Self-regulation for Athlete Development

What is self-regulation?
Self-regulation is all about how you get the best out of your learning environment, whether it be in your sport, at school or playing a musical instrument. Research has found that high levels of self-regulation are associated with the development of sport expertise and successful transition from junior to senior competition.

As an athlete there are many things expected of you within your sport. You have to train hard, travel, deal with injuries or illness and perform under pressure. At the same time there are other important parts of your life such as family and friends, education and/or work. Managing all of this can be challenging.

Adopting effective practical strategies to enhance the dimensions of self-regulation will assist you in meeting these demands, as well as enhance your learning and performance on and off the field.

How can I develop better self-regulation?

Planning
Planning is your understanding of what is required from you to complete a task before you actually begin the task. How prepared are you?

**STRATEGY:** Improve your planning through **SMART goal setting** and adopting effective **competition routines**

Self-monitoring
Self-monitoring is about your awareness of how you are going with a task while you are completing it. Do you know how well you are executing your skills in training?

**STRATEGY:** Improve your self-monitoring through positive **self-talk** and adopting effective **concentration** strategies

Evaluation
Evaluation occurs after you complete a task. It involves your assessment of what went well and what can be improved. Do you think about all the steps you took and not just the end result?

**STRATEGY:** Improve your evaluation through utilising both **internal and external feedback** and evaluating if you achieved your initial **SMART goals**

Reflection
Reflection involves thinking about what you have learnt in the past and using this knowledge to improve your performance next time. This should occur before, during and after a training session or a competitive event. Do you have a good understanding of your strengths and weaknesses?

**STRATEGY:** Improve your reflection through using a **reflective journal**, **problem solving** and being **innovative**

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Motivation – The effectiveness of the self-regulation learning cycle is underpinned by your motivation. Motivation is comprised of effort and self-efficacy.

**Effort**
Effort is how motivated you are to achieve your goals. How willing are you to do extra things that will improve your performance?

*STRATEGY:* Improve your effort through **SMART goal setting**, getting ‘in the zone’ and using a reflective journal

**Self-efficacy**
Self-efficacy is your belief in your ability to be successful. The stronger this belief is, the more motivated you will be to achieve your goals. How strongly do you believe that you will achieve your goals?

*STRATEGY:* Improve your self-efficacy through utilising visualisation techniques and adopting effective competition routines

Where can I go for further information?
To get started, check out the below AIS Performance Psychology resources:

*Psychological Skills Fact Sheets:*
The Brainwave fact sheets are designed for athletes and contain practical information about psychological skills and strategies:

*High Performance Mental Skills:*
For more in-depth content including interactive learning activities and video resources from elite athletes, sign up to the High Performance Mental Skills online courses. Any Australian resident can enrol in the courses for free:

*What if I am an Australian Winning Edge (AWE) Categorised athlete?*
AWE Categorised athletes may be eligible to access additional educational resources, such as *myAISplaybook*. The *myAISplaybook* self-regulation course includes engaging activities and a safe space for you to share with, and learn from, fellow athletes. You can also complete a self-regulation questionnaire and receive an individual report highlighting the areas of self-regulation you excel in and areas requiring improvement. You will see how your ability to self-regulate compares to elite and mastery benchmarks.

Please contact the AIS Athlete Pathways & Development team via pathways@ausport.gov.au for more information.

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