

The Matrix for Sport Performance

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Setting



“Why do I
always do
that?!”

“Please don’t go
to a penalty
shoot out”



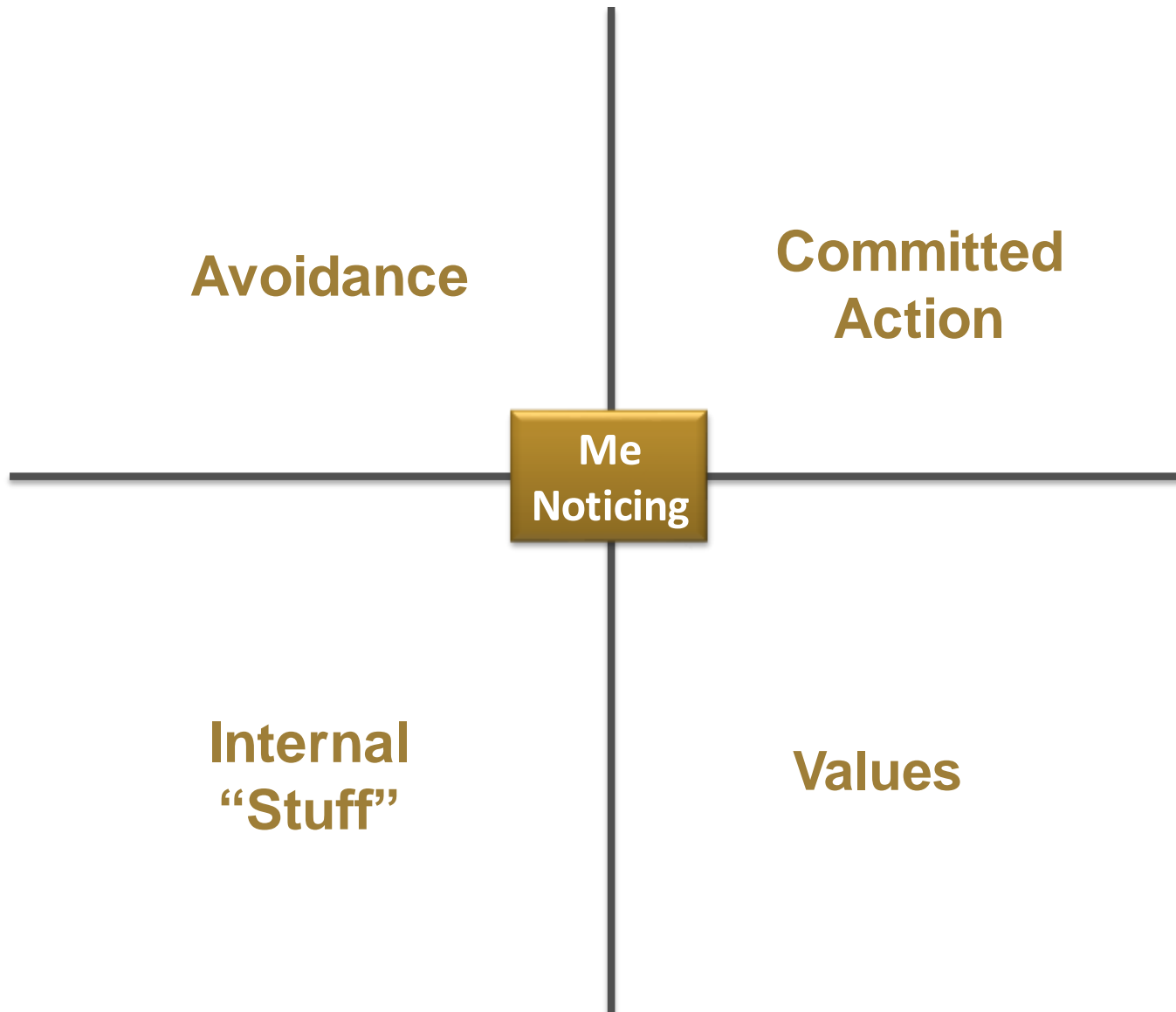
“I can’t believe I
just did that”







