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## PROGRAMA DE ENFOQUE EN ATENCIÓN Y CONCENTRACIÓN PARA EL FORTALECIMIENTO DEL RENDIMIENTO DEPORTIVO EN ATLETAS DE CROSSFIT

### FOCUS PROGRAM IN ATTENTION AND CONCENTRATION FOR STRENGTHENING SPORTS PERFORMANCE IN CROSSFIT ATHLETES

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### Resumen

Las variables psicológicas de la atención y concentración son de vital importancia a la hora de la práctica y el desempeño deportivo. Por ende al momento de realizar la preparación mental con atletas no puede faltar su presencia. Sin embargo, existen entrenadores que aún desconocen la teoría relacionada a los procesos de atención. Por eso el objetivo de este artículo científico es presentar una perspectiva general de los constructos atención y concentración en el deporte de CrossFit del Centro de Entrenamiento Integral de Rendimiento (IPT) Box, en Maracay, estado Aragua, Venezuela. El artículo se presenta bajo el paradigma sociocrítico, como método fue la Investigación Acción, Los actores participantes estuvo constituida por 12 atletas, en edades comprendidas entre los 16 y los 30 años del contexto antes señalado. Como instrumento de recolección de la información fue la observación natural en el lugar de entrenamiento. El análisis de la información consistió en registrar la observación en un cuaderno de bitácora y analizar los contenidos emergentes de las palabras, a través del análisis de contenido. Como conclusión más resaltante del estudio fue el hecho de que la mayoría de estos deportistas consideran beneficiosa la preparación psicológica en su práctica deportiva, los atletas del IPT Box confirmaron la eficacia en función a la extensión de todos los componentes del equipo.

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**Palabras Claves:** Atención, Concentración, Rendimiento Deportivo, CrossFit.

## Abstract

The psychological variables of attention and concentration are of vital importance when it comes to sports practice and performance. Therefore, when performing mental preparation with athletes, their presence cannot be missing. However, there are coaches who are still unaware of the theory related to attention processes. That is why the objective of this scientific article is to present an overview of the constructs attention and concentration in the sport of CrossFit at the Box Integral Performance Training Center (IPT), in Maracay, Aragua state, Venezuela. The article is presented under the socio-critical paradigm, as a method was Action Research, The participating actors was constituted by 12 athletes, aged between 16 and 30 years of age in the aforementioned context. The instrument for collecting information was natural observation at the training site. The analysis of the information consisted of recording the observation in a logbook and analyzing the emergent contents of the words, through content analysis. The most outstanding conclusion of the study was the fact that most of these athletes consider psychological preparation beneficial in their sports practice, the athletes of the IPT Box confirmed the effectiveness based on the extension of all the components of the team.

**Keywords:** Attention, Concentration, Athletic Performance, CrossFit.

## Introduction

The important psychological abilities in high performance sports, the process of attention and focus invades notoriously preeminence as a variable object study, influential in sport performance (Ferrel-Chapus & Tahej, 2010; Lohse, 2012; Wulf, 2007, 2013; Del Monte, 2017). Today it is known that attention and concentration are abilities that can be learned and trained, in expert athletes and those in process of formation (Hansen, 2023). This justifiable because when all the sport actors are not focused, their results in their performance can lead to failure.

In this research emphasis will be put in the psychological approach of the variables attention and concentration in CrossFit specifically. Nevertheless, even though the notion of attention and concentration frequently appears in the sports ambit- and most people have an approximate idea of what these processes are and how they work- it is not easy to determine which defined aspects of our performance must be taken in account, at the moment of valuing and training the attentional qualities. This difficulty is more evident if we have taken into account that relevant stimuli of the game that athletes must pay attention cannot be established in a general way. Each sport has a particular and specific commitment that each athlete has will the ones that establish what attentional requirements must be satisfied in each case. These attentional requirements are focus, concentration of attention, distribution of attention and being at present time. That is why the purpose of this scientific article is to present an overview of the constructs attention and concentration in the sport of CrossFit at the IPT Box Training Centre.

