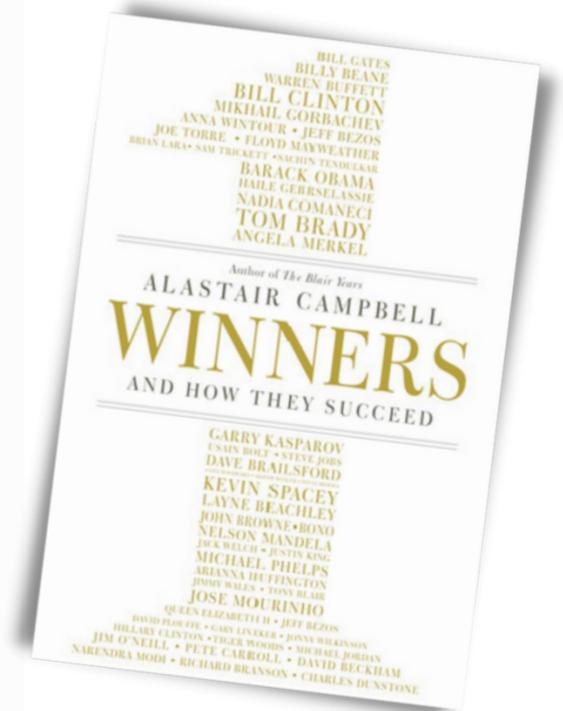
Mental skills coach Andy McCann says there's a lot of method in the seeming Maradona madness. 'When you visualise, yes you compete only in your mind, but it can have such a powerful effect that your entire body feels as if you're competing physically. The brain can't really distinguish between a

visualised and an actual experience. To the brain a neural pattern is a neural pattern. MRI scans have shown that blood moves around the brain even if you're only visualising. And the more you get used to what to expect, the better you'll cope.'

Shortly after our interview, he sent me the latest edition of the journal *Scientific American Mind*, which reported a study from Oslo University proving that visualisation affects the body at a cellular level as well as just blood flow in the brain. It showed that visualising rooms getting dark affected the dilation of the pupil (measured by lasers) in the same way as when the light was actually adjusted. It's scarcely surprising, then, that nearly all the sports stars interviewed for this book have used some form of visualisation, and regard it, as Maradona did, even for a charity match, as an important feature of the winning mindset.

Just visualising what success looks like can have an astonishingly powerful psychological effect. Jürgen Klopp, the charismatic German coach who built Borussia Dortmund into one of the world's best

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Curious
MIND

**DR. Blaslotto
University of Chicago.**

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Group	Free Throw Practice	Visualisation
1	1 hour a day	0
2	0	1 hour a day
3	0	0

Group	Improvement
1	23%
2	24%
3	No change



Curious
MIND

Russian Olympic Basketball Team Secret 1950 - 1980

Group	Physical Training	Visualisation
1	100%	0
2	75%	25%
3	50%	50%
4	25%	75%

Outcome	Group
Most Improved	4
↓	3
	2
Least Improved	1



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Curious
MIND

Smell the Lemon

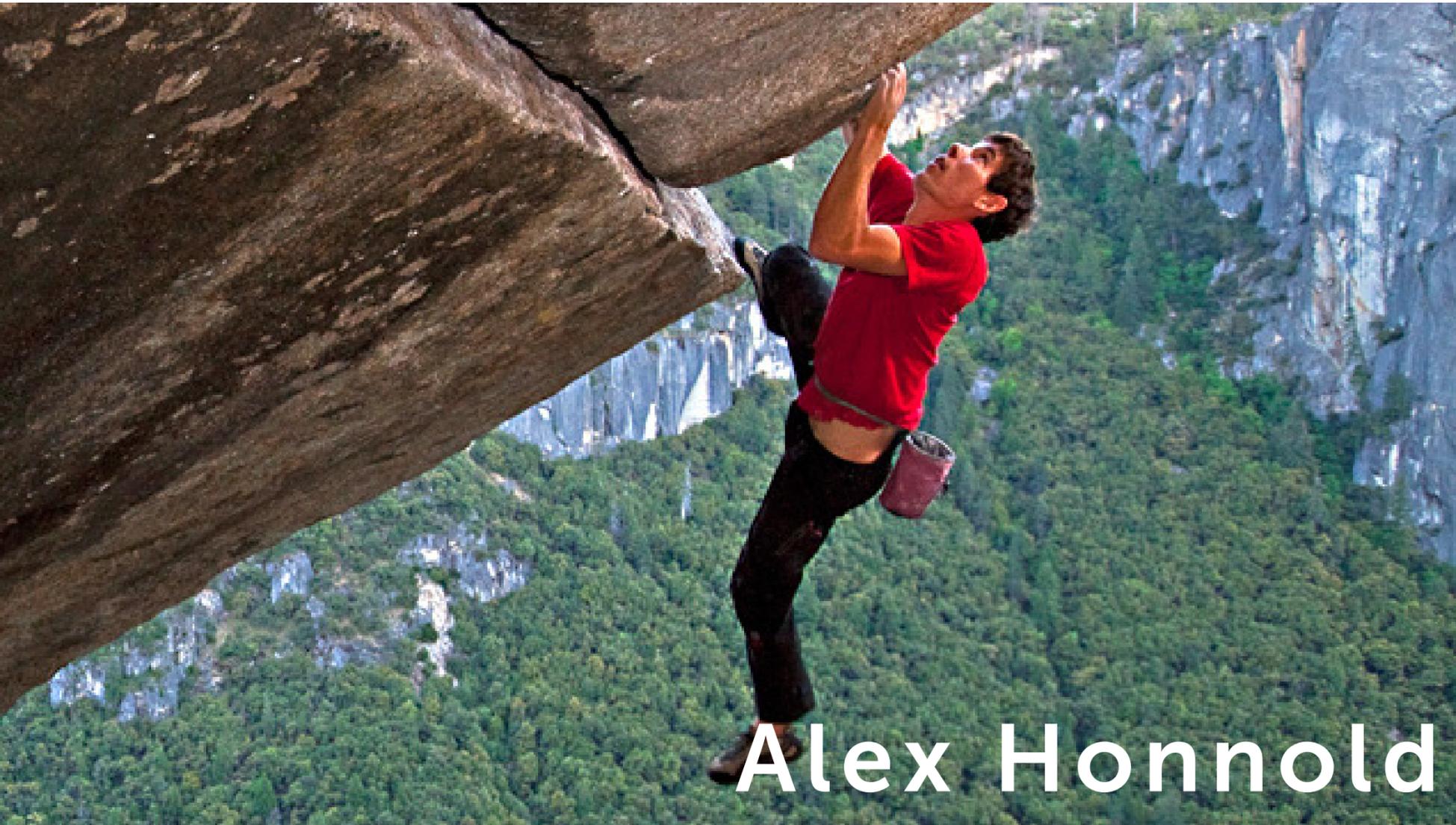




*"Walt has seen it
vividly in his
mind all along"*

Roy Disney

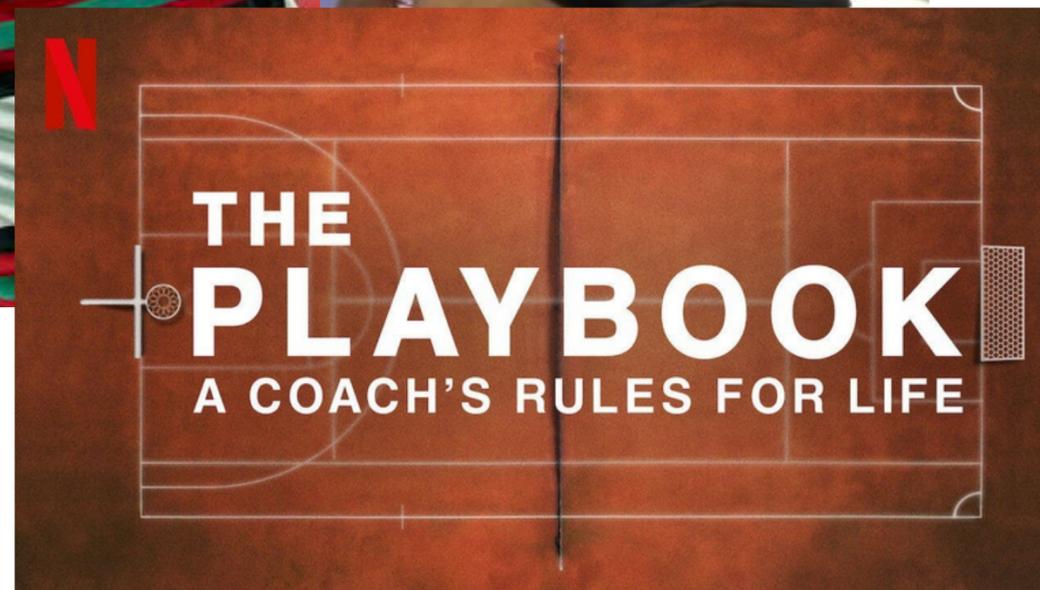
Recommended Watching



Alex Honnold

*Video 1:
How I climbed a
3,000-foot
vertical cliff --
without ropes.
Alex Honnold*

*Video 2:
Visualization
Technique of
Sports Elite*



2. Confidence

"I'm ok with my players losing, as long as they don't turn it into fear..."

