

***IL MODELLO***

***S.F.E.R.A***

***ENGLISH VERSION***





## *Five SFERA Factors*

**S**incronia (Synchrony)

punti di **F**orza (Strenghts)

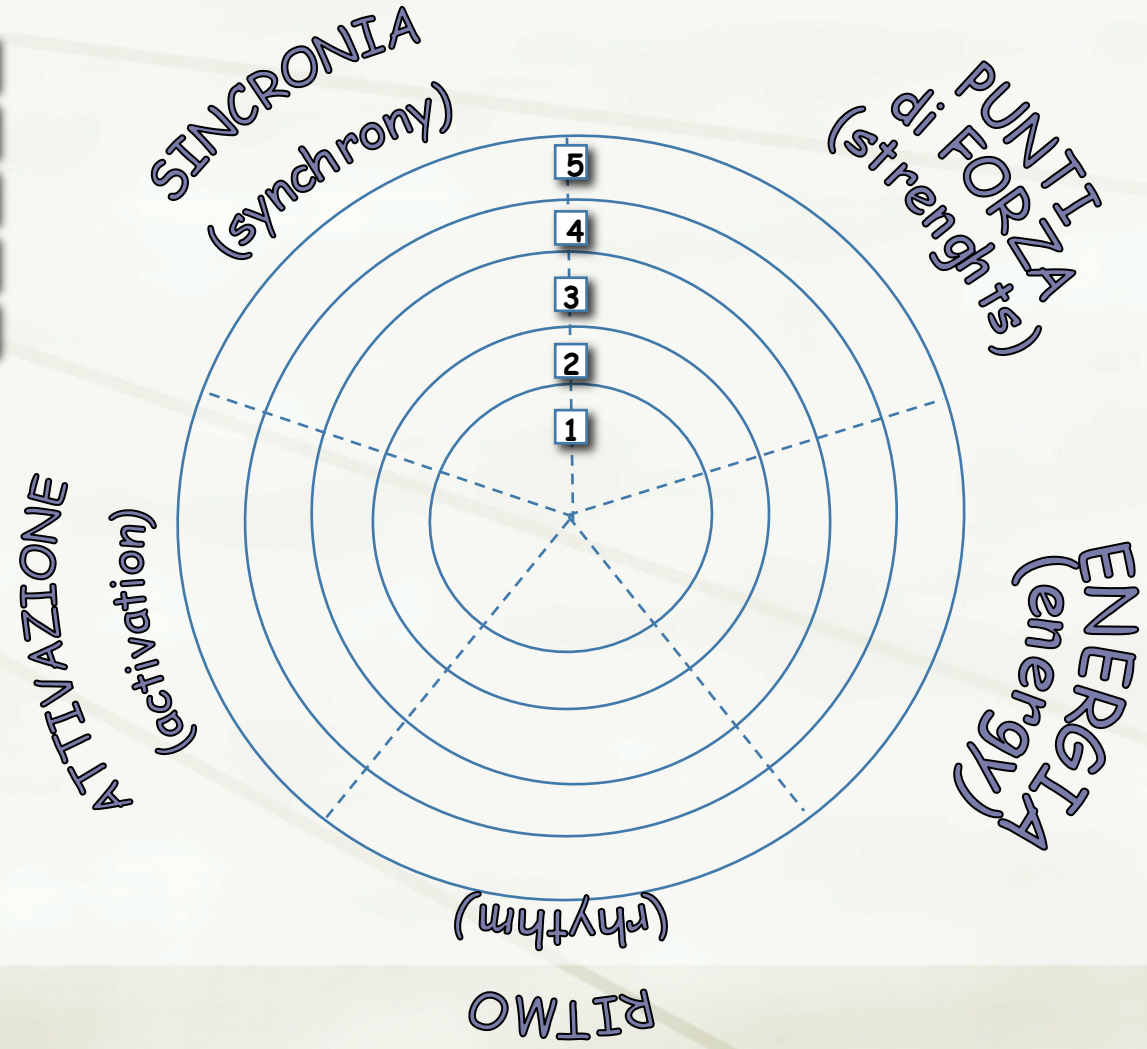
**E**nergia (Energy)

