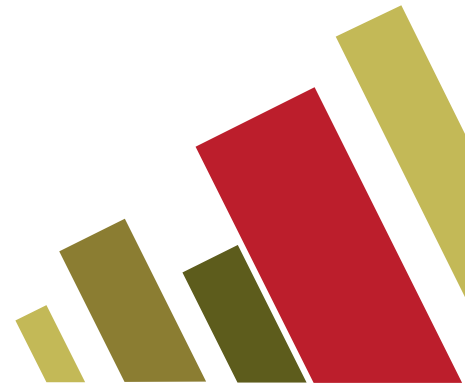




# Get Out of Your Head and Into the Game:

*Teaching the ACT Matrix and its use in the achievement of  
mindful, enhanced, sport performance*

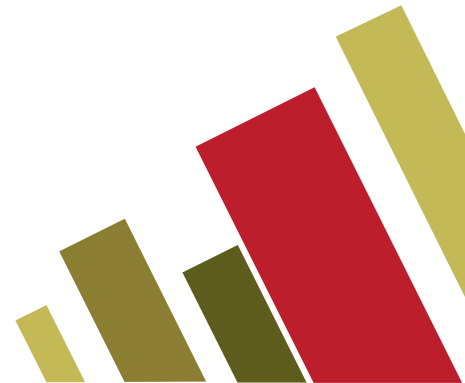
David Udelf, Psy.D.  
Psychologist  
Becker, Udelf, & Associates  
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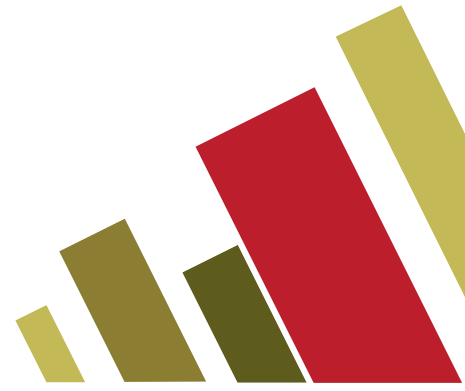




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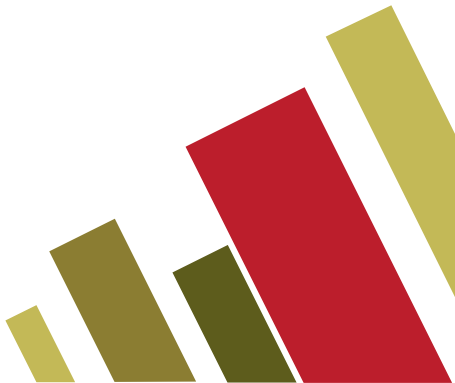
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## Disclosure (no support):

David Udelf, Psy.D.

- I have not received and will not receive any commercial support related to this presentation or the work presented in this presentation.
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# Today's Agenda

ACT Matrix 101




Setting the stage: preparing the athlete/performer for ACT Matrix training



Teaching the Matrix to the athlete/performer

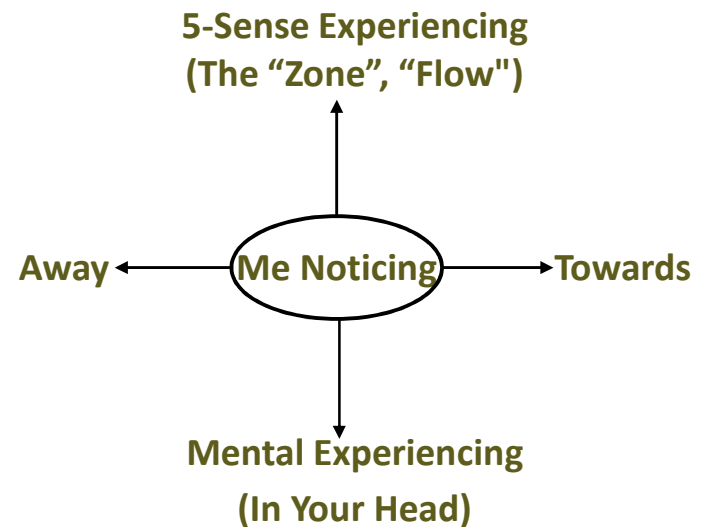



Practical mindfulness in sports—getting into “the zone.”