Liu Guo Liang

Opponents feared Michael Jordan, says former teammate

By TalkBasket.net - May 17, 2020 5:24 PM

- Facebook
- Twitter
- Reddit
- Email



STAY CONNECTED

- 11,775 Fans
- 314 Followers
- 10,646 Followers
- 207 Subscribers

Invest with
Fast Direct Execu

Multi-awarded,
multi-regulated brok

Open an Account

Our services involve a significant risk an
the loss of your invested capital. T&

HOT NEWS

Fear = Game Over

3. Basics



Video

Relentless 4AM!



CY Hoon and 34 others



Had a chance to pay tribute to an icon who's been occupying my mind in the last two weeks.

These photos were taken at the housing project of Manila late at night. If you are a fan living in Asia, and are unable to travel to the Staples Centre, this is probably the next best thing you can go to.

What made this experience extra special was the good fortune of being given a private tour of this amazing labour of love by the artist himself, Mr Jerry Llaniguez Gabo who worked through 48 hours marathon together with two dozen volunteers following the Kobe Bryant and Gianna's death.

Jerry told us that the court was closed off from games until after Kobe's burial. Thereafter, they'd erect a smaller mural of the same picture vertically as a permanent fixture for the neighborhood.

The entire neighborhood was devastated. Over 7000 from around the world have since paid their respects at this unknown suburb since Kobe's passing, "many came here crying", he described.

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At the end of our tour, Jerry graciously passed me a brush for me to express my condolences.

I pondered hard about what to write; challenging myself to pen down something that was not already written on the wall, to capture what Kobe meant to me and to the many strangers he inspired.

After much contemplation, I painted these two words.

Relentless and 4am.

It's his relentless focus and unmatched work ethics of waking up at 4am to hit the gym for the past 20 years that transcends the sport of basketball and inspired the world.

What a Star, what a Legend!

RIP, Kob!

Curious
MIND

4. Routine

It gives me confidence and peace of mind knowing that things are going to be okay for me or at least that I am doing everything I can to make things okay.”



[Article](#)

[video](#)



video

5. Unity



6. Passion

Video

HOW DID THEY DO IT?

- ICELAND WAS ONE OF THE LOWEST RANKED NATIONS IN EUROPE
- THE NATIONAL TEAM HADN'T EVEN WON A WORLD CUP QUALIFICATION MATCH UNTIL 1977'S 1-0 VICTORY AGAINST NORTHERN IRELAND
- WHEN THEY BEGAN QUALIFICATION FOR WC 2014, ICELAND WERE RANKED ALONGSIDE SAN MARINO & ANDORRA
- ICELAND'S FIRST PROFESSIONAL PLAYER TURNED OUT FOR BOTH ARSENAL & AC MILAN IN THE 1940S



Knattspyrnusambandð
@knattspyrnu

47 days until 🇩🇪 vs 🇮🇪

Our first win in @FIFAWorldCup qualifying came on June 11, 1977. On that day we beat Northern Ireland 1-0 in Reykjavik.

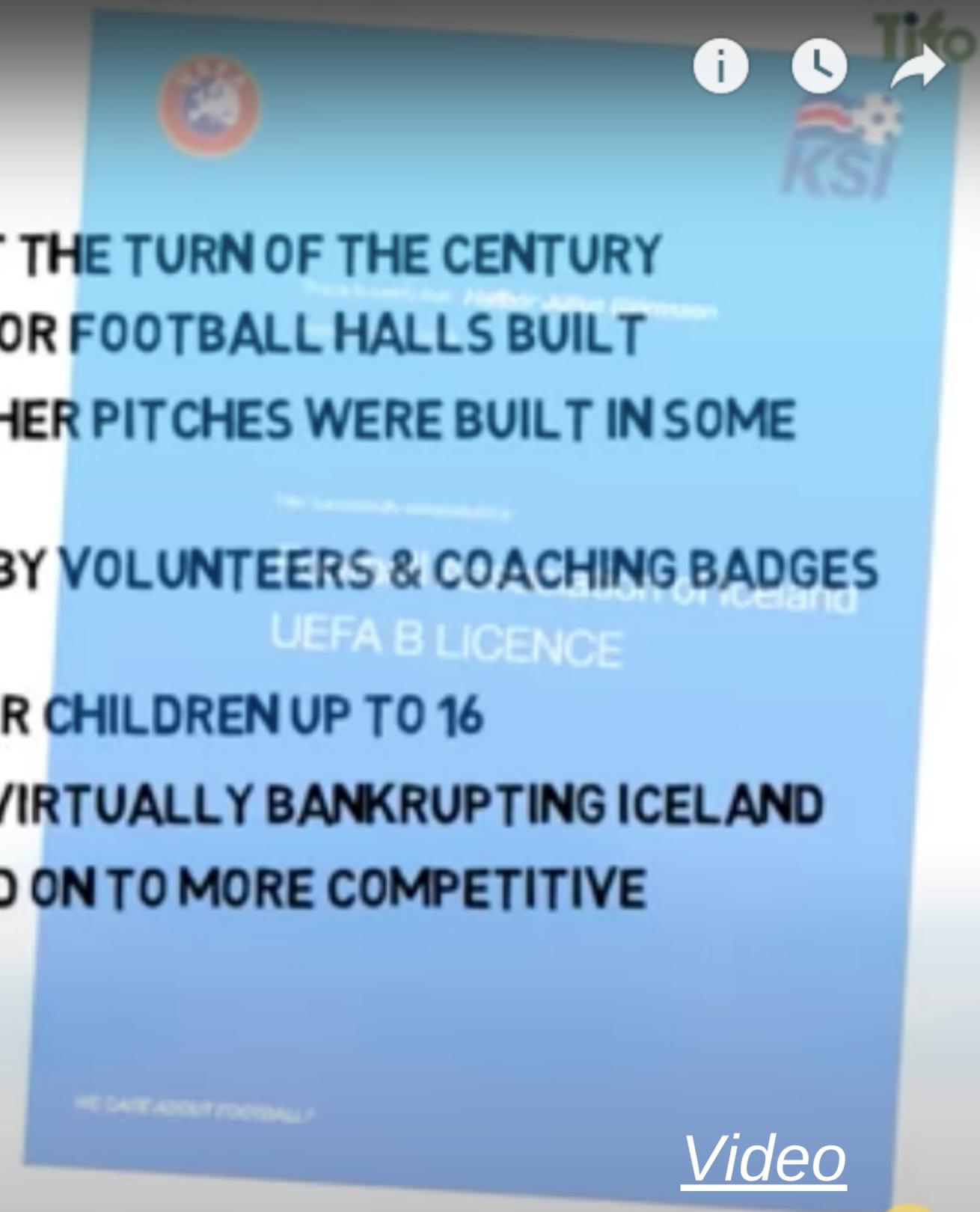
The goal was shown from three angles in Morgunblaðið. Fair to say people were happy with the win.