The Matrix

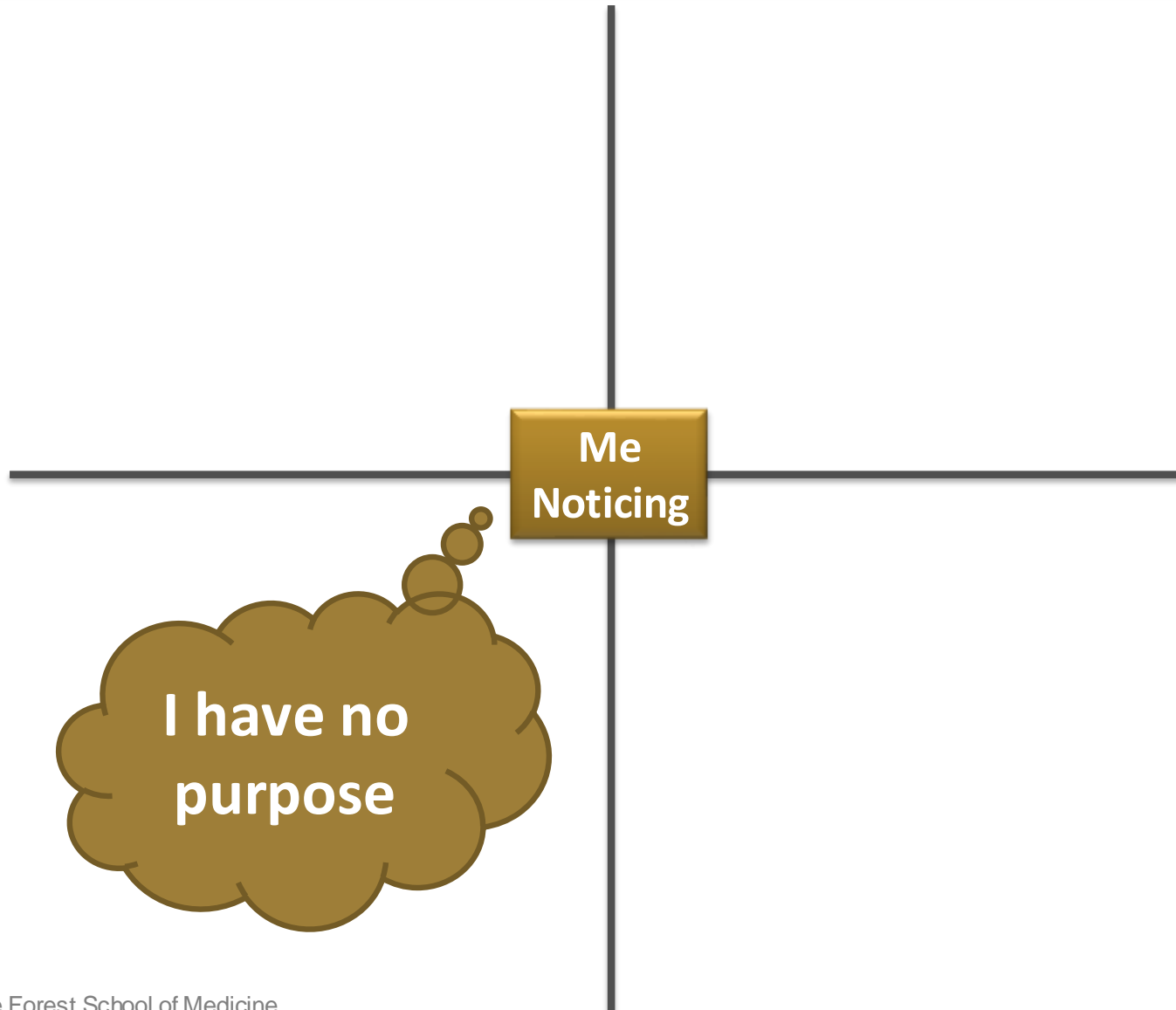


Case Example – Life After Concussion

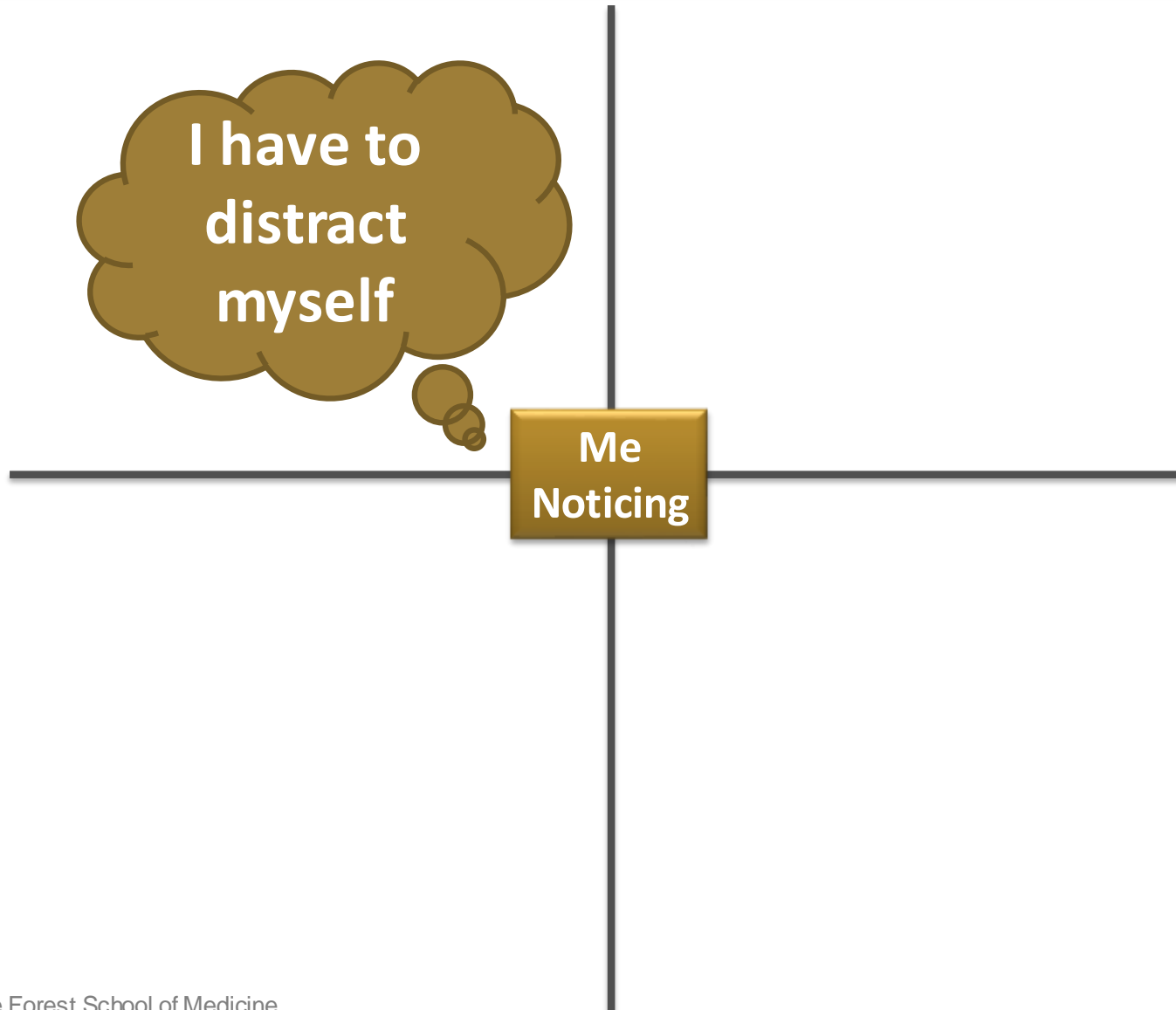
- 20 year old male American football player
- Medically disqualified
- Struggles with adjustment and anxiety



