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SPORT PSYCHOLOGY TRAINING PROGRAM

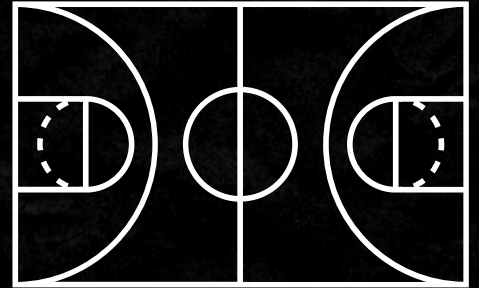
03/09/2023

Prepared For :
Detroit Pistons





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ABOUT THE PROGRAM

THIS PROGRAM HAS BEEN DEVELOPED
TO EQUIP THE NECESSARY MENTAL
TOOLS FOR THE NEXT GENERATION OF
BAD BOYS.

At the core of this program is creating a foundation. Taking a holistic approach, we will establish what is wanted from players and staff within the organization. This program will be implemented throughout the entire NBA season (off-season, in-season, off-season) as you will learn mental performance skills at the individual level and as a group. This program will offer interventions and points of reflection for your time in the NBA and thereafter. The success of this program is **NOT** dependent on a winning season, **BUT** if the battle-tested foundation withholds with the use of the knowledge, skills, and abilities that one will learn throughout this program



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THE PIECES TO THE PUZZLE

Who is needed to make this journey a
[success?](#)

FRONT OFFICE

Offer their time so we can demonstrate how we can enhance their decision making process on talent and acquisitions

PLAYERS

Offer their willingness and trust in the process

COACHES

Offer the space to conduct interventions and set the standard for the players

OWNERSHIP

Offer the resources to make the program a success



Program Timeline

PRESEASON	MID SEASON	POST SEASON/END OF SEASON	REFLECTION
Focus on team building and group dynamics	Individual needs assessment/ interventions on Motivation and Energy Management	Psycho-education on additional mental skills to work on during off-season	Feedback from past year; Adjust accordingly



PRE- SEASON

Setting team goals & identifying common values sets the tone for the season. Focus, Intentionality, and Foundation

- ☐ DETERMINE THE VALUES OF THE ORGANIZATION
- ☐ EVALUATE CURRENT PLAYERS/STAFF VALUES
- ☐ BRING IN NEW PERSONNEL WHO ALIGN WITH VALUES
- ☐ PRACTICE WHAT YOU PREACH
- ☐ REINFORCE VALUES & PERIODICALLY REWARD
- ☐ MAKE SHORT, INTERMEDIATE, AND LONG TERM TEAM GOALS
- ☐ WRITE DOWN GOALS & MAKE VISIBLE
- ☐ REFLECT & REEVALUATE GOALS PRIOR TO THE PRE-SEASON
- ☐
- ☐




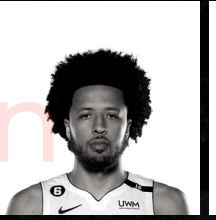















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MID- SEASON



Prioritize individual needs and focus on motivation and energy management interventions. Oftentimes during the thick of the season, players and staff members become exhausted and lose focus on their "why". The purpose of these sessions is to manage stressors that come up throughout the season, while also identifying motivators that will help this organization push through and succeed.

S	M	T	W	Th	F	Sat
						
						
						
						
						

POST- SEASON

Educate players/staff on more mental skills that they can work on in the off-season so that they are more equipped for the upcoming season



To Do List



- **Confidence (2x Weekly)**

After a losing season, we must maintain, restore, and build confidence

- **Imagery (1x Weekly)**

This tool is useful to prepare for the upcoming season visualizing how we want our season to look.



- **Pre-Performance Routine (3x Weekly)**

Routines help with getting into the "zone" pre, during, and post performance.

- **Concentration (1x Weekly)**


Focus allows us to be present in the moment and shy away from distractions.

The more we practice this skill, the easier it is to stay focused.




REFLECTION

The season does not end with just a W-L record, but how the team responds as a group. Reflect on how the season went and receive constructive criticism as a coach, player, and a staff member.




"I love the way the program helped the players communicate on and off the court however we must work on the coaches dynamics."

- Work on communication with coaches
- Spread out the amount of interventions
- Hire more mental performance consultants



"There are too many interventions that we are having."



"I found myself less stressed in the middle of the season because of the energy management session"

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MENTAL
PERFORMANCE
TRAINING

X

DETROIT
PISTONS



THANK YOU, AND I
LOOK FORWARD TO
WORKING WITH YOU.