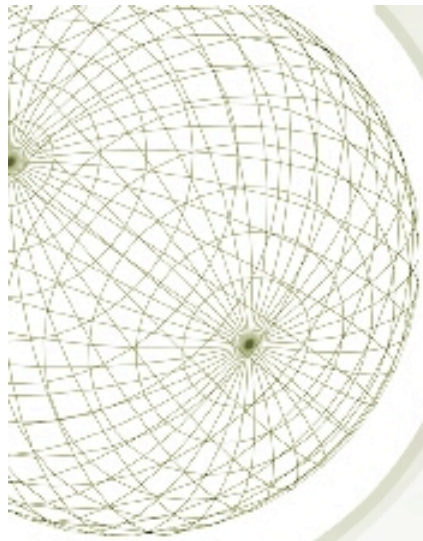
**R**itmo (Rhythm)

**A**ttivazione (Activation)

# SFERA Mandala

- MOST
- MUCH
- ENOUGH
- A LITTLE
- NOTHING





# Synchrony

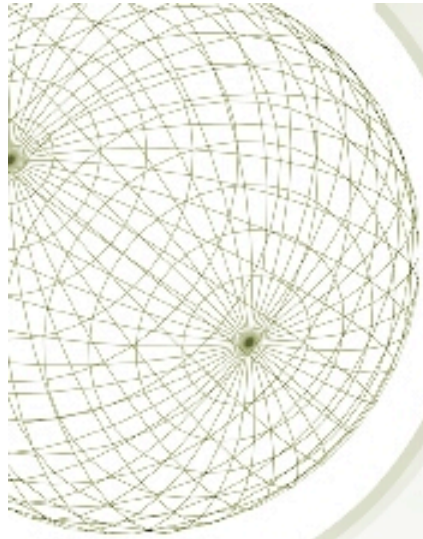
## *The Fundamental*

The skill of being perfectly **present and concentrated** on what you're doing during your performance.

The secret of synchrony is **doing and imagining** at the same time.

You are in synchrony when there is a total **connection between mind and body**.

When mind and body are getting off each other you are in a state of anxiety or stress.



# Synchrony

## *The Fundamental*

✓ I was thinking on what i was doing

✓ I was able to do exactly what I want to

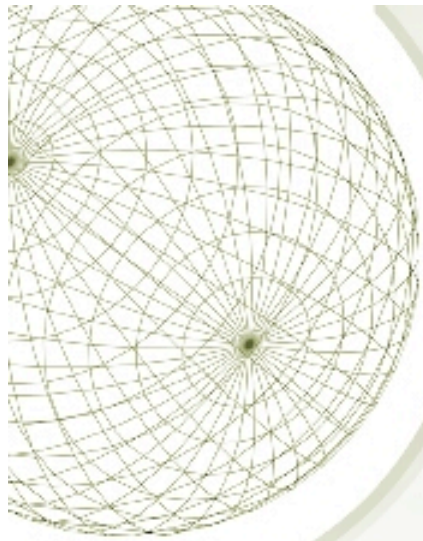
✓ My mind was concentrated on what my body was doing

✓ I was perceiving best sensations of my action

✓ I was thinking on something else

✓ I was reflecting on what other people may say about what I did it

✓ I was thinking on something that happened before or on what could be happened after