#fyririsland #teamiceland



PLANNING FOR SUCCESS

- ICELAND'S PLAN FOR WORLD CUP QUALIFICATION BEGAN AT THE TURN OF THE CENTURY
- THEY INITIATED AN AMBITIOUS PROJECT WHICH SAW 7 INDOOR FOOTBALL HALLS BUILT
- OVER THE NEXT 8 YEARS MORE THAN 200 SMALL, ALL WEATHER PITCHES WERE BUILT IN SOME OF THE MOST REMOTE VILLAGES IN THE COUNTRY
- COACHING BECAME A PROFESSION, RATHER THAN STAFFED BY VOLUNTEERS & COACHING BADGES WERE HEAVILY SUBSIDISED
- ICELAND NOW HAS NEARLY 500 UEFA B LICENSE COACHES FOR CHILDREN UP TO 16
- INVESTMENT CONTINUED DESPITE 2008'S FINANCIAL CRASH VIRTUALLY BANKRUPTING ICELAND
- ICELAND'S MOST PROMISING TALENTS WERE QUICKLY MOVED ON TO MORE COMPETITIVE EUROPEAN LEAGUES TO GET EXPERIENCE

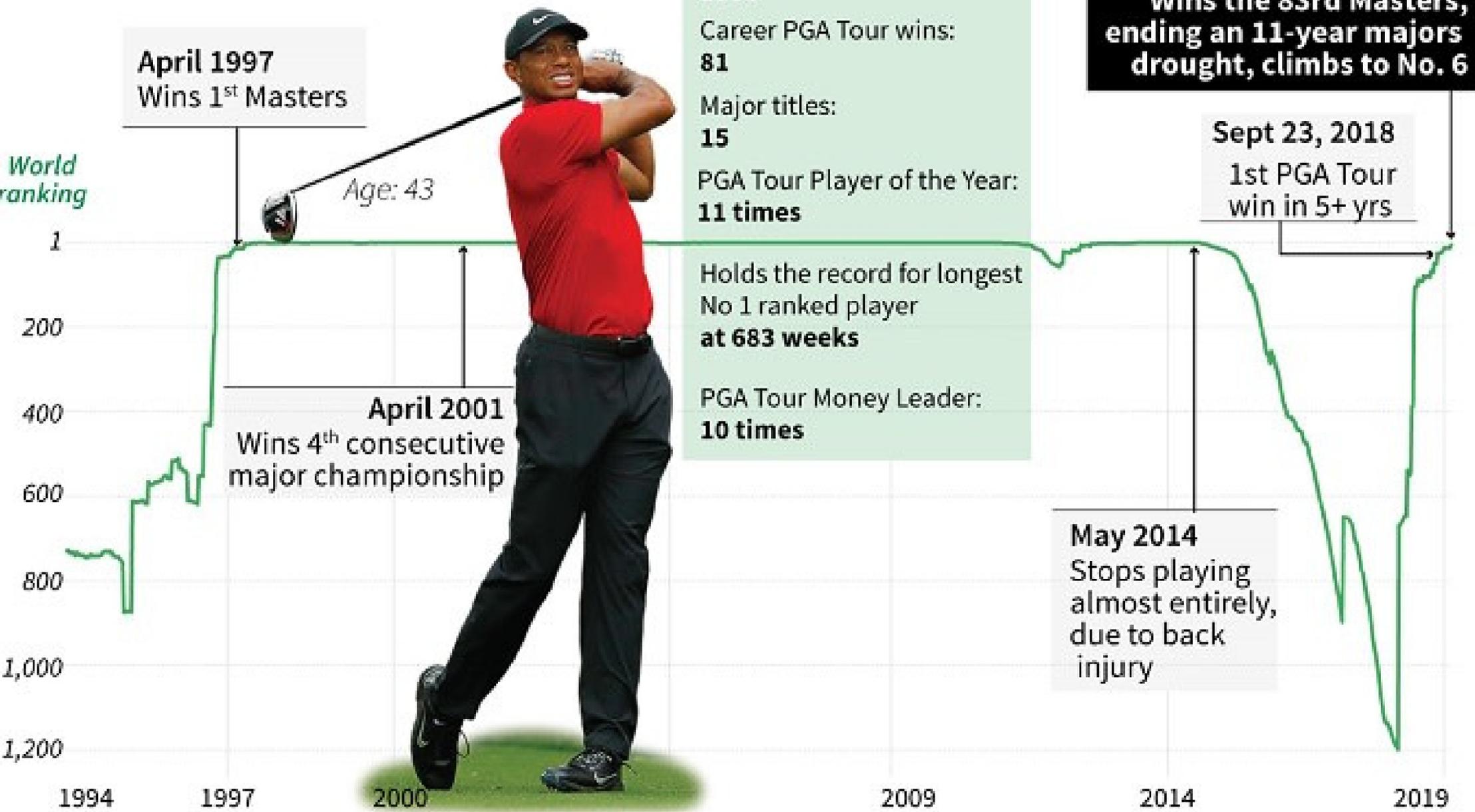


Video

7. Focus



Tiger Woods is back



Turned Professional: **1996**

Career PGA Tour wins: **81**

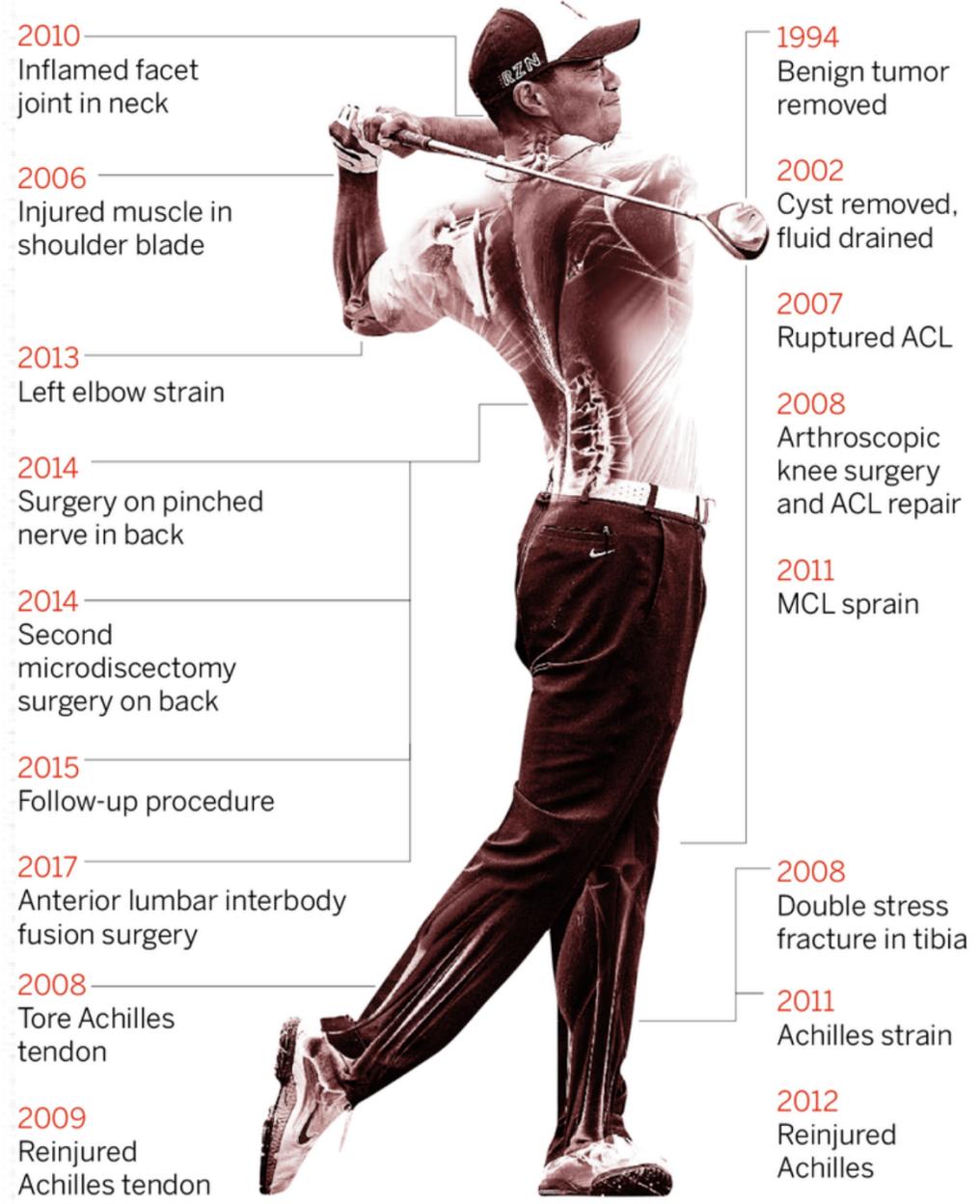
Major titles: **15**

PGA Tour Player of the Year: **11 times**

Holds the record for longest No 1 ranked player **at 683 weeks**

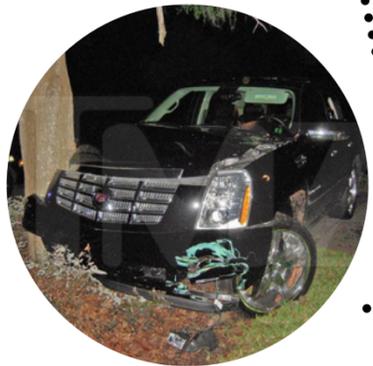
PGA Tour Money Leader: **10 times**

TIGER WOODS' INJURY HISTORY



Sources: PGA Tour, AFP photo/Getty Image





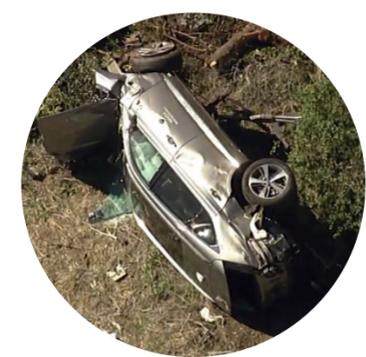
