

Mental training in Team China: Practice and reflections of a frontliner in team.

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From 2007 to 2023, I started off as a research assistant for tennis and artistic gymnastics events in the preparation for the Beijing Olympics, then to the second-in-command of psychological training in tennis for the Rio Olympics. Subsequently, as the head of psychological training for track and field (short sprints), curling, and tennis events for the Tokyo Olympics. Finally, becoming the head of psychological training for weightlifting and badminton, China's dominant events, in preparation for the Paris Olympics. Throughout these transitions, I continuously attempted to apply psychological training concepts and methods to the Olympic preparation of the Chinese National Team, aiming to help athletes and coaches integrate the pursuit of excellence with maintaining mental well-being. This presentation will focus on sharing some practical cases and reflections from my sixteen years of experience in designing and implementing specialized psychological training that are closely aligned with the sports teams' needs.