

TYPICAL RIDER DISTRACTIONS

INSTRUCTIONS: Read each of the statements below. Place a tick against any and all of the statements that best represent a cause of distraction for you, when riding.

Notice whether or not your tendency is to lose focus due to mainly external causes, internal distractions or a mixture of both.

INTERNAL CAUSE	✓	EXTERNAL CAUSE	✓
Thinking too much		Unusual /too many sounds	
Thinking about past outcomes		Spectators/ competitors	
Negative thoughts/ doubts		Bad weather	
Forgetting what to do next		Intimidation from others	
Worrying about what the judges think		Trainer who confuses you with too many details to think about	
Worry about failing/ errors		Photographers/ videos	
Trying to break your last result/ personal best		Domestic matters – home, family, business,	
Wanting to impress others		Poor Judging!	
Dwelling on “what if”		Late bell!	
Thinking about what others think about you!		Next competitor at ring side	
Past injury		Poor or faulty equipment	
Over analysing		Poor facilities/ conditions	
Butterflies/ Dry mouth/weakness		Teammate! Too much chat!	