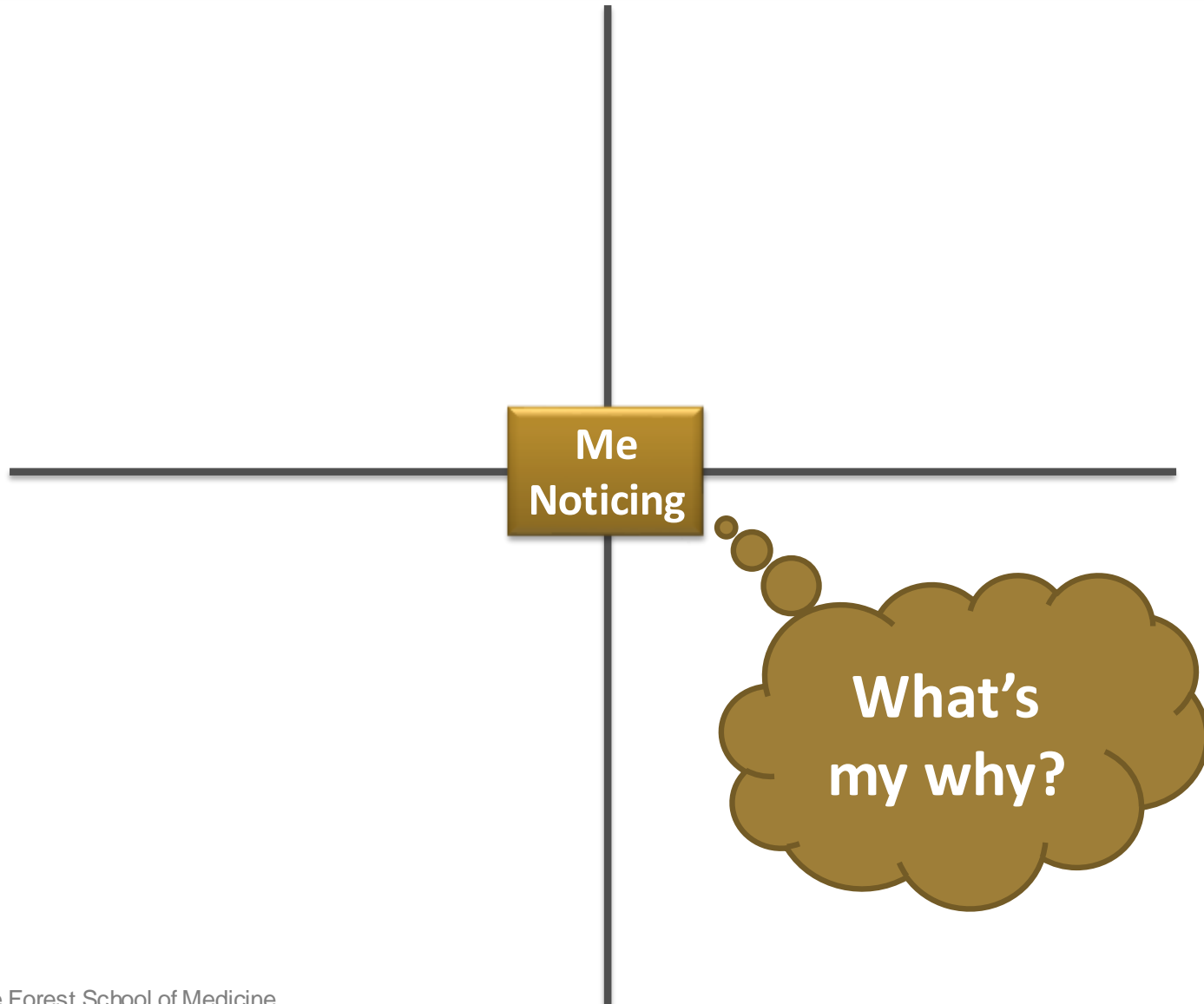
Case Example – Life After Concussion



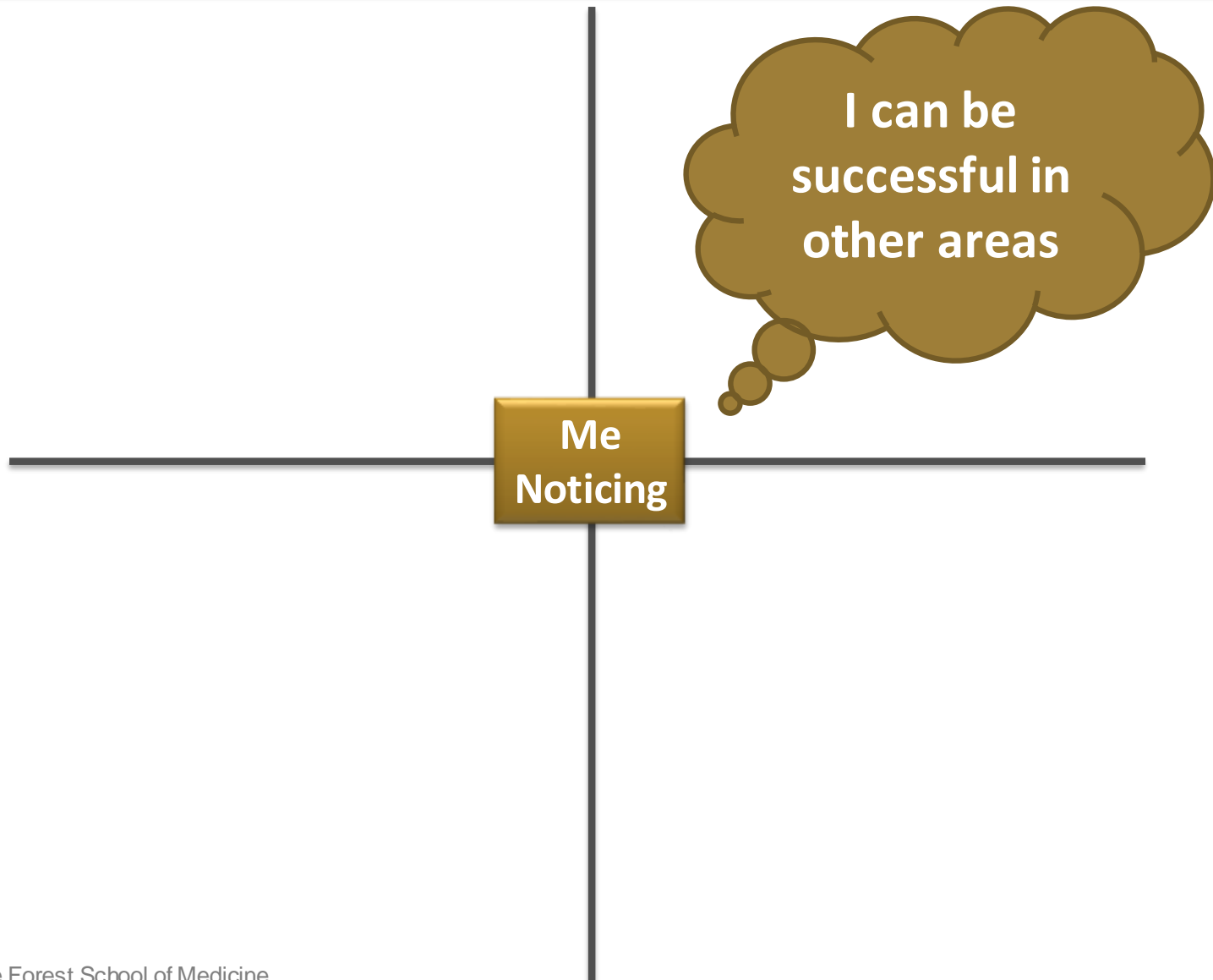
