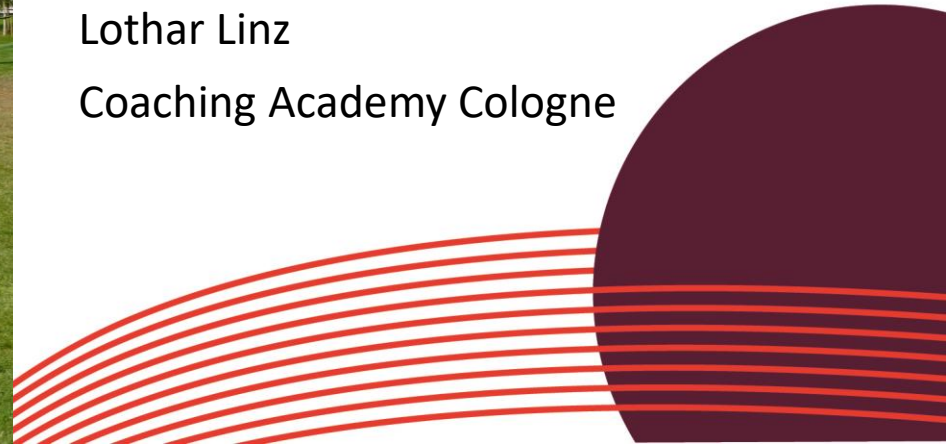




# Mental pathways to Olympic Games

Lothar Linz

Coaching Academy Cologne



5:59 pm

Which inner and outer state is our goal?



**5:59 pm**

Which inner and outer state is our goal?

**Please discuss in groups of 3-4**



## My main thoughts

- Being focused in the moment
- Being focused on myself
- Being action-orientated
- Being solution-orientated
- Being hopefully and believing in my strength
- Being prepared (mind, body + material)
- Being activated
- Having a middle arousal



**Where do you come from?**



## Favorit? Underdog? What is your expectation?

The starting point defines the way!



## Two examples out of BV

1. Brink/Reckermann (GER) 2008



## Two examples out of BV

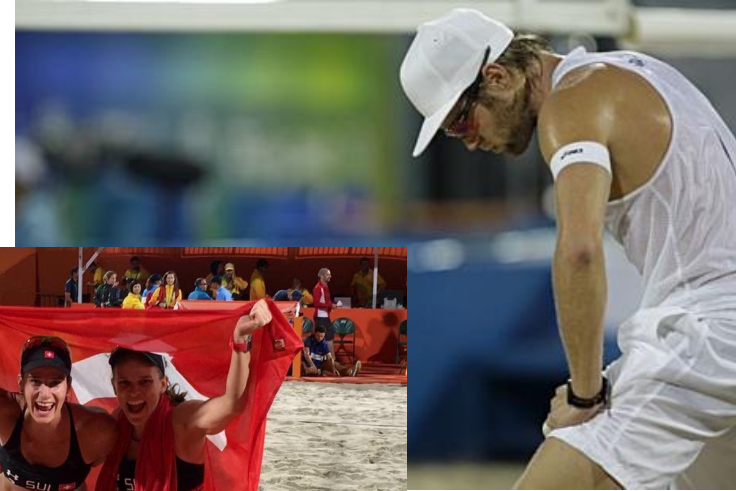
1. Brink/Reckermann
2. Heidrich/Zumkehr (CH) 2016





# Conclusions?

Please discuss in groups of 3-4



# My conclusions!

- Trust in yourself
- Plan the positive result early enough
- Have an idea how to design the weeks after the qualification
- Give athletes time to relax mentally after the qualification
- Sometimes less is more



**A sideway: Do you like „story telling“?**



# „Stories“ can form a way – especially emotionally

- It supports your goal
- It defines your attitude
- It touches your subconsciousness
- It activates your emotions
- It possibly loosens up the mind