Steve Williams was his caddy for 13 of his first 14 majors wins.



Turned Professional: **1996**
 Career PGA Tour wins: **81**
 Major titles: **15**

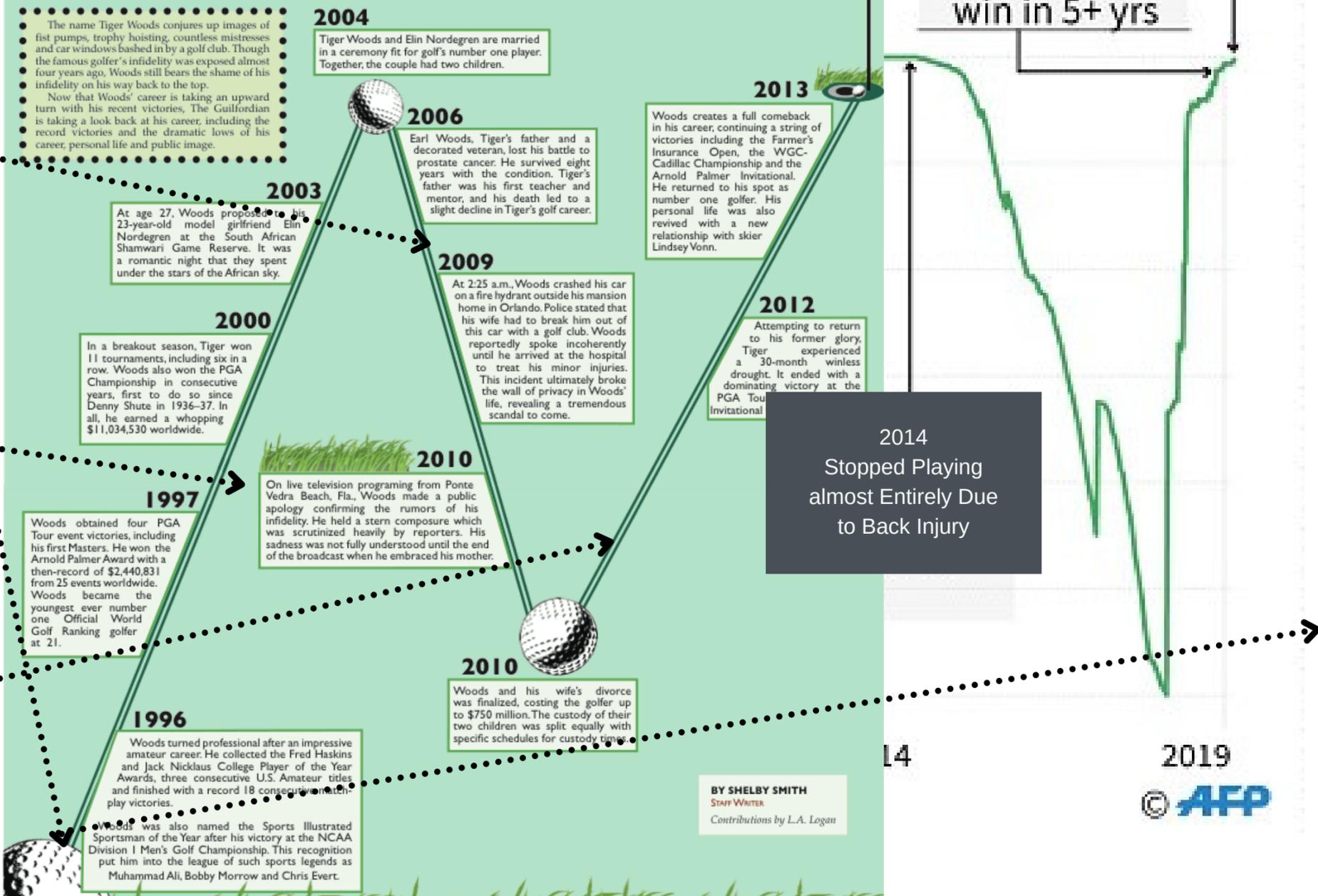
April 14, 2019
 Wins the 83rd Masters, ending an 11-year majors drought, climbs to No. 6

Sept 23, 2018
 1st PGA Tour win in 5+ yrs



April 2021

Tiger Woods' tumultuous timeline



The reason for writing this letter is to inform you [that] my parents and myself never want to talk or hear from you again.

'I hope the rest of your life runs well for you. I know this is sudden and a surprise but it is, in my opinion, much warranted.

Sincerely, Tiger.'

BY SHELBY SMITH
 STAFF WRITER
 Contributions by L.A. Logan

© AFP

Kind versus Wicked Learning Environments

- The Environment Impacts Decision-making

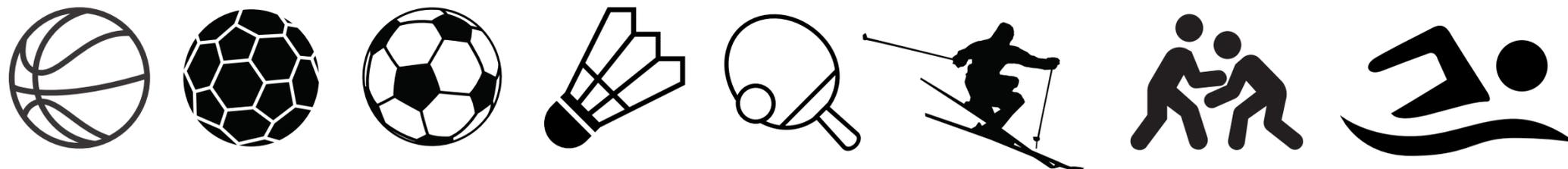
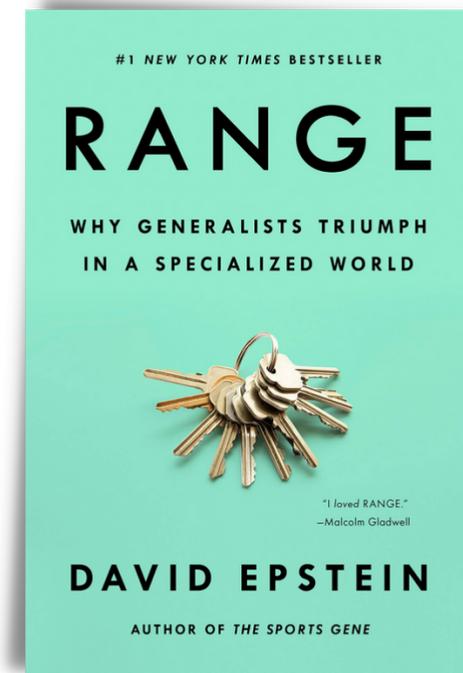
Kind

Wicked

- Patterns repeat
- Feedback accurate and rapid
- Rules of game well-defined

- Patterns not obvious or repeating
- Feedback delayed and inaccurate
- Rules unclear and Incomplete

8. Diversification



INTRODUCTION

Roger vs. Tiger

LET'S START WITH a couple of stories from the world of sports. This first one, you probably know.