Case Example – Life After Concussion



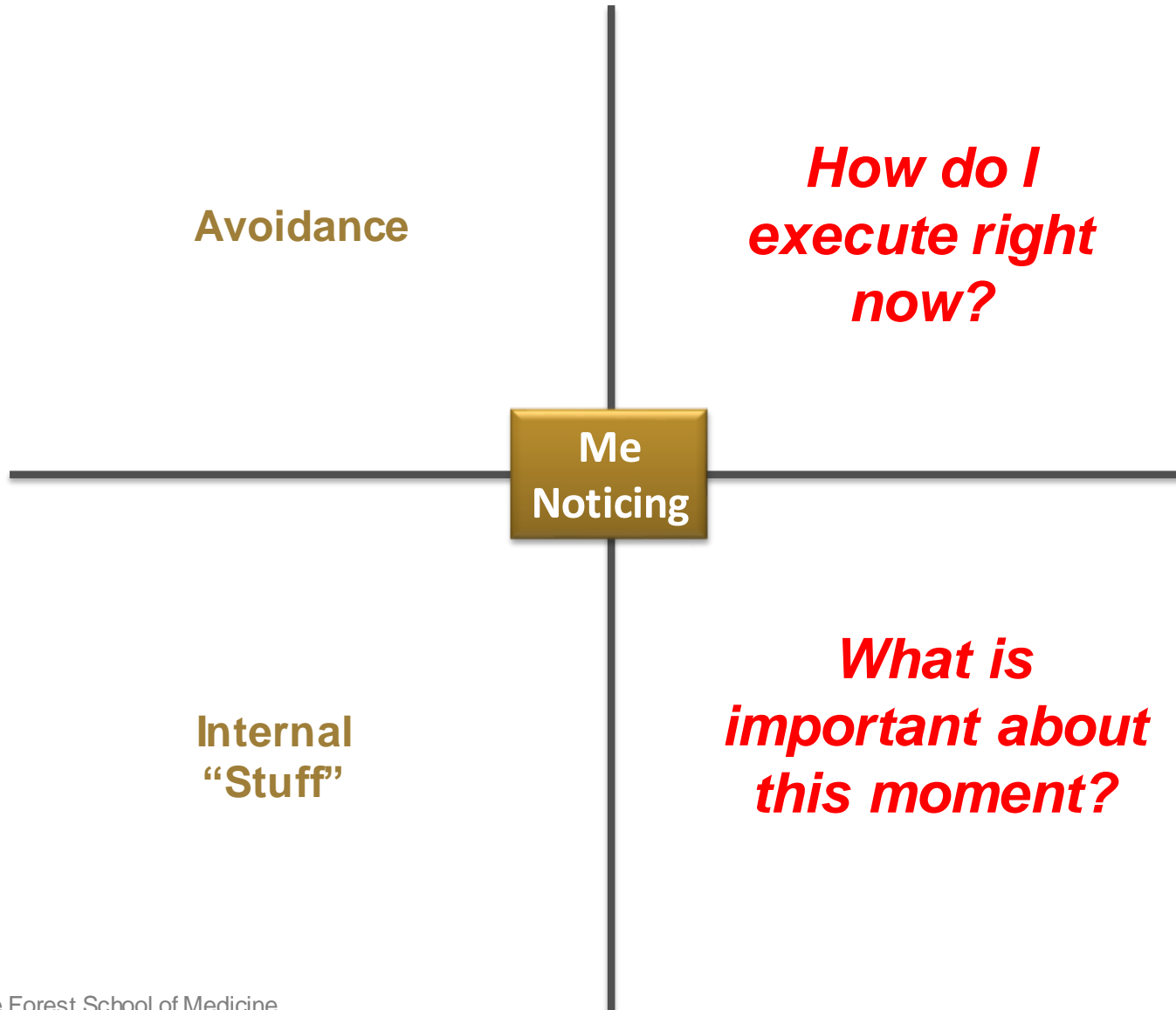
Case Example – Life After Concussion