Concentration is one of the fundamental aspects to reach the maximum level, so that each athlete is suitable. The principal element of concentration is the capacity to focus attention on the task that is being carried out and not be distracted by external or internal irrelevant stimuli

(Fernández & del Monte; 2022). External stimuli can include spectators booing, memories of recent mistakes, anti-sports fair play, among others. Most of the external events will display a cognitive and emotional change in the athlete. Given that this interaction is being showed all the time, coaches and sport psychologists must train athletes to face these events under situations of pressure, just as sports competitions are.

During the last decade, multiple professionals of sport psychology have shown their interest in the importance of concentration (Buceta, 1998; Del Monte, 2017; Del Monte & Fernández, 2022). Thus, several authors point out making reference to this significant variable in sport performance, concentration is one of the most important key points that can be put to service for the athlete in order to improve the performance, in training and in competition (De la Vega, 2003; Del Monte, 2017; del Monte & Fernández, 2022).

According to Mack (2009), unfortunately the coach doesn't possess enough tools about teaching and how to empower adequately the athletes in such ability, or failing that, applies attentional focuses poorly effective (Porter et al., 2010; Ríos-Garit et al., 2024).

Nevertheless, when an athlete gets bigger experience with a certain ability, minor attention will be required before the technique, and the attentional progress will be focused in more relevant stimuli (Besi & Robazza, 2004; Mack, 2009; Garit et al., 2024).

This idea leads to sport discipline of the present research, where attention is required in every aspect of the training session and the competition.

The evolution of CrossFit through the years has given opportunity to its participants to integrate to the world of competitive sport. The birth of this sport is thanks to Greg Glassman, who in 2001 gave it name and its own form, allowing the whole world to get to know it. This North American that dedicated to train police officers with this method in sunny California, made possible that in 1995 appeared the first gym affiliated to CrossFit, in the city of Santa Cruz. Such was its success that it became popular worldwide, making people with ages from 12 to 50 years old practice it (Glassman, 2007; Vargas-Sierra, 2024).

The worldwide boom was such that in some point a great variety of competitions began to appear in this discipline. The most known one and at the moment is considered the main one, is the CrossFit Games. During these games, athletes compete in exercise routines that they learn just a few hours before performing them. Many of these include standard weightlifting and gymnastics movements, but sometimes include surprise movements that are not part of the typical CrossFit regime. Examples of these surprise elements could be swimming in agitated waters and throwing a ball. The competition afore mentioned is made to determine "the most apt on Earth", and the competitors must be prepared for all.

## **Theoretical References**

Theoretical perspectives provide a solid foundation for study by situating the work within a well-established conceptual framework, which helps to contextualize the research and

understand its relevance within the field. Theoretical perspectives guide the formulation of research questions, the selection of methods, and the interpretation of results.

In this sense, they provide a framework for the understanding of the phenomena studied and allow the generation of specific hypotheses. Hence, the use of an appropriate theoretical perspective can help maintain coherence and consistency throughout the article, implying that the arguments presented, the data collected, and the conclusions reached are aligned with the chosen theoretical framework.

By employing established theoretical perspectives, researchers contribute to the development of knowledge in their field by demonstrating how their work relates to existing ideas and theories, helping to strengthen and validate research. By using the theories, other researchers can easily understand the context and underlying assumptions of the study, making it easier to compare with other work and replicate the results. By being based on sound theoretical perspectives, the results of the study may have a greater potential for generalization beyond the specific context of the study, increasing their relevance and applicability. Below are the theories that support the article.

### **Development of CrossFit in Venezuela**

In Venezuela, CrossFit begins to be known in 2010, through the athlete named German Foucault. But the ones who created the first box affiliated to the network of CrossFitNC were Antonio Carrera, Ricardo Vidal and José Alberto Carrera. This box is called CrossFit58, where every WOD (Work of the Day) is experimented in a frequency that goes from lowest to biggest, with escalations or progressions adapted to the strength and level of a person. One of the most recognized events nationally where a great quantity of athletes from different states gather to demonstrate their physical abilities are the Fit Games or the Workout Challenge. Such events are celebrated once a year and have an exhaustive process of selection in order to qualify.