The boy's father could tell something was different. At six months old, the boy could balance on his father's palm as he walked through their home. At seven months, his father gave him a putter to fool around with, and the boy dragged it everywhere he went in his little circular baby walker. At ten months, he climbed down from his high chair, trundled over to a golf club that had been cut down to size for him, and imitated the swing he'd been watching in the garage. Because the father couldn't yet talk with his son, he drew pictures to show the boy how to place his hands on the club. "It is very difficult to communicate how to putt when the child is too young to talk," he would later note.

At two—an age when the Centers for Disease Control and Prevention list physical developmental milestones like "kicks a ball" and "stands on tiptoe"—he went on national television and used a club tall enough to reach his shoulder to drive a

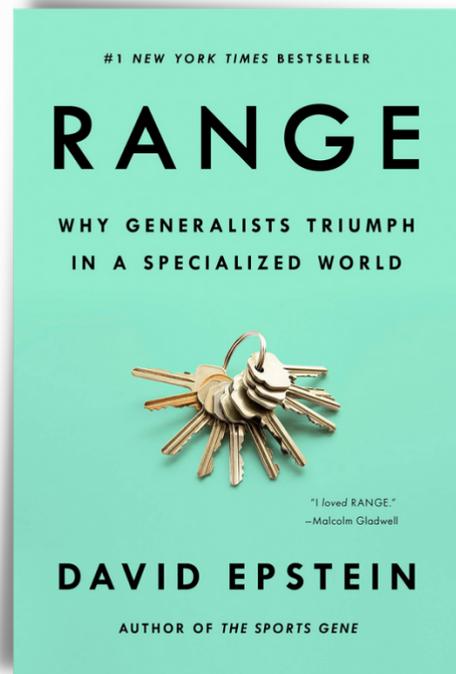
ball past an admiring Bob Hope. That same year, he entered his first tournament, and won the ten-and-under division.

There was no time to waste. By three, the boy was learning how to play out of a "sand trap," and his father was mapping out his destiny. He knew his son had been chosen for this, and that it was his duty to guide him. Think about it: if you felt that certain about the path ahead, maybe you too would start prepping your three-year-old to handle the inevitable and insatiable media that would come. He quizzed the boy, playing reporter, teaching him how to give curt answers, never to offer more than precisely what was asked. That year, the boy shot 48, eleven over par, for nine holes at a course in California.

When the boy was four, his father could drop him off at a golf course at nine in the morning and pick him up eight hours later, sometimes with the money he'd won from those foolish enough to doubt.

At eight, the son beat his father for the first time. The father didn't mind, because he was convinced that his boy was singularly talented, and that he was uniquely equipped to help him. He had been an outstanding athlete himself, and against enormous odds. He played baseball in college when he was the only black player in the entire conference. He understood people, and discipline; a sociology major, he served in Vietnam as a member of the Army's elite Green Berets, and later taught psychological warfare to future officers. He knew he hadn't done his best with three kids from a previous marriage, but now he could see that he'd been given a second chance to do

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the right thing with number four. And it was all going according to plan.

The boy was already famous by the time he reached Stanford, and soon his father opened up about his importance. His son would have a larger impact than Nelson Mandela, than Gandhi, than Buddha, he insisted. “He has a larger forum than any of them,” he said. “He’s the bridge between the East and the West. There is no limit because he has the guidance. I don’t know yet exactly what form this will take. But he is the Chosen One.”

—

This second story, you also probably know. You might not recognize it at first.

His mom was a coach, but she never coached him. He would kick a ball around with her when he learned to walk. As a boy, he played squash with his father on Sundays. He dabbled in skiing, wrestling, swimming, and skateboarding. He played basketball, handball, tennis, table tennis, badminton over his neighbor’s fence, and soccer at school. He would later give credit to the wide range of sports he played for helping him develop his athleticism and hand-eye coordination.

He found that the sport really didn’t matter much, so long as it included a ball. “I was always very much more interested if a ball was involved,” he would remember. He was a kid who loved to play. His parents had no particular athletic aspirations for him. “We had no plan A, no plan B,” his mother would later say. She and the boy’s father encouraged him to

sample a wide array of sports. In fact, it was essential. The boy “became unbearable,” his mother said, if he had to stay still for too long.

Though his mother taught tennis, she decided against working with him. “He would have just upset me anyway,” she said. “He tried out every strange stroke and certainly never returned a ball normally. That is simply no fun for a mother.” Rather than pushy, a *Sports Illustrated* writer would observe that his parents were, if anything, “pully.” Nearing his teens, the boy began to gravitate more toward tennis, and “if they nudged him at all, it was to stop taking tennis so seriously.” When he played matches, his mother often wandered away to chat with friends. His father had only one rule: “Just don’t cheat.” He didn’t, and he started getting really good.

As a teenager, he was good enough to warrant an interview with the local newspaper. His mother was appalled to read that, when asked what he would buy with a hypothetical first paycheck from playing tennis, her son answered, “a Mercedes.” She was relieved when the reporter let her listen to a recording of the interview and they realized there’d been a mistake: the boy had said “*Mehr CDs*,” in Swiss German. He simply wanted “more CDs.”

The boy was competitive, no doubt. But when his tennis instructors decided to move him up to a group with older players, he asked to move back so he could stay with his friends. After all, part of the fun was hanging around after his lessons to gab about music, or pro wrestling, or soccer.

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#1 NEW YORK TIMES BESTSELLER

RANGE

WHY GENERALISTS TRIUMPH
IN A SPECIALIZED WORLD



“I loved RANGE.”
—Malcolm Gladwell

DAVID EPSTEIN

AUTHOR OF THE SPORTS GENE

Curious
MIND

By the time he finally gave up other sports—soccer, most notably—to focus on tennis, other kids had long since been working with strength coaches, sports psychologists, and nutritionists. But it didn't seem to hamper his development in the long run. In his midthirties, an age by which even legendary tennis players are typically retired, he would still be ranked number one in the world.

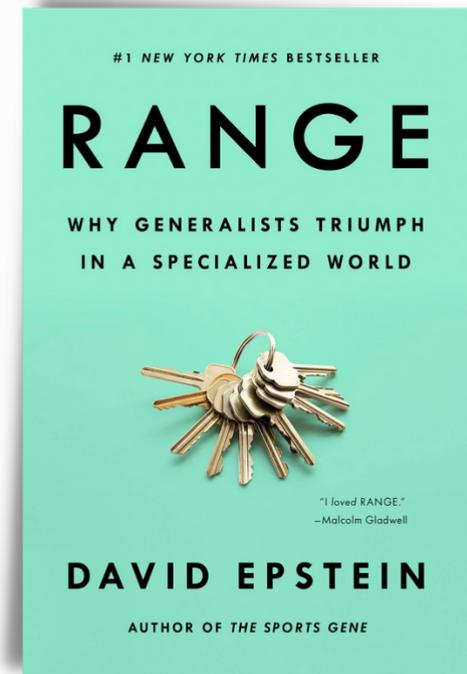
In 2006, Tiger Woods and Roger Federer met for the first time, when both were at the apex of their powers. Tiger flew in on his private jet to watch the final of the U.S. Open. It made Federer especially nervous, but he still won, for the third year in a row. Woods joined him in the locker room for a champagne celebration. They connected as only they could. "I've never spoken with anybody who was so familiar with the feeling of being invincible," Federer would later describe it. They quickly became friends, as well as focal points of a debate over who was the most dominant athlete in the world.