# **S**ynchrony

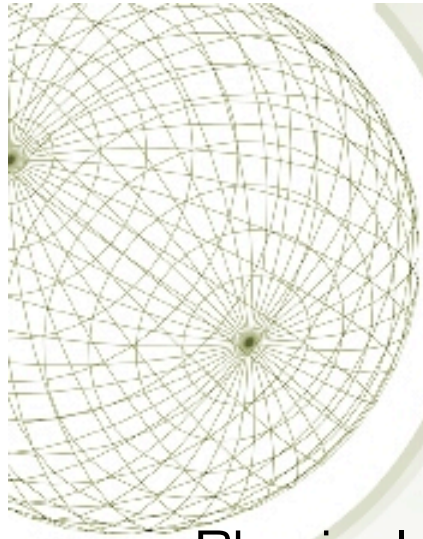
*The Fundamental*

## **RELATED SENSATIONS**

**Being into the present**

**Concentration**

**Mind and Body Connection**



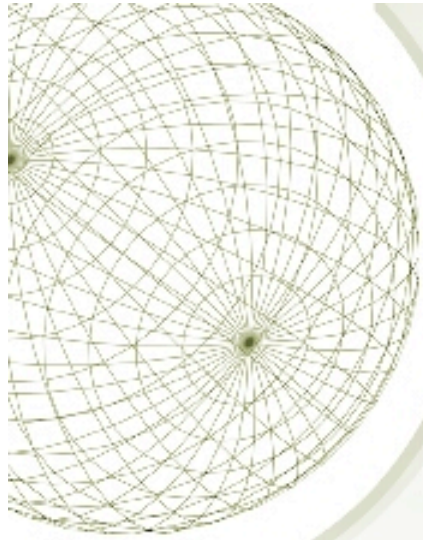
# Strenghts

## *The Personal Resources*

Physical, technical and psychological abilities and skills that the athlete **recognize** to possess for his performance.

They're connected with **self efficacy**, that is a self evaluation of one's own possibilities to succeed in a specific task.

Self efficacy  $\neq$  self esteem (self evaluation of himself as person)



# Strenghts

*The Personal Resources*

✓I can do it

✓I'm self confident

✓I know my goals

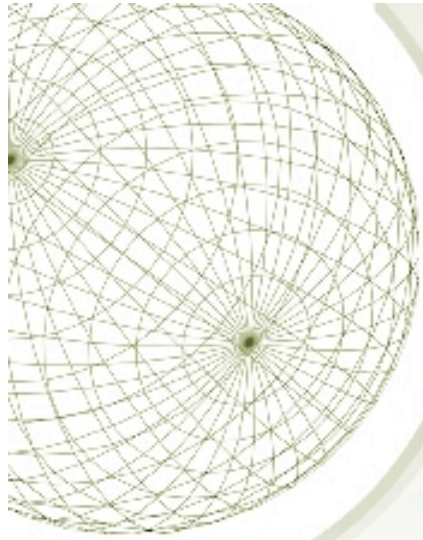
✓I know my skills

✓He is better than me

✓Last time I made a mistake and  
I am going to make it again

✓I feel out of shape

✓I am going to fail again



# Strenghts

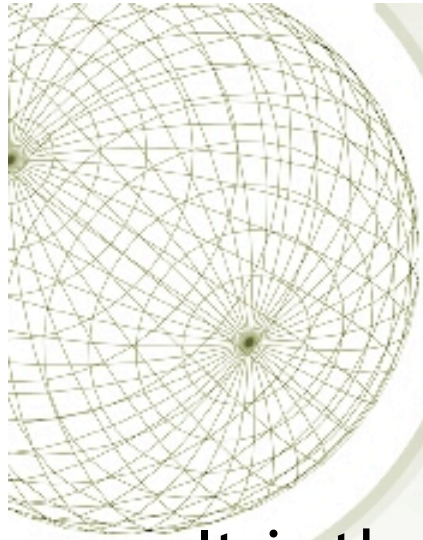
*The Personal Resources*

## **RELATED SENSATIONS**

**Ability of doing**

**Self confidence**

**SELF-EFFICACY**



# Energy

## *The Invisible*

It is the active use of the strength and the power.  
It represent the amount of strength you need for  
a certain movement or gesture.

A proper use of the energy allows the subject to  
allocate his resources in the best way .

A bad use of the energy (too few or too much)  
makes you feel tired.



