

## Visualization Techniques



**Practicing technique and routine will give you a tremendous sense of confidence when thrust into a pressure situation.** However, if you have never been in a situation where 50,000 people are screaming at you, your team is down by 2 and the season is on the line, how can you possibly prepare for it?

From the start of my freshman year, I was committed to **visualizing** myself in these potential situations. Every night I would go through a different situation, always ending in a successful result. As a result, I was 15 out of 16 in pressure kicks in college and kicked a game winning field goal for the Detroit Lions in 2001.

Try this:

**Close your eyes and visualize the following scenario:**

- Picture your home stadium.
- It is a packed house, not a seat left in the stadium.
- The cool air is blowing in your face at 5 mph.
- You can smell the freshly cut grass.
- You look at the scoreboard; 1:53 remaining the score is 16-14, you are trailing.
- You make your way over to the kicking net to warm up, hoping your teammates can drive 30 extra yards to get you in range to win the game.
- 3 of your teammates pat you on the shoulder pads and tell you “We need this Kick!”
- As you make your way to the kicking net, your team has passed the 50 yard line.
- You can feel the anticipation in your stomach.
- You kick 3 balls into the net with perfect technique, smooth and calm, you’re ready!
- Your team completes a pass to the 22 yard line, you are in range. 32 seconds remain.
- Your coach calls you to his side and asks, “Which hash would you like the ball”. You tell him with confidence, “The right one sir!!”
- 2 more teammates pat you on the back and tell you you’re the man!!
- You nod your head in reassurance, your teammates are scared, you are confident!!!
- After 1 final running play, your coach calls for the field goal team.
- Jogging on the field, you take a practice swing, with perfect technique.
- The cool breeze is in your face at 5 mph.
- You get your spot as your teammates huddle to your left.
- As you take your steps, your focus becomes exact on your target.
- You take a deep breath, nod to your holder and remind yourself to follow through.
- The snap comes back a bit high; your holder gets it down.
- You can see the ball as if it were in slow motion.
- Visualize yourself making perfect contact and finishing the kick.
- You look up to see the ball split the uprights.
- Before you can think, your teammates mob you on the field.