In Maracay, Aragua State, there are approximately 9 CrossFit boxes functioning, and the amount of groups practicing this discipline is bigger. For this, there is an endless number of education programs that prepare CrossFit coaches so that they learn to train the athletes that wish to compete in these events, like the case of the working group that is found in the box called Integral Performance Training (IPT).

The purpose of the present study is to offer a general approach referred to the process of attention and concentration in the sports ambit, as well as its influence in the same. Besides, it is required to provide the coach an approximation that supplies and facilitates the approach of attention and concentration in the daily practice of the sport discipline of CrossFit.

According to bibliographic antecedents, researches did not find specific information from the psychological point of view referent to concentration and attention and its influence in sport performance in CrossFit Athletes in Venezuela. Therefore, the need for innovation stands out for experts in this unexplored area in our country. Thus, the development of future investigations will be incentivized in this sport discipline that has so much popularity at the present time in Venezu

The process of attention in sport has been carefully studied ever since peak performance athletes started to achieve relevant results (De La Vega, 2003; Del Monte, 2017; Rojas Estapé, 2024). And one of the keys to understand this process is to dominate the basic terminology, as it shows:

– Attention:

It's defined as the psychological process that allows an individual to establish contact with the most relevant stimuli of the present moment situation, omitting or eliminating those other stimuli that are not important (Dosil, 2006; Fernández & Del Monte, 2022).

– Concentration:

It's the capacity to keep focus in the relevant signals of the environment, and as this environment changes, the focus must change as well (Weinberg & Gould, 2011; Ríos-Garit et al., 2024).

It is very important to considerate the *distractors of concentrations*, because during sport performance they can be very disrupting. The following factors described below are considered *distractors of concentration* (Weinberg & Gould, 2011; Ríos-Garit et al., 2024):

-*External*: They refer to each thing that happens around the athlete and can distract and make the concentration be lost.

– *Internal*: They refer to thoughts and feelings of the athletes that in certain moments can distract them from what they are doing

– *Difficulty to change the way of attending*: Incapacity to change an attentional style. Once these concepts are understood, it is necessary to describe the attentional styles, which are responsible for a proper performance in sport (Fernandez & Del Monte, 2022).

– Attentional styles:

The two basic dimensions of attentions are: amplitude (wide-reduced) and direction (external-internal). Concretely, amplitude refers to the extension of the attentional field, this is, to the major or minor amount of information that the athlete must process in a certain moment. If the attentional field is wide, the athlete will be attending a great variety of stimuli at the same time. On the opposite, if the attentional field is reduced, this same athlete will be focusing his attention in a few, but crucial, stimuli. This information can be seen in Table 1.

On the other hand, the direction establishes and determines the place where the attention focus is oriented. If the attention focus is directed to the exterior, this is, toward environmental stimuli –the crowd, the weather, mass media, etc. - it is referred to external attentional focus. Opposite to this, if attention is focused in one's self, in one's own sensations, feelings and/or emotions, it is referred to internal attentional focus. This means that in both cases –internal and external- are complemented and their use concerns both individual characteristics and the requirements of the situation.

But there is more. The combination of these two dimensions gives place to four different attentional styles. They represent the exact form in which the athletes attend the principal stimuli

of the environment: the “wide-external” style, used for evaluating quickly the situation from the processing of great amount of information; the “wide-internal” style, used for analyzing and planning the situation from the selective analysis of the received information and the interiorized game schemes; the “reduced-external” style, used for preparing the performance through focusing the attention in a concrete object or in an determined external situation; and the “reduced-internal” style, used for preparing the sport performance through mental rehearsal of the performance. Speaking with honesty, although the sports modality tends to be the one that –due to its particular idiosyncrasy- makes athletes develop some styles more than others and, unconsciously, and they use them in a recurrent and open way (Nideffer, 1991; Del Monte, 2017).

– Attention Focus

*The wide attentional focus* allows a person to perceive different events in a spontaneous way. This is especially important in sports where the athletes have to be conscious and sensitive in the face of quick changes in the environment. This means they must respond to multiple signals.

*The narrow attentional focus* works when a person responds to one or two signals.