# Energy

## *The Invisible*

✓ I can dose my energies

✓ I am well-balanced

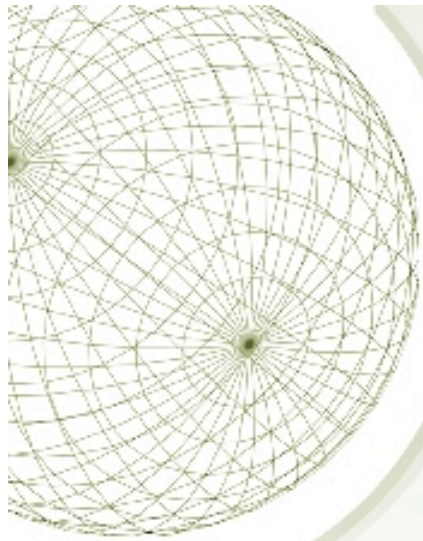
✓ I feel comfortable

✓ I can reach my goals efficiently

✓ I feel aggressive

✓ I never finish what I started

✓ I feel passive in what I'm doing



# Energy

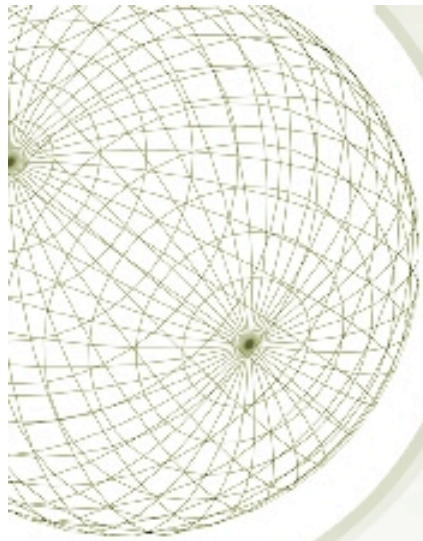
*The Invisible*

## **RELATED SENSATIONS**

**Feeling Comfortable**

**Feeling well-balance**

**Feeling Powerfull**



# Rhythm

## *The Connection Frame*

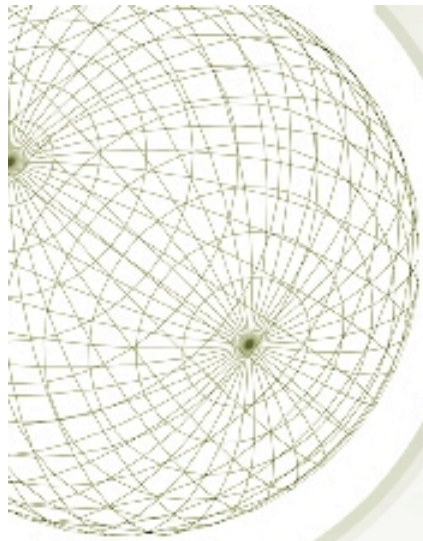
Rhythm is a sequence of time intervals.

It generates the right **flow** in movements sequence.

It's the connecting frame.

It sets the **quality** of the actions: who is dominated by rhythm is perceived like elegant.

Who is dominated by energy appears like powerfull and explosive in his movements.