- Routines
  - Releases (Reboots)
- 

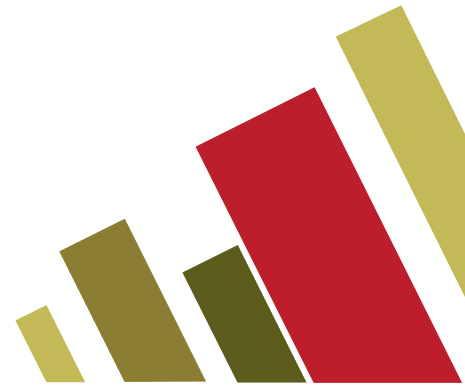
# The ACT Matrix: What is it?

- *Simplifies ACT*
- *Unencumbered by Confusing Terminology*
- *Intuitive*





## Versatility of the ACT Matrix

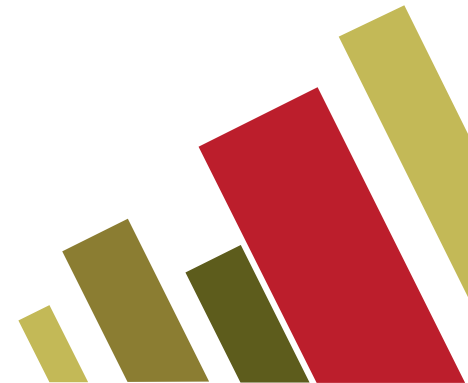
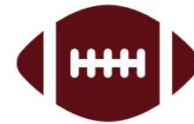
- Clinical
  - Business
  - Teaching Psychological Flexibility
  - First-Responder Training
  - Athletes and Sports
- 





# Setting the Stage

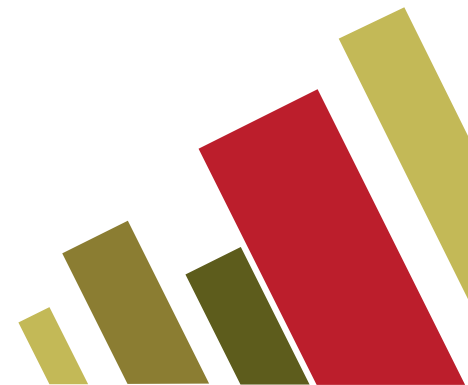
- Maintaining focus is critical for athletic success
- Focus is *mostly* sensory in nature (Five-sense experiencing)
  - Hitting a baseball
  - Playing quarterback in American football
- Control the controllables





## Setting the Stage (Part II)

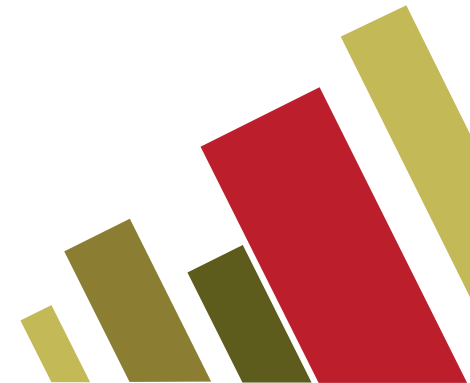
- Caution: Exercise care with terminology used
- Terminology I avoid with most athletes  
*Meditation, Mindfulness, Yoga*
- Using such terms can be a turn off for some populations
- Terminology I use  
*Present, In-the-moment, Focus, Zone, Flow*
- A contextual decision