*The external attentional focus* directs the attentions towards an object that is outside, or to toward movements of the opponent.

*The internal attentional focus* is directed to the inside, towards the thoughts and the sensations, like when a coach analyses the plays without having to perform them or a golf player visualizes what he thinks before hitting the ball.

**Table 1**

Attentional focuses

Wide-External Used for evaluating quickly a situation	Wide-Internal Used for analyzing and planning
Reduced-External Used for focusing in a non-destructive way on one or two external signals	Reduced-Internal Used for reviewing systematically and mentally a situation of performance and for directing and [/or controlling the physical arousal

Source: Taken from Nideffer (1991). Adapted by the authors

All these theoretical aspects have arisen from different researches, which lead to the conclusion that the more the athletes train their concentration of attention, they are more likely to improve their performance and achieve their goals (Del Monte, 2017; Fernandez & Del Monte, 2022; Rios-Garit et al., 2024).

It is also important to have the CrossFit terms clear, because it is part of the codes that a sport psychologist must manage in order to do an optimal work. These terms are:

– Sport performance:

It's the result of a sport activity that, especially in a competitive sport, crystallizes in a bestowed magnitude to the mentioned motor activity, according to the fully stablished rules (Martin, Klaus & Lehnertz, 2001; D'Amico, 2018, 2023).

On the other hand, it is important to mention that CrossFit was born as a training system designed to improve performance and physical qualities in policeman and firemen. It was created by an American man named Greg Glassman, who in 1995 would open the first CrossFit gym. The good results obtained made CrossFit opened to the population and in the year 2000 a web page would be created to disseminate it (Vargas-Sierra, 2024). This result in massification of this system.

– CrossFit:

It's a functional movement of high intensity and constant variation and it consists of three important variables (Glassman, 2007; Vargas-Sierra, 2024).

– Functional movement:

It is defined as a set of “universal patterns of motor activation to which our body is specifically designed to do, like running, jumping, pushing, pulling, sitting, getting up, among others” (Montalbán, 2013).

– Variation

Variation is the key, the specialization of the non-specialization, from this point of view the answer is obtained for a more possible wider adaptation, climbing, running, jumping, lifting, swimming (Montalbán, 2013)

– High intensity:

When intensity is mentioned in CrossFit, this refers to the percentage of our heart rate or our VO2 max, then it is how we know the percentage of load of our maximum repetition (Montalbán, 2013).

– Method and hierarchy of CrossFit

*Nutrition:* This aspect is the base of CrossFit. The first thing to be dominated is a correct nutrition, which sets the molecular bases for health and physical aptitude.

*Metabolic conditioning:* It develops resistance, which is the base physical capacity in the rest of the developing capacities.

*Gymnastics:* CrossFit uses elements of this sport to develop in the individual the capacity to control the body and grant the adequate movement range to avoid injuries.

*Weightlifting:* Through derived exercises from this sport, it is pretended to develop the ability to control external objects outside the individual's body and provoke potency.

*Sports:* It's the peak of the pyramid, it's all the motor abilities and physical capacities mentioned before applied with a competitive purpose.

– Individual sports:

They are those sports in which the practitioner is found alone in a space, where certain difficulties must be beaten, overcoming himself/herself with relation to a time, a distance or a technical execution, that can be compared with others, that are performed in the same conditions too.

– Classification of individual sports

In the great amount of existing classifications, one of the most approved is the one from Parlebas (1989), which includes individual sports in two categories or “psychomotor situations” en function of the presence or not of uncertainty that can influence in their performance:

- There is no uncertainty: athletics, swimming.
- There is uncertainty due to the space: lone climbing, alpine sky, etc.
- In function of the presence of other participants:
- Solitaire performance: sky, climbing, weightlifting.
- Simultaneous performance with other athletes: swimming, rowing, athletics races.

In function of the presence of an object that needs to be manipulated or not:

Fixed device:

- Without an object to manipulate: artistic gymnastics in floor, swimming, athletics races (except relay races).
- With an object to manipulate: throwing, pole vault, rhythmic gymnastics.
- Fluctuating or variable device:
- Without an object to manipulate