

178 CRITICAL ANALYSIS OF RELAXATION: CONVENTIONAL METHODS AND CONTEMPORARY PRACTICE

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Relaxation techniques for sport are reviewed in relation to 'muscle to mind' and 'mind to muscle' strategies. The presentation addresses the different types of strategies and an overview of the overlap that exists in the techniques of relaxation. Most techniques offer a way to enhance self awareness to regulate arousals and behaviour. Without the knowledge and mastery of the different techniques, any application becomes limited. An understanding of different techniques would facilitate the use of the appropriate primary technique that works well for individual athlete and reserve back up techniques.