# Listening

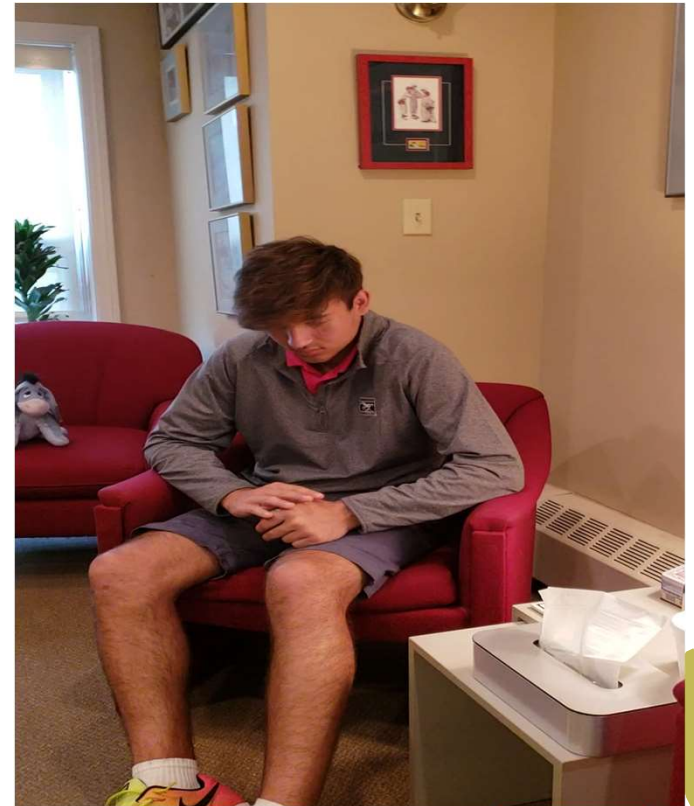
- First in-the-moment sensory skill taught (individual & group settings)
- Explain: Staying in the moment here will improve your focus at practice and competition
- I speak slowly, calmly, rhythmically
- Directions
  - *What do you need to be doing right now? Answer: Listen*
  - *What (senses) do you use to listen? Answer: Eyes and ears (sight and hearing)*
  - *“Aim small, miss small”*
  - *Look me in the eyes as you use your ears to listen to the words*
  - *Breath slowly and rhythmically*
  - *“Slow is smooth, smooth is fast”*
- Repeated at every meeting and encounter






# “The Baseball is the Thing”

Exercise designed to acquaint athletes with the flow, zone, focused, present, (mindful) experience.





Distractions:  
*Exercise to set  
the stage for  
learning the  
ACT Matrix*

---

Types of Distractions: External and internal (thoughts, emotions, bodily sensations, etc.).

---

Both are “noise.”

---

Ask: “What’s easier to deal with, external or internal “noise?”  
Discuss.

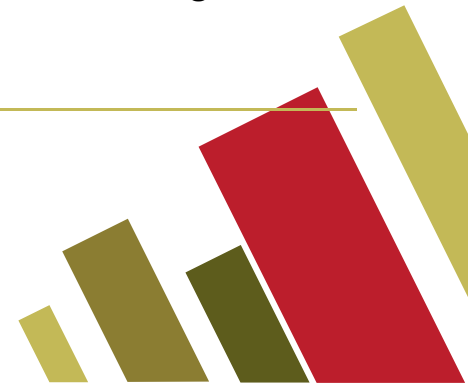
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Thoughts, emotions, bodily sensations—both pleasant and unpleasant internal experiencing—can be detrimental to performance. Discuss.

