

**Bologna**  
**december 3, 2023**

Today we talk about

# **Concentration**

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*Marco Masetti - Coach*

## **Concentration**

**How can you improve your  
concentration in target  
shooting?**

We'll first take a step back and talk about

**ATTENTION**

...which is slightly different from

**CONCENTRATION**

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## Concentration

**ATTENTION** is a cognitive process which allow us to **SELECT** certain stimuli and ignore those that do not interest us at that moment

Cognitive  
Every process  
involved in knowledge  
(perception,  
imagination, memory  
and all forms of  
reasoning) intended  
functionally as a guide  
in behavior

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## Concentration

### 4 types of ATTENTION

**Spatial** = identifying something in space

**Distributed** = spread across multiple tasks

**Selective** = chooses between various stimuli present

**Maintained** = maintain for a long time on a specific stimulus and then can be identified as....

### CONCENTRATION

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## Concentration

So we can affirm that the  
**CONCENTRATION**  
is a later and greater phase of  
**ATTENTION**

that **every** Athlete must **enhance**  
with **his own** means

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## Concentration

Examples of means to develop Concentration

### **Awareness**

Being aware of your thoughts  
and emotions during training  
and competition can help you  
recognize distractions and  
refocus quickly.

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## Concentration

Examples of means to develop Concentration

### Breathing exercises

Controlled breathing can help calm your nerves and maintain concentration.

*Incorporate deep breathing techniques into your pre-shot routine*

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## Concentration

Examples of means to develop Concentration

### Routines and Rituals

develop a consistent pre-shot routine, and rituals that signal your mind that it's time to focus.

*This may include specific physical actions or mental cues*

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Examples of means to develop Concentration

### Positive Self Talk

replace negative self-talk with positive affirmations.

*Focus on what you **can control** and the skills you have improved with training*

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## Concentration

Examples of means to develop Concentration

### Relaxation and Visualization

Practicing Relaxation and Visualization techniques can help you train your mind to maintain focus.

*Visualize each shot before taking it, imagining it hitting the center of the target*

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## Concentration

### In conclusion

While **technical skills** and **physical fitness** are vital in shooting, the ability to **maintain constant concentration** is the foundation on which all other aspects of mental preparation are built.

Any shooter who takes the time to improve their **concentration** will undoubtedly improve their performance in this challenging and rewarding sport.

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### Furthermore.....

Given that the lack of concentration is a condition of interference for the purposes of a good performance, as is the continuous search for motivations outside the "building of a good technique", I refer to two important figures:

- **Timothy Gallwey** with his formula for best performance (from «Inner Game of Golf»)
- **John Chandler**, coach from some time ago (from «Pistol Coaching»)

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Formula for better performance  
by Timothy Gallwey

$$P = p - i$$

**P** = Performance level

**p** = our potential

**i** = any kind of interference

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## Concentration

Formula for better performance  
by Timothy Gallwey

$$P = p - i$$

...these interferences

can be

Internal: fear of failure, fear of judgment, lack of self-esteem, poor concentration, etc. ....

External: unavailability of resources, unfavorable context, suboptimal relationships, etc. ....

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## Concentration

A DIMINISHED PERFORMANCE MAY BE EXPECTED IF A SHOOTER TRAINS AT A REASONABLY LOW LEVEL OF EXCITEMENT OR TENSION, AND PERFORMS IN COMPETITION WITH AN ENHANCED AMOUNT.

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ADDITIONAL FACTORS: When the shooting athlete realises that the match performance is lower than that which was produced in training, and yet does not understand why, he/she will start looking for a reason — any reason — for the failure, will change stance and/or body position, change ammunition, alter or modify the sights, put in or take out wood from the grips — these excuses for failure are unlimited, and yet it simply does not occur that the technical skill at the time of the NOW performance was insufficient to meet the competition level. It must yet again be emphasised that an involuntary technique will maintain technical perfection in the match situation, and at the same time diminish the effects of ET on the overall performance.

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**THANKS  
ALL**



**FOR  
ATTENTION**

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