

The word(s) that shall not be named!!!

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The logo for SMART SERIES. The word "SMART" is in large, bold, blue capital letters. To the left of the "S" is a stylized graphic of a hand with fingers pointing upwards. To the right of "SMART" is the word "SERIES" in smaller, blue capital letters, oriented vertically.



Objectives

- Briefly provide brief background on theory of mental blocks.
- Provide possibility etiology of the mental blocks (body or brain).

Mental/Performance Blocks

Mental Block

Yips

Stammers

Twisties

Waggles

Whiskey
Fingers

Examples

- Rick Ankiel

<https://youtu.be/KDZX525CSvw>

- Kevin Na

<https://youtu.be/oRKH4nIWRUg>



Mental Block

- “Psychological” phenomena where an athlete loses the ability to perform a previously automatic skill
- Psycho-neuromuscular?
- Example:
 - Putting
 - Throwing
 - Diving
 - Gymnastics skill

Day, Thatcher, Greenless, & Woods (2006)



Causes

- Ideas:
 - Intense focus on skill refinement
 - Disruption of an athlete's training
 - Fear of impending move
 - Increased level of competition
 - Parental and/or coach pressure
 - Inadequate skill acquisition
 - Anxiety
 - Residual effects of injury

Collins, Moriss, & Trower, 1999



It's all in the head...

- Adler (2005)
 - Putting (10 self-described putting yips, 10 unaffected players)
 - Putting differing lengths indoor putting mat
 - EMG sensors
 - Results:
 - No meaningful contraction holding putter without ball or standing over ball
 - 5 out of 10 in yip group demonstrated co-contraction of wrist flexor and extensor muscles (dystonia), but not in unaffected player group

So.....

- If it only shows up when putting, it must all be in the....

Head



Or not....

- Adler (2011)
 - Larger group, but added subjective measure of anxiety and yips as well as putting outdoors.
 - 25 with complaints of yips and 25 without complaints of yips
 - Results:
 - Subjective report of yips: no differences in anxiety, putts made, or co-contraction
 - Objective report via video: 17 golfers (15 self-identified), no difference in anxiety or putts made
- So is it anxiety or is it body?

No matter what...it is worth
another talk...see you all soon



References

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Day, M. C., Thatcher, J., Greenlees, I., & Woods, B. (2006). The causes of and psychological responses to lost move syndrome in national level trampolinists. *Journal of Applied Sport Psychology*, 18(2), 151-166.