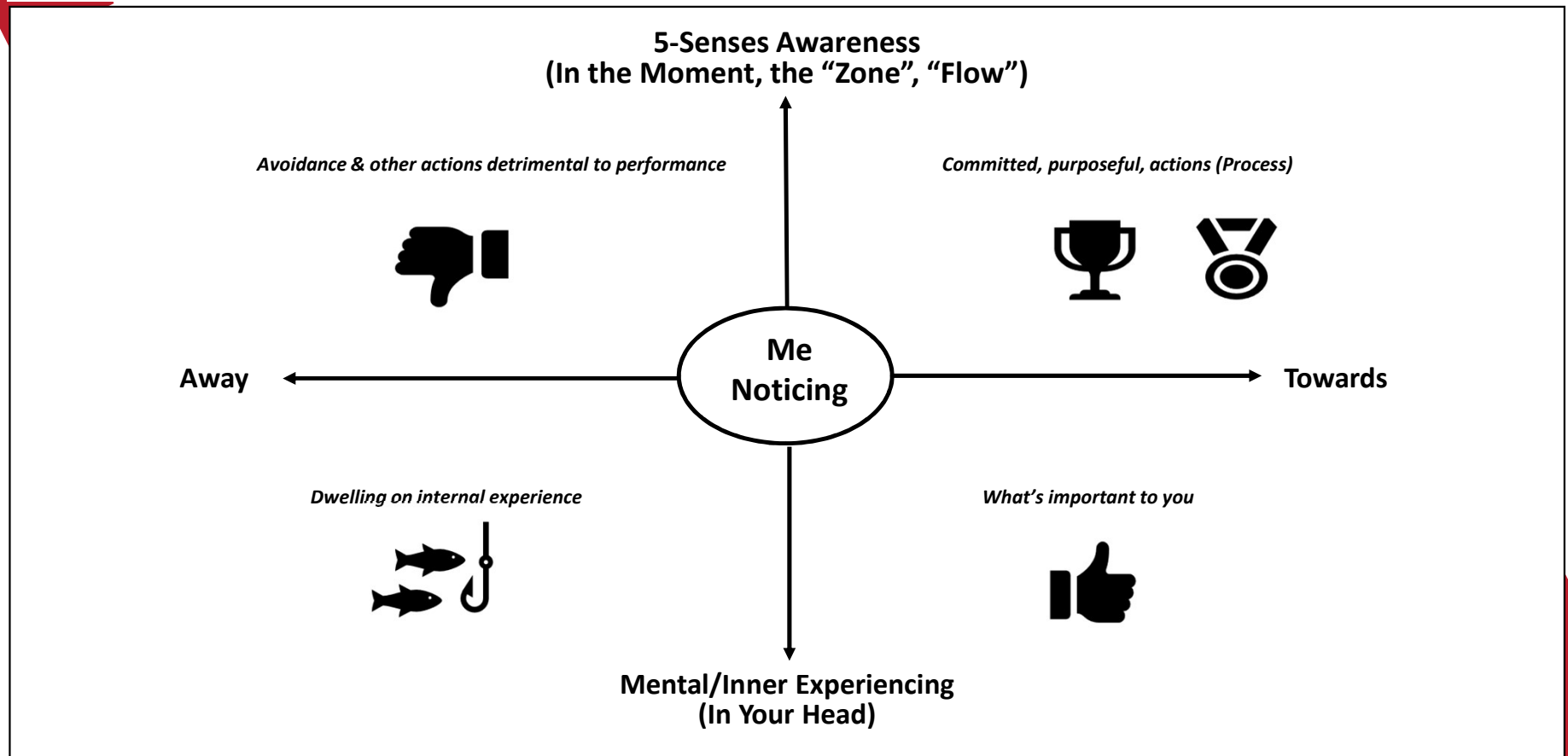
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Dwelling on *external* or *internal* “noise” can be distracting, thus, hurting performance.