Still, the contrast was not lost on Federer. "His story is completely different from mine," he told a biographer in 2006. "Even as a kid his goal was to break the record for winning the most majors. I was just dreaming of just once meeting Boris Becker or being able to play at Wimbledon some time."

It seems pretty unusual for a child with "pully" parents, and who first took his sport lightly, to grow into a man who dominates it like no one before him. Unlike Tiger, thousands of kids, at least, had a head start on Roger. Tiger's incredible

upbringing has been at the heart of a batch of bestselling books on the development of expertise, one of which was a parenting manual written by Tiger's father, Earl. Tiger was not merely playing golf. He was engaging in "deliberate practice," the only kind that counts in the now-ubiquitous ten-thousand-hours rule to expertise. The "rule" represents the idea that the number of accumulated hours of highly specialized training is the sole factor in skill development, no matter the domain. Deliberate practice, according to the study of thirty violinists that spawned the rule, occurs when learners are "given explicit instructions about the best method," individually supervised by an instructor, supplied with "immediate informative feedback and knowledge of the results of their performance," and "repeatedly perform the same or similar tasks." Reams of work on expertise development shows that elite athletes spend more time in highly technical, deliberate practice each week than those who plateau at lower levels:

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Kind versus Wicked Learning Environments

- The Environment Impacts Decision-making

Kind

- Patterns repeat
- Feedback accurate and rapid
- Rules of game well-defined

Wicked

- Patterns not obvious or repeating
- Feedback delayed and inaccurate
- Rules unclear and Incomplete

9. Fun!



Video

10. Follow!



playerstribune • Follow



And I guess how that story connects this season to everything else for me, is like: I think I've always known what a blessing it was that I got to be teammates with Kobe for his last two years in the league. But there's knowing... and then there's understanding. And I think this year, for the first time, I've really understood why Kobe mentored younger players like me. Not just so we could flourish ourselves, but so we could pass down what we learned to other players as well. I think that's a huge part of his legacy, especially in those last few years." (Link in bio) • 📷: @kelvinkuo, @rob carr4

3h



Liked by jdeez and 8,741 others

3 HOURS AGO



Add a comment...

Post

Julius Randle's Kobe Story

During the broadcast of Monday night's Knicks-Lakers matchup, the incredible story of how Kobe Bryant inspired Julius Randle to put in extra work each time he arrived in a new city was told.

Soon after Randle was drafted, Bryant told him that as soon as the Lakers' plane would land in a new city, no matter how late it was, he would find a gym where he could put in some extra work. That's just pure "Mamba Mentality," right?

Randle has been doing this for quite some time and also has some of his Knicks teammates joining him these days. But that's not the end of the story.



On a road trip to Detroit, Randle found a high school gym willing to stay open so he could get some work in. When he arrived, the school's athletic director told him that he was thrilled to see him there as nobody had made such a request in quite some time. Randle was then told that the last person to show up and work like that was none other than Bryant himself

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Curious
MIND



Video



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Bonus!