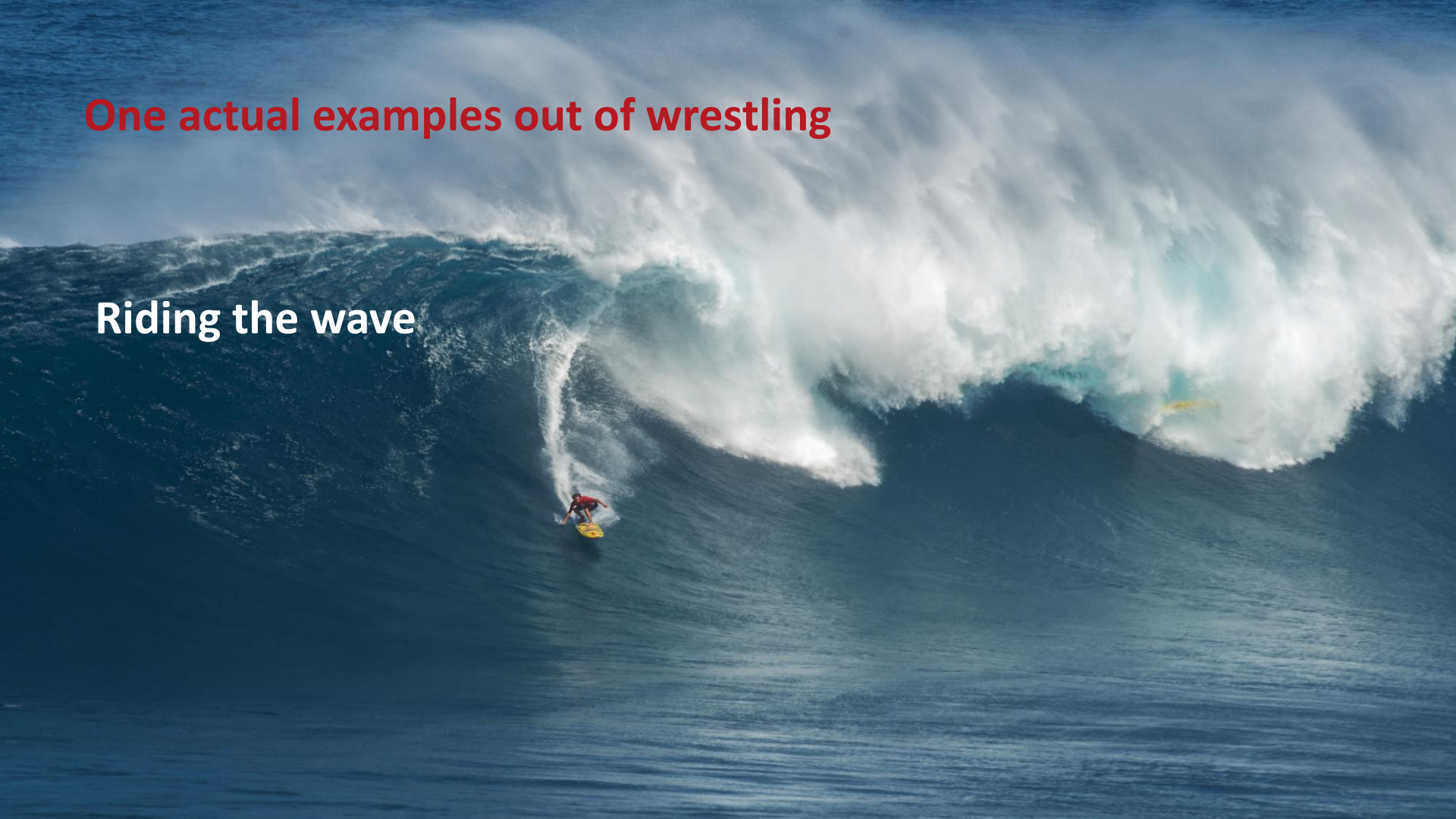
## The story of the cross

Look here!