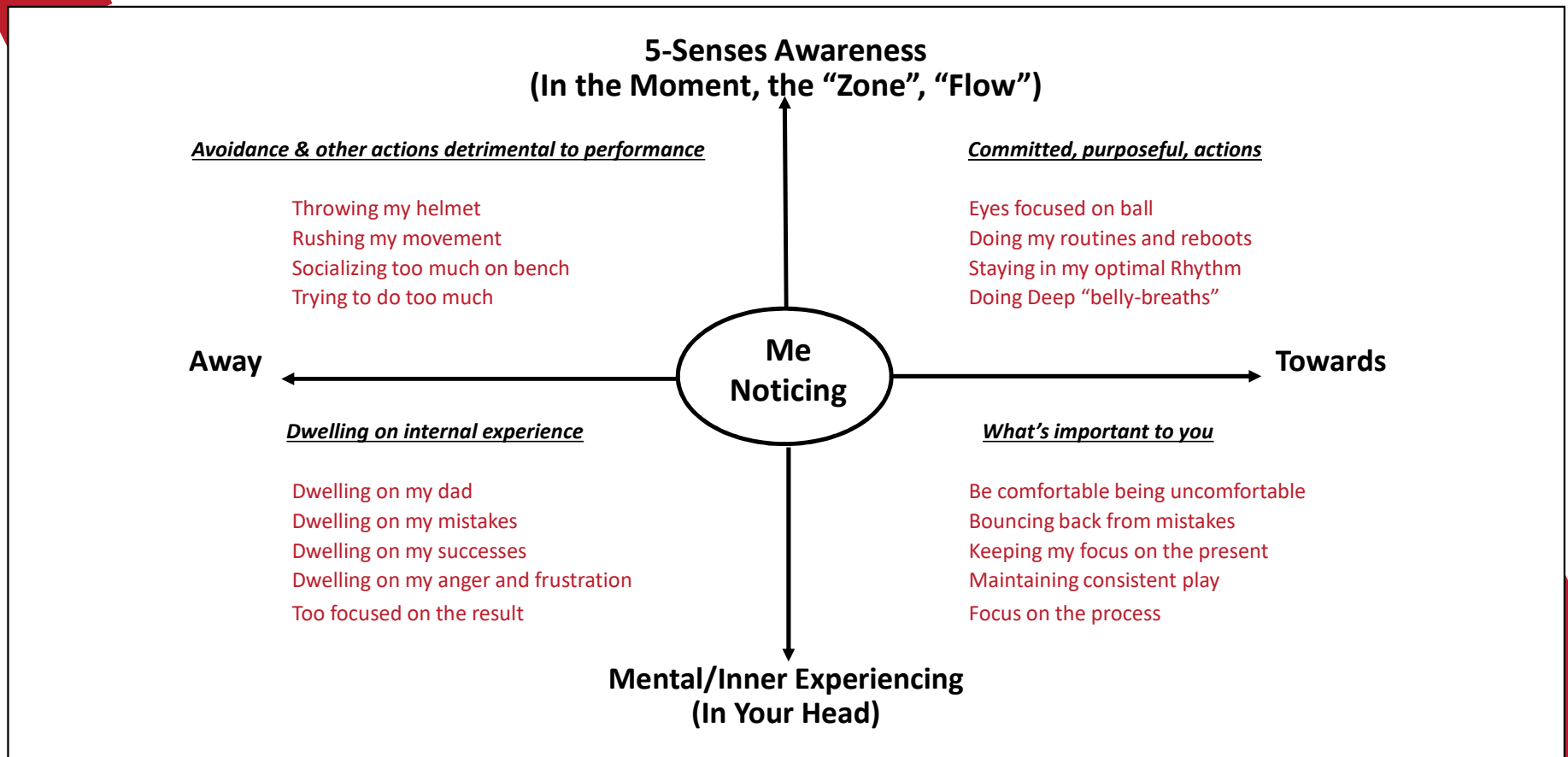
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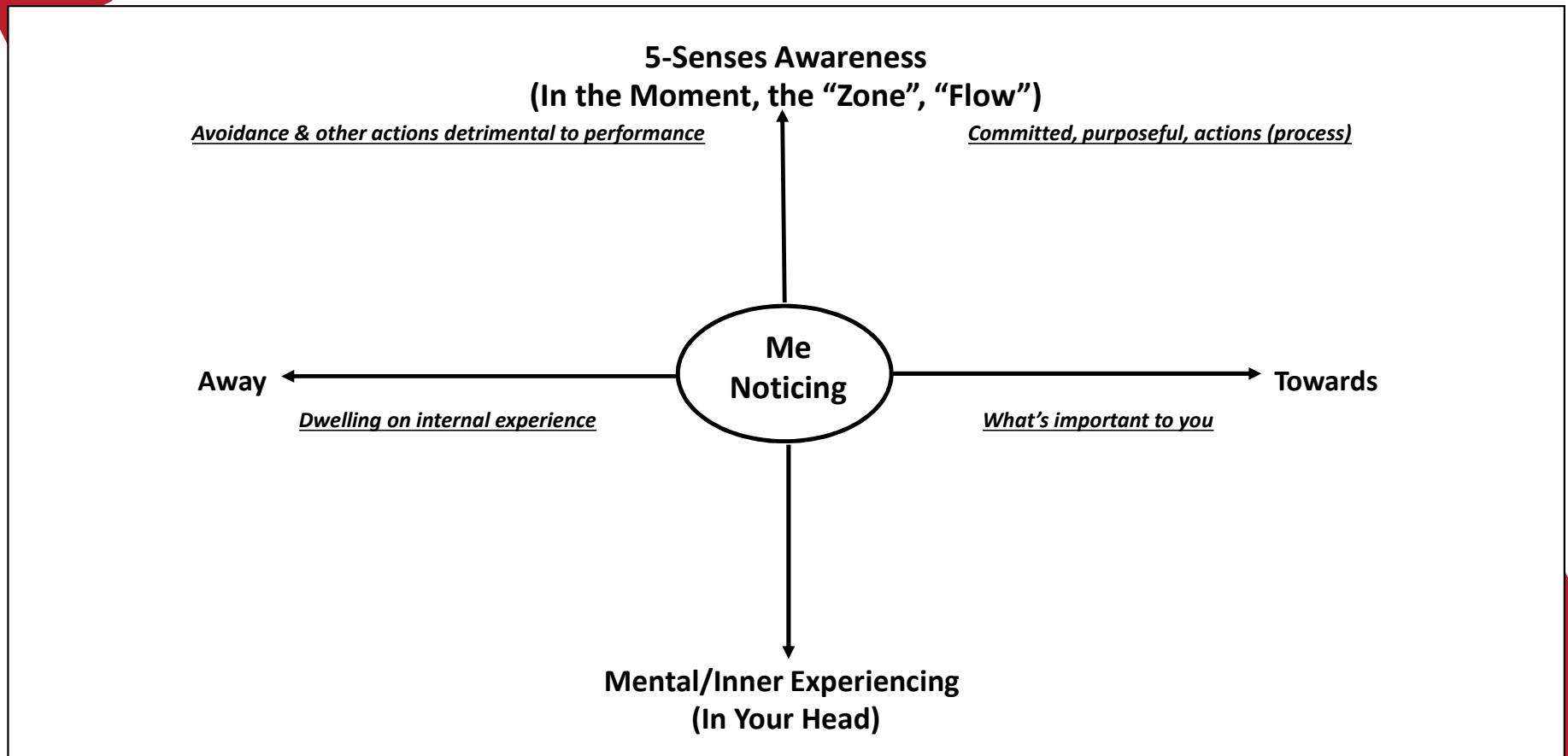
# Teaching the ACT Matrix



