

# Transitional Control in the Combined Events

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**What is Transitional Control?**

# The Athletes

# The Essence of Sport Psychology

What “Controls”?

# The Transitional Control Model

- a. Process - leaving the past behind
- b. Calm - creating a peace
- c. Strategy - review the plan
- d. Psychomotor - key technical cues, triggers
- e. Psycho-emotional - “thinking right”

# Components of Psycho-emotional

- a. Arousal - where should it be?
- b. Attention - what / where should my focus be?
- c. Affirmation - trust yourself !
- d. Activation - DO IT !

# Making the Plan

# Event Specific Applications

# Summary