# Rhythm

## *The Connection Frame*

✓ I feel harmonic  
In my movements

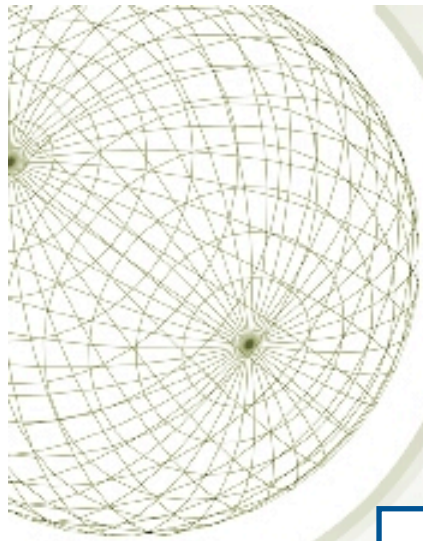
✓ I have the leadership

✓ My breath is  
calm and regular

✓ I cannot keep up with the  
events

✓ I'm moving nervously, jerkily

✓ I am not moving  
forward

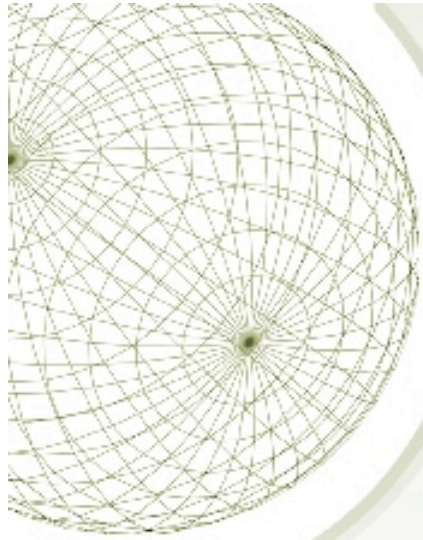


# Rhythm

## *The Connection Frame*

### **RELATED SENSATIONS**

**Be elegant**  
**Have style**  
**Be charismatic**  
**Be constant**



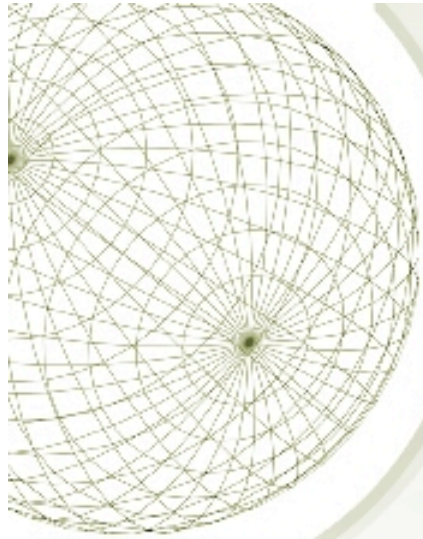
# Activation

## *The Additional Value*

It's the motivational engine, it expresses the athlete passion,  
allowing him to get over limits

It is the physical and mental state of the athlete when he is ready to perform.

The Activation process is strictly connected to "rituals".

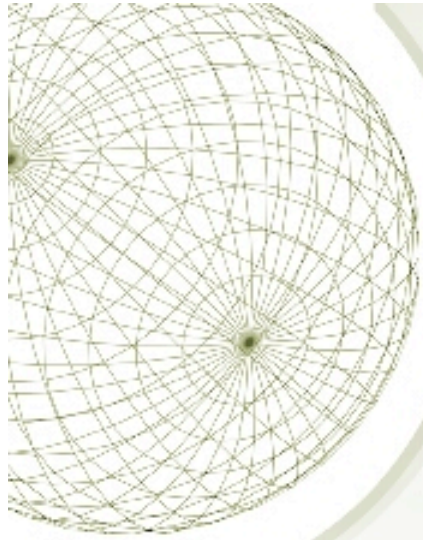


# Activation

*The Additional Value*

- ✓ I feel motivated to reach my goal
- ✓ I'm working with joy and fun
- ✓ I can transmit to other people my passion

- ✓ I'm doing this because I have to
- ✓ I'd like to be somewhere else



# Activation

*The Additional Value*

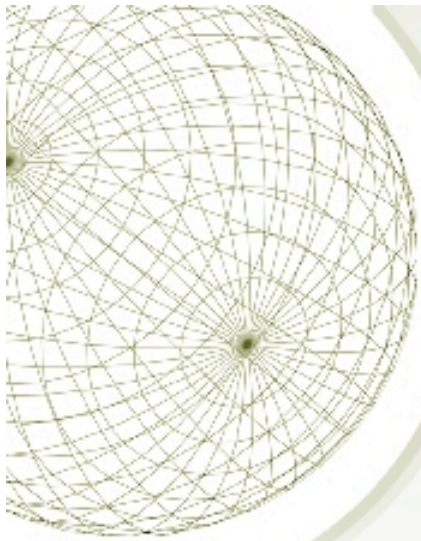
## **RELATED SENSATIONS**

**Feel passionate**

**Have fun**

**Consider the activity as a game**

**Be ready**



*To be into the best performance' SFERA it allows you to experience a perfect synchrony with the world, with others, with your activity. It gives you the opportunity to live the now and the here. It also let you free to appreciate life's journey rather than life's goals.*