# ACT Matrix Worksheet (sample)



# ACT Matrix Worksheet

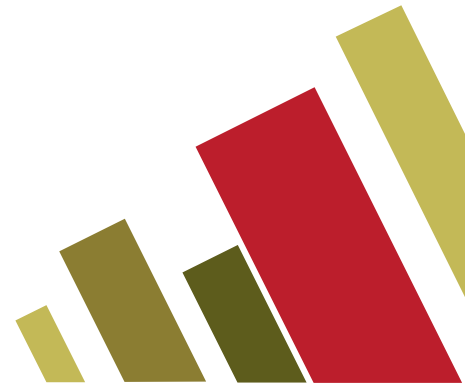






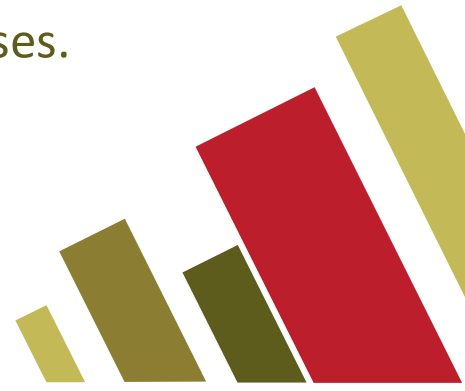
# Routines

- Committed Action designed to prepare athlete for peak performance.
- Establishes and maintains focus (present, 5-senses awareness).
- Involves a series of steps designed by athlete.
- Involves the senses involved with performance.
- Focal Points.
- Incorporates deep “belly-breaths.”
- Slow, rhythmic breathing.
- *“Slow is smooth, smooth is fast.” (United States Navy Seals)*





## Releases/Reboots

- *Committed Action* designed to re-establish focus.
  - A personal time-out of sorts.
  - A series of steps designed by the athlete.
  - First step: Awareness & acknowledgement that focus has been lost.
  - Includes deep “belly-breaths.”
  - Involves performance-related senses.
- 

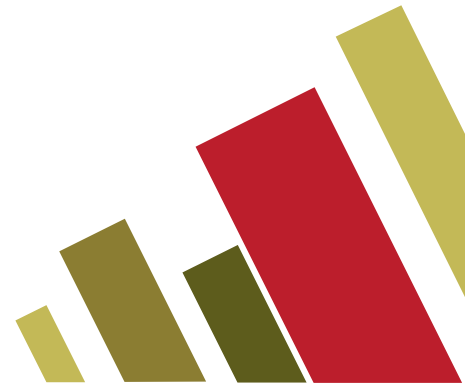
# Routine and Release/Reboot Examples





## Putting It All Together

<https://youtu.be/ylx2nhs05iU>





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