Case Example – Life After Concussion



Sports Matrix

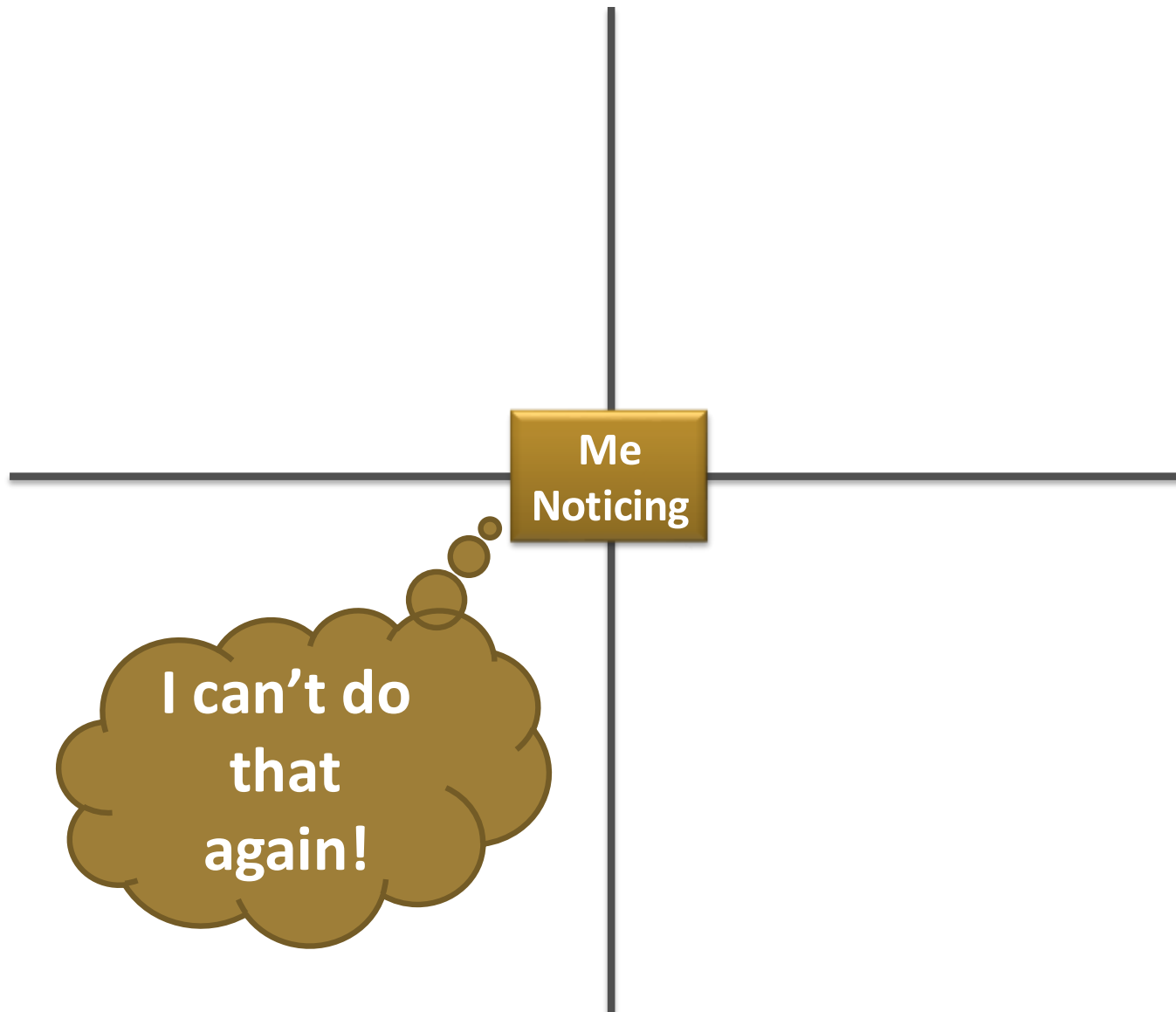


Case Example – The Pitcher

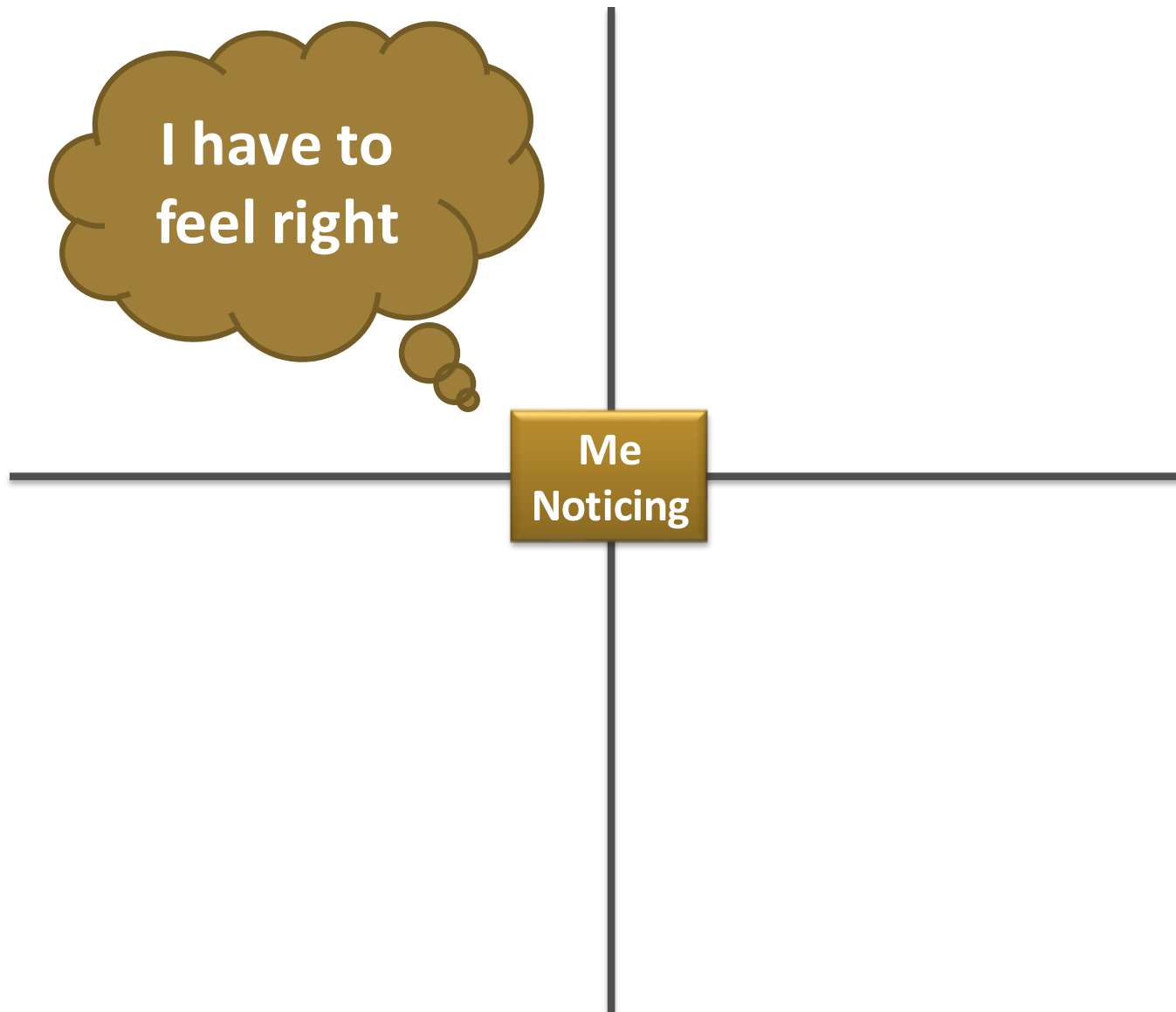
- 20 year old male baseball pitcher
- Haunted by a poor throw in high school
- Anxiety and poor performance



