

Volleyball

By Rene Bastarache, CI

This script is intended for people who want to improve their volleyball game. The emphasis is on teamwork, rather than individual accomplishment.

(Script)

As you relax more and more deeply, you will find it easier and easier to follow my words. You have come here today to increase your performance and enjoyment of volleyball. Let us explore this together. Continue to breathe deeply and regularly, and allow yourself to relax even more...

Picture yourself on the court now... Perhaps you are right by the net... perhaps you are serving the ball... take a moment and imagine yourself there now... see where you are on the court and what is happening at this moment... is the ball in play already? Are you preparing to serve? Are you playing indoor or outdoor? Allow yourself to be in this moment and picture it with all your senses...

See yourself now as play progresses. Picture yourself, diving for the ball, driving it back up into play... now passing it to other teammates... imagine yourself spiking the ball, blocking moves by the other team... with each passing moment, you become faster, sharper, more accurate. Take a moment now to experience the rush of playing well...

You see your drives becoming stronger and quicker. The adrenalin begins to kick in... See yourself jumping higher and running faster... when the ball comes toward you, you are able to gauge distances and speed more accurately. You know where to be to easily intercept the ball. You are on your game... you are confident... everything you do is working...

Notice that as you work harder, you find yourself enjoying what you are doing even more. You are doing what is fun for you. And as you enjoy the game even more, you see yourself doing better and better at it. It's a continual upward spiral. Feel this enjoyment now...

Each time you play, you feel better and better about your own performance and about how you do as a team member. Feel your confidence grow as you begin to develop trust in your teammates. See yourself as already having reached this

trust... and as you become faster and stronger, you take even more pleasure in knowing you have worked together with them. In a moment, you will be able to bring this sense of well-being back into this room.

You've done very well here today.