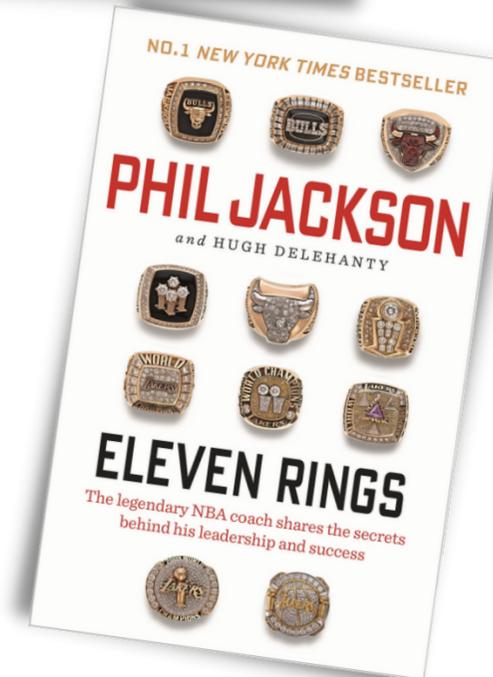
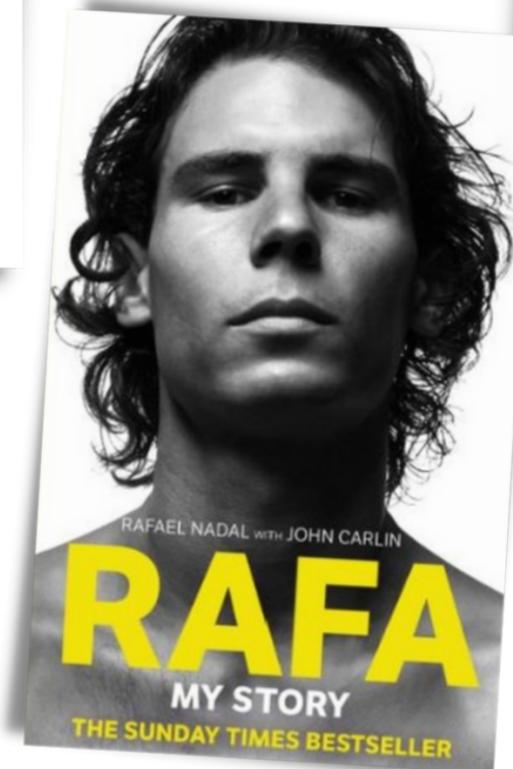
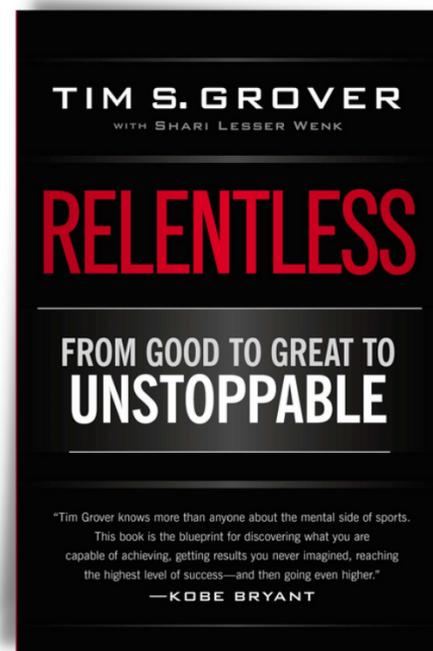
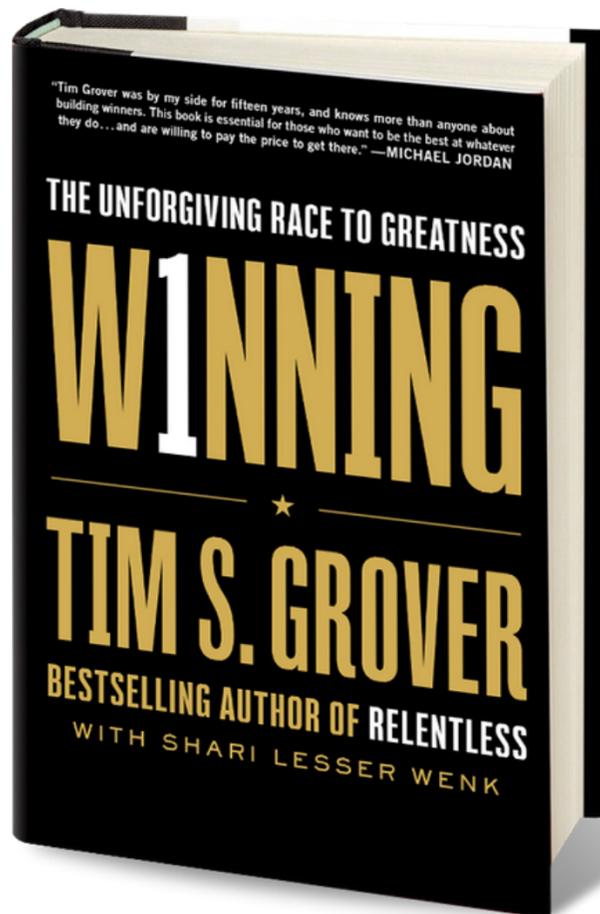
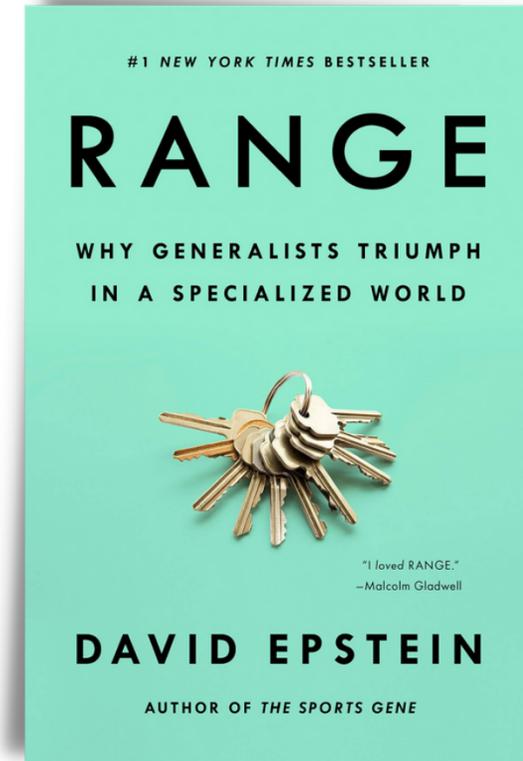
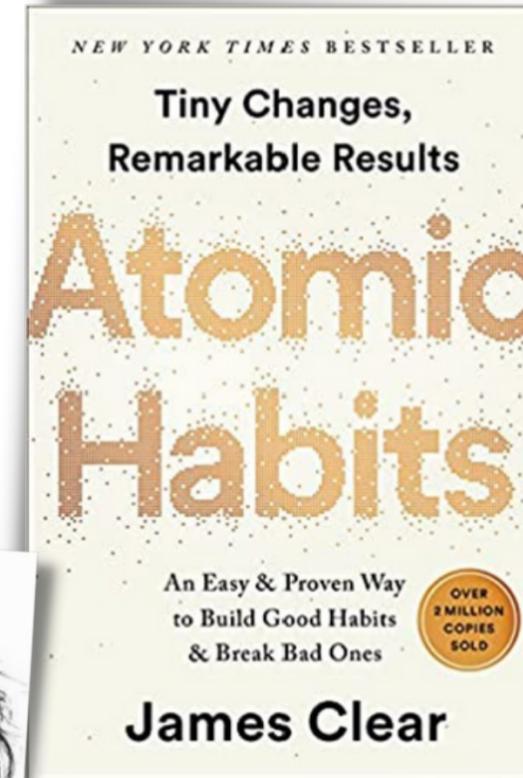
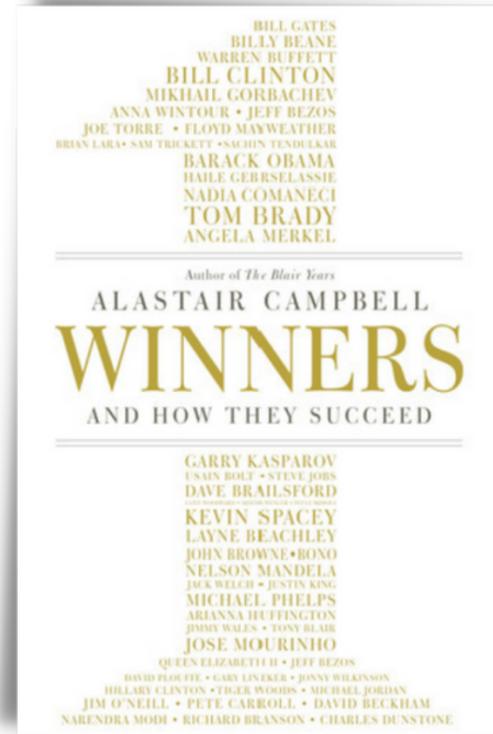
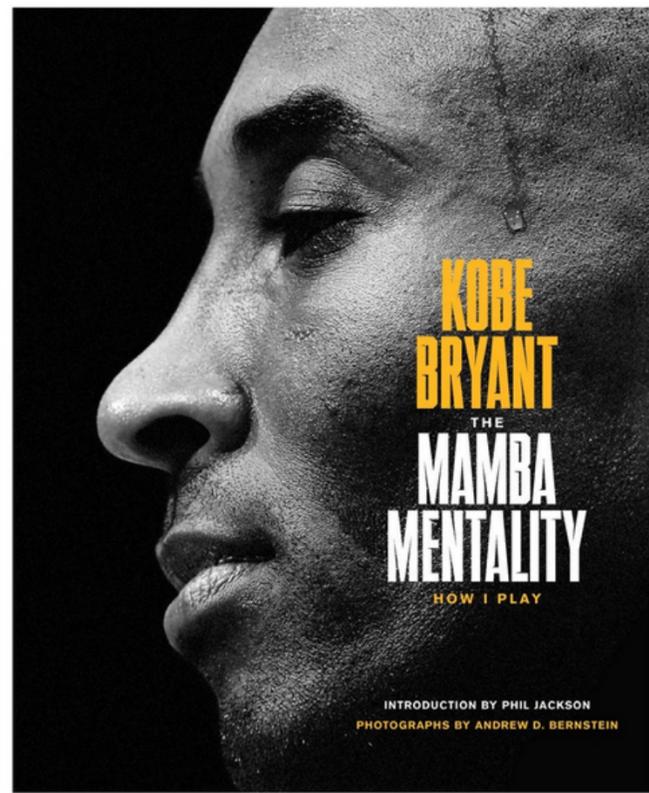
+1.

Change
the Game

Curious
MIND

Must Read!

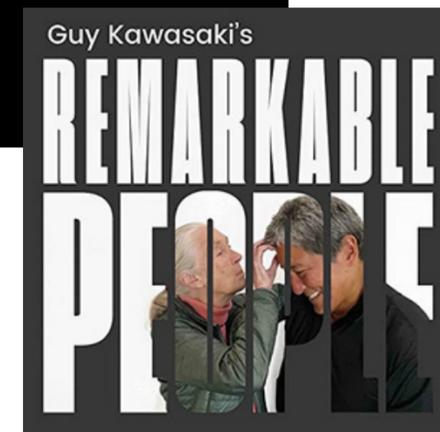
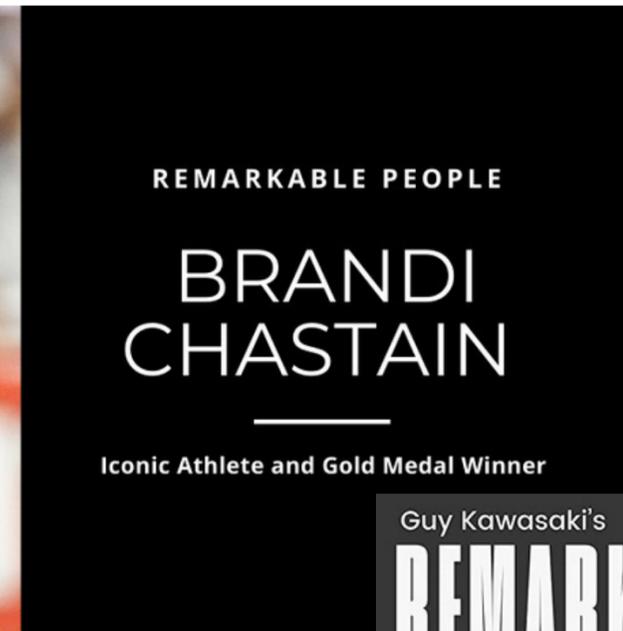
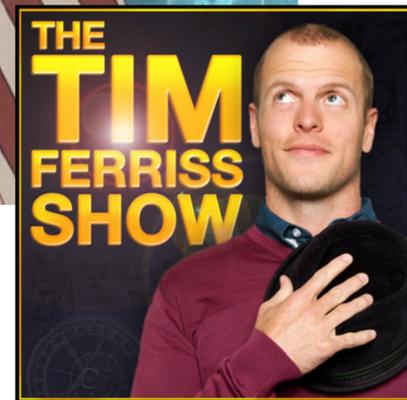
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Curious
MIND