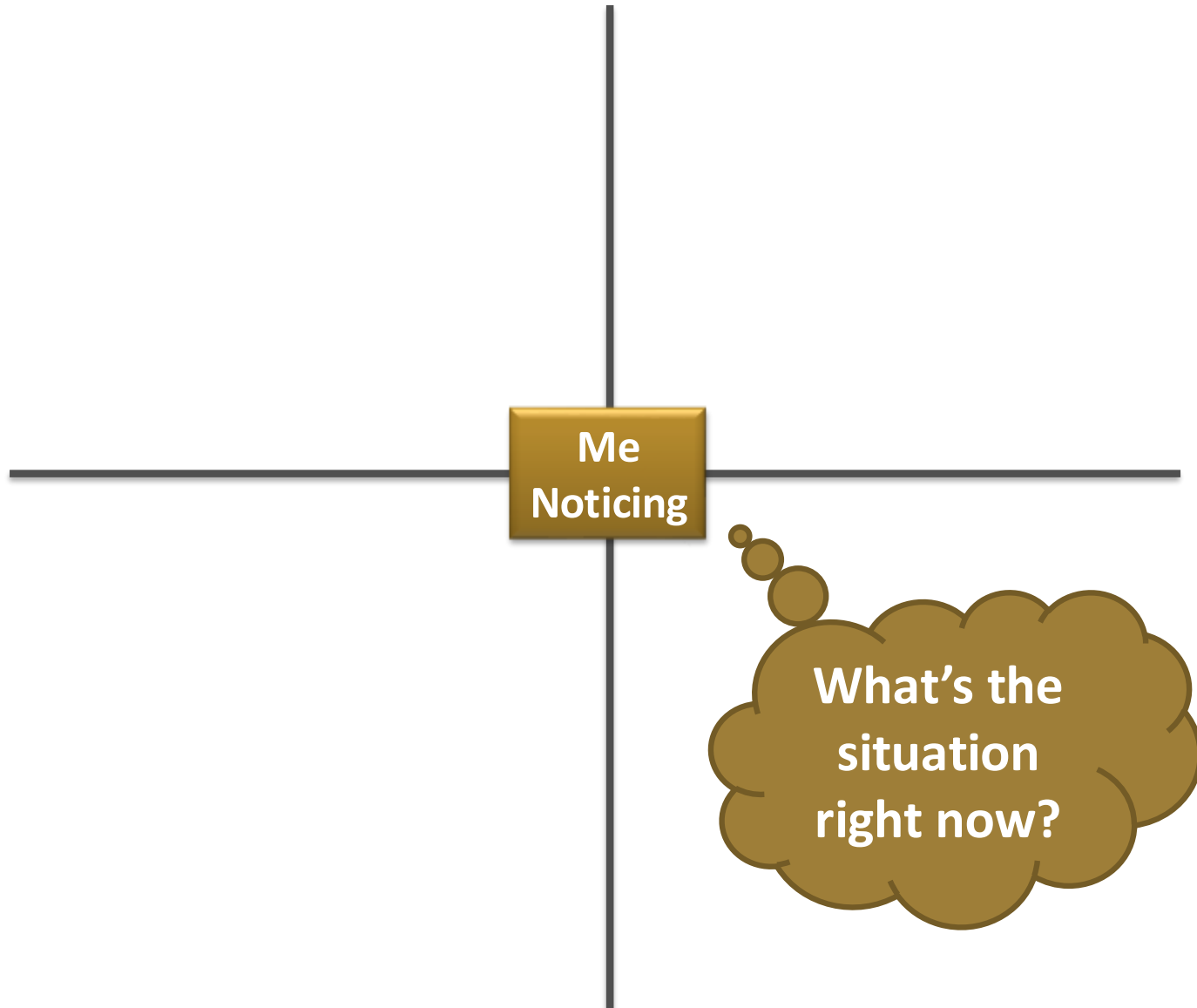
Case Example – The Pitcher



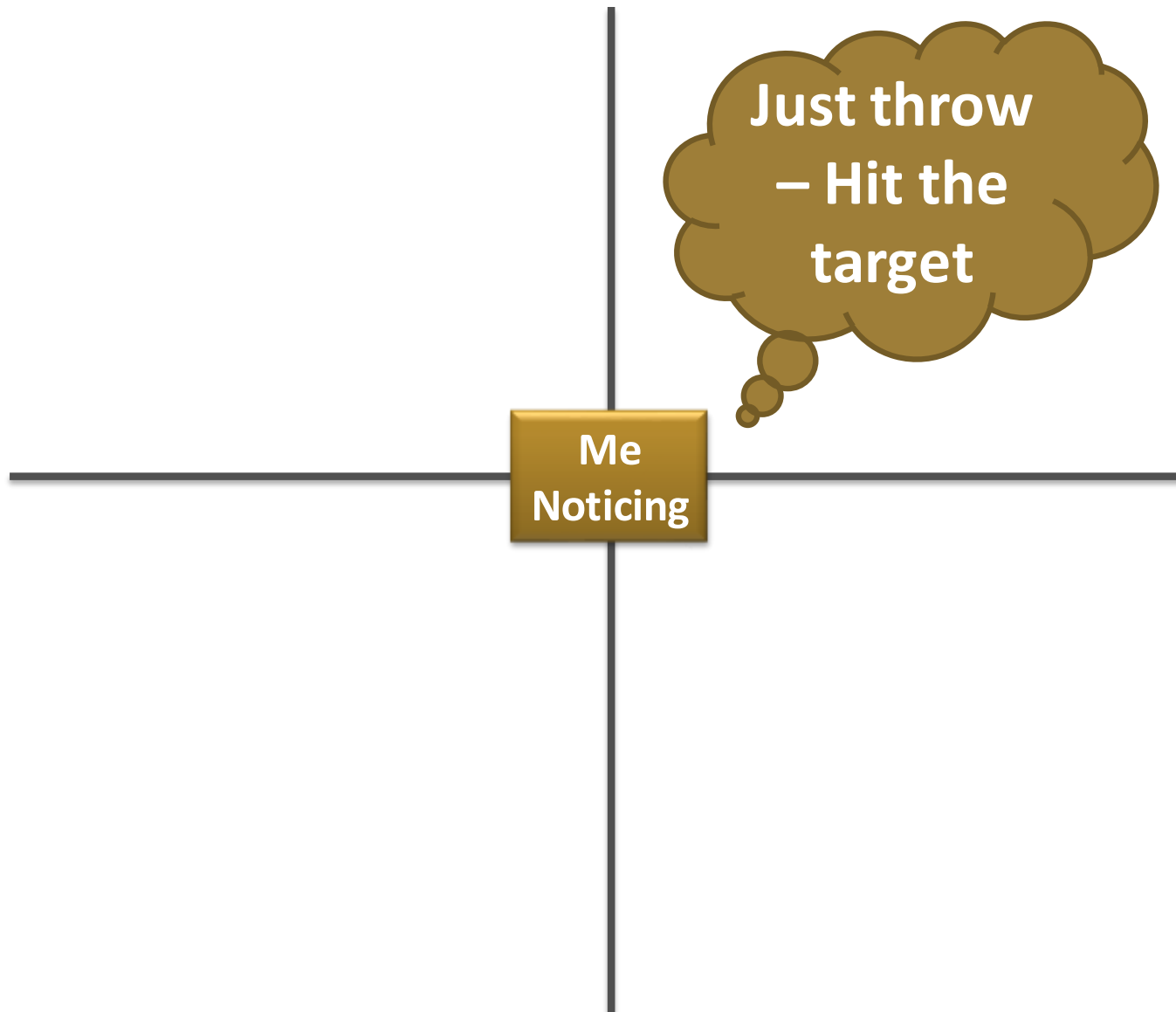
Case Example – The Pitcher



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Case Example – The Pitcher



Outcomes – The Pitcher

- Initial success on the mound
- Mandatory “no throw” period
- Left the sport to focus on being a student



Overall Lessons Learned

- Athletes “got” the Matrix
- Limitation: Separate clinical and athletic settings
- “What is success?”
 - Mental health over performance?

Broader Applications of the Sports Matrix?