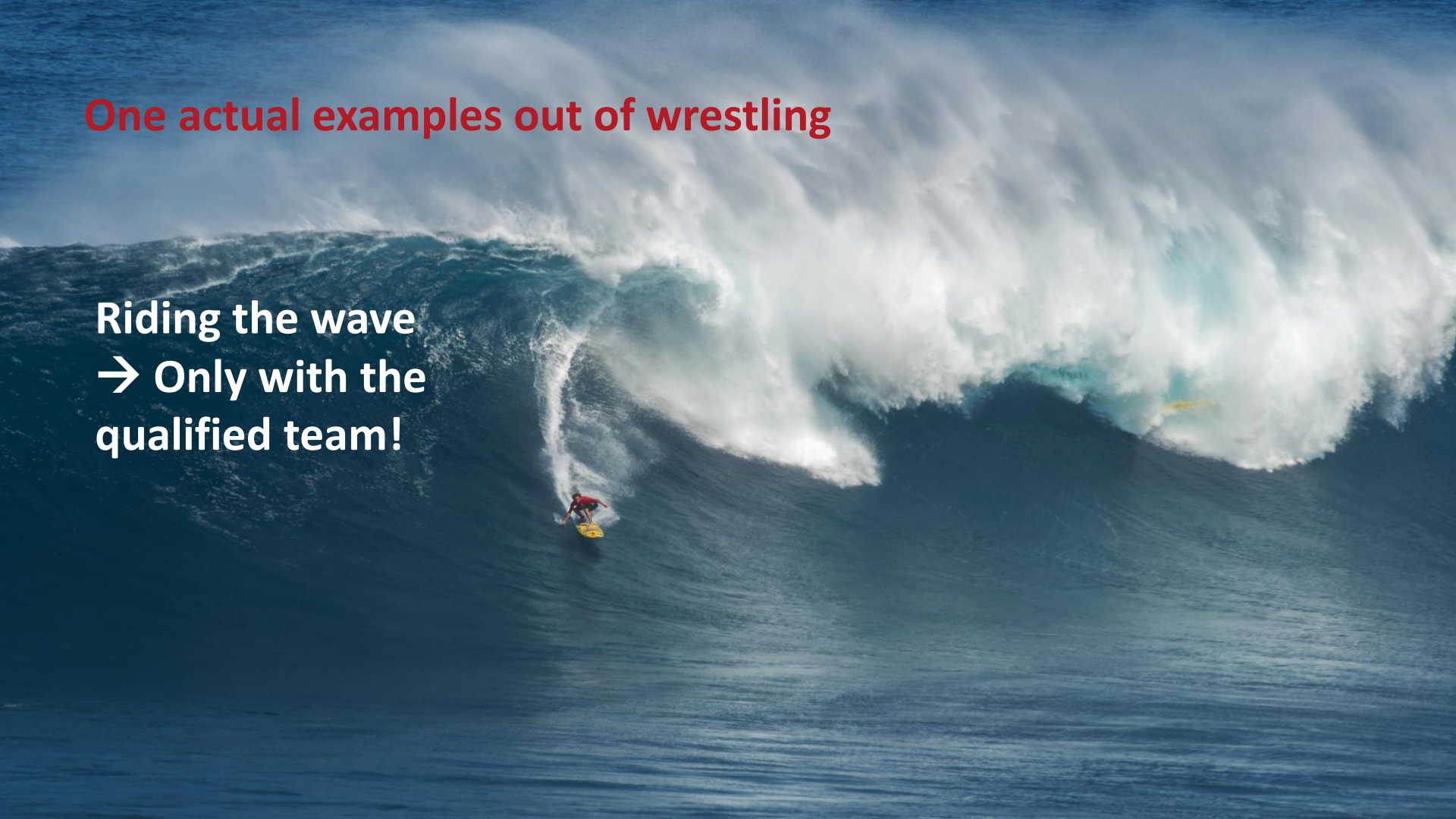
**One actual examples out of wrestling**

**Riding the wave**



**One actual examples out of wrestling**

**Riding the wave  
→ Only with the  
qualified team!**



# Mental periodization





**One concret example:  
Individual athlet, fencing, qualified since December 2023**



# Working with me since 10 years!

Still developed:

- Techniques of relaxation
- Techniques of pos. self-talk
- Techniques of focussing
- Sources of support
- Knowing the own forces
- Beliving in himself
- ...



# Times of investment and times of mental „supercompensation“

When to do what - or the timing of:

- Goal setting (early)
- Goal visualization and ideomotoric training (early)
- Concret preparation of challenges and solutions (step by step)
- Competition condition practice (closer but early enough)
- ...



## four days before christmas 2023

Meeting with coach and athlete



## Definition of phases

1. Competition time
2. **Mental block 1**
3. Competition time
4. **Mental block 2**
5. Intensive practice block
6. Go to Paris!



# The concret plan

1. 5.1.-10.2. Competition time – two WC
2. 11.2.-5.3. Mental block 1
  - a. Visualization
  - b. Contract
  - c. Affirmations
3. 8.3. – 18.5. Competition time – 2 WC
4. 20.5.-26.6. Mental block 2
  - a. Visualization
  - b. Preparing special challenges OG
  - c. Inner & outer resistances
  - d. First aid kit (mental!)
  - e. Competition as a simulation of OG
5. 28.6.-14.7. Two training camps
6. 22.7. Go to Paris!



**Sideway 2:**  
**Don`t be afraid of talking about possible „problems“!**



# Learn from Hinrich Romeike!

Eventing, Beijing 2008





## The days in Paris – Offline and online

- 5 days before competition:  
Arriving
- 4 to 3 days b. c.: **Offline** (low practice + becoming familiar with the olympic village and the competition hall)
- 2 days b.c.: **Online** (Intensive practice, getting the focus, no social media any more)
- 1 day b.c.: **Offline** (calm down, relaxed afternoon, going to town)
- Evening b.c.: **Online** (getting focused)



Sometimes it works 😊



And sometimes not 😞



**Thanks for your attention! Now it`s time for your questions...**



**What are you taking home?**

**Please discuss in groups of 3-4**



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