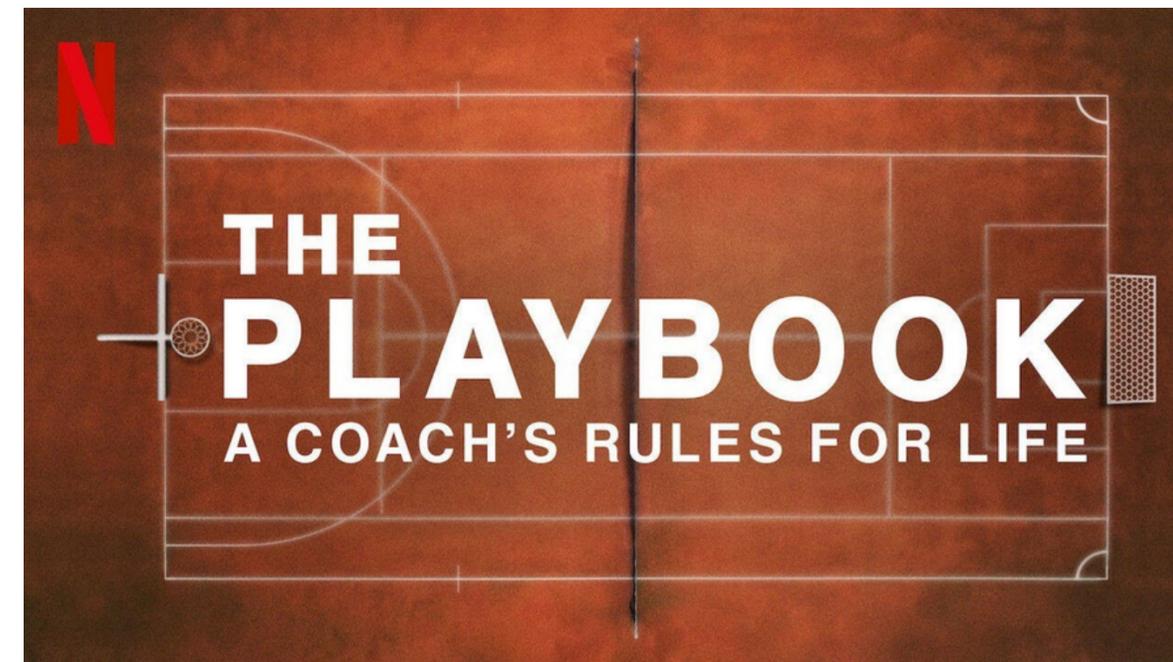
Must Listen!

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Must Watch!

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1. [How LeBron Spends \\$1.5 Million On His Body Each Year](#)
2. [Stephen Curry Training](#)
3. [Simon Biles 60 minutes interview](#)
4. [From Prison to the Olympics](#)
5. [A Lesson From Kobe - Alan Stein Jr.](#)
6. [Jay Williams on Kobe's insane work ethic](#)
7. [How Iceland Overachieved](#)
8. [THE MINDSET OF A WINNER | Kobe Bryant Champions Advice](#)
9. [Kobe Bryant Mamba Mentality - It's just Math](#)
10. [Kobe Bryant | His "Final" Message to the World on Fatherhood](#)
11. [Kobe Bryant | Failure doesn't exist](#)
12. [Christiano Ronaldo - Tested to the Limit](#)

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Objectives

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*Fitness Zone
3 Days Pass*

- 1. Take Sports Seriously*
- 2. Pick Up Sports*
- 3. Apply Sports Mindset for
your Success*

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Activity 2

Answer one of the below:

- Which story or lesson from the Mindset Course has struck you most?
- How has this course changed your perspective?
- How have you applied the lessons in the last 4 weeks?

1-2 Minutes



Gain
Free Access to
Today's Slides

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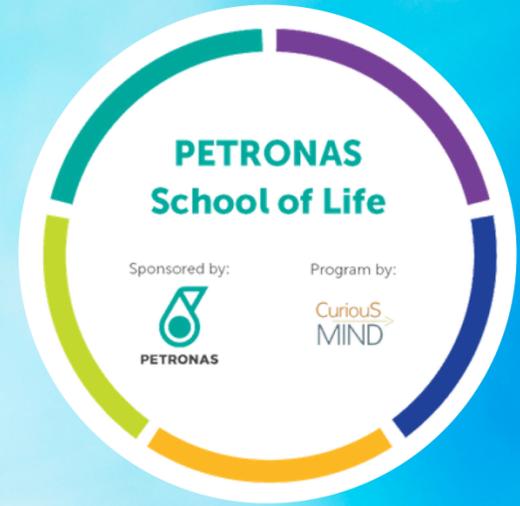
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MIND

COMING SOON

2nd July 2021

2.1

21ST CENTURY
SKILLSETS



How to Cultivate the Skills needed for the Future Job Market?

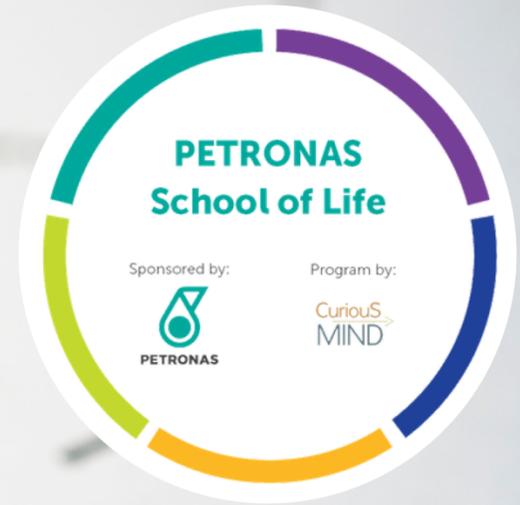


Interview Guest | Aimi Ramlee

9th July 2021

2.2

CAREER
DIRECTION



How to align
your Strength and
Passion with your
Career Direction?



Interview Guest | David O'Hagan

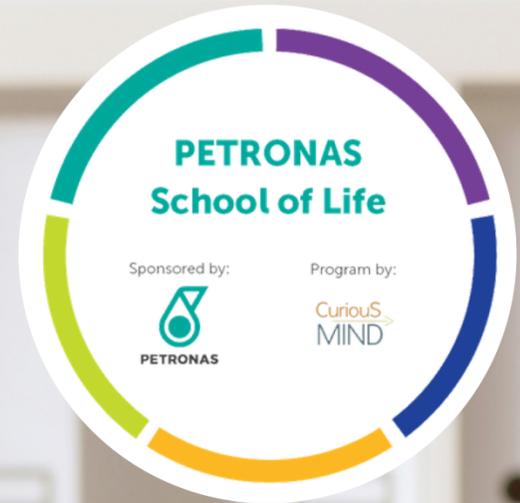
(Zoom)

16th July 2021

2.3

PROFESSIONALISM

Why Details Matter?

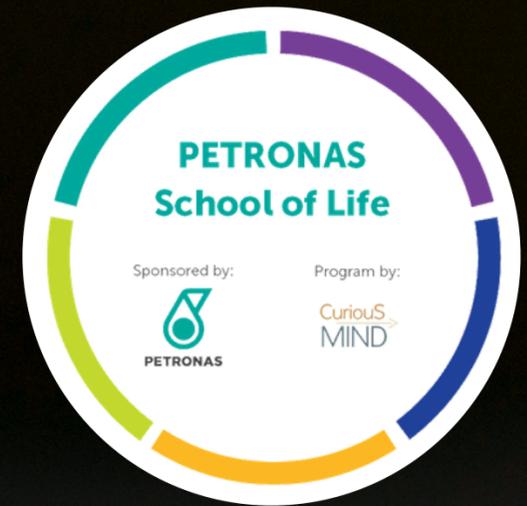


Interview Guest | Tan Lee Ngee

23rd July 2021

2.4

MONEY



How to be Money Smart?



Guest Speaker | James Chua