



WELSH ATHLETICS
ATHLETAU CYMRU

The PETTLEP Model of Imagery

PETTLEP stands for 7 KEY elements to include during imagery to create the most functionally image possible

P

Physical

*Make the imagery experience as physical as possible
I.e. – Create the stance & equipment used in the event*

E

Environment

*The place where the imagery is performed
I.e. Similar to the performance environment*

T

Task

Imagine details relevant to the task and skill level of athlete

T

Timing

*The pace the imagery is completed
I.e. To perform imagery in real time if possible*

L

Learning

The imagery should be continually adapted and reviewed over time

E

Emotions

Emotions felt during performance should be mentally recreated during imagery

P

Perspective

The imagery can be through your own eyes or like watching yourself on video