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Visualizing Free Throws

Many studies have been conducted on the effects of visualizing. This research project was originally conducted to see if visualizing free throws helped increase the efficiency of the task. After reading the book *Mind Gym* by Gary Mack, I wanted to see if visualizing free throws would specifically help my team members and I score more points.

Participants were all girls, age 12, on a middle school basketball team. Seven girls participated in the experiment. All participants had read the book *Mind Gym* prior to experimentation. They were asked to shoot 20 free throws one day and data was recorded. The second day they were asked to visualize successful free throws for 10 seconds before each of the 20 free throws. Data was recorded.

Preliminary results are as follows: 43% of participants increased the number of successful free throws after visualizing, 28.5% stayed the same after visualizing, 28.5% of the participants decreased the number of successful free throws after visualizing.

According to this data, I came to the conclusion that visualizing helped people increase their number of successful free throws, rather than decrease or stay the same. In order to validate this finding further trials are being conducted. If this trend continues visualizing might help you improve your basketball game.