

# Imagery Script Worksheet

## Sample Imagery Script for Volleyball Players:

*Picture yourself walking into the locker room. You put on your volleyball jersey and knee pads. You lace up your shoes. You go through both your individual and team pre-game routines (from section 1 above). You feel calm and focused. You had a great week of practice and are well prepared for this match. You know that from the time you leave the locker to the time you start play is 45 minutes.*

*Now imagine yourself entering the gym, you scan the scene. You notice the color of the volleyball court and the lines on the floor. You take note of the ceiling height and location of the scoreboard. You notice the distance between the end of the service line and first row of the bleachers where the fans sit. In the background you hear the sound of both teams starting to warm up their arms - balls are bouncing, players are calling the ball, and volleyball shoes are squeaking on the floor. Both teams go through serve and pass, hitting lines and serving. The referee blows the whistle and calls for the floor captains. The coin toss ensues. It's determined that your team will start serving in rotation 1.*

*As the match starts, you feel strong and fresh. You feel quick on your feet and you're jumping high. Now take your attention across the net and zero in on the specific opponent that you are matched up against. Notice her arm-swing, whether she drops her elbow when she's about to tip or over-rotates her shoulders when she's preparing to swing down the line. Be conscious of what rotation the opposing team is in and whether or not the setter is in the front row.*

*Now slowly zoom in on a moment at the end of the match. Notice the number of time-outs left and the number of substitutions remaining. Your team is up by 1 and you've got an opportunity to win the match on this serve receive rotation. The opponent serves the ball to zone 5 right at you. You identify the direction of the serve early, adjust your footwork and platform to make a perfect on-target pass.*

*Then you reposition yourself to attack and callout to your setter with confidence to set you the ball on match point. The setter puts up a perfect set to you on the outside. The sound of the fans and your coaches fade away. You are completely focused on the ball now. As you make your approach time slows down. You take in where the defenders are on the other side. You can clearly see the whole in*

*the block across the net. You reach, snap and hammer the ball down right between the block winning the match for your team.*

*You immediately look up at the scoreboard to confirm it's over. Your team rushes toward you. You suddenly hear the roar of the crowd. The feelings of excitement surge. You have succeeded in putting the ball away on game point during a high pressure situation.*

**Now it's your turn to write out your personalized imagery script. How does your body feel? If you feel tension, where do you feel the tension? What do you hear? What do you see? What do you smell? What do you taste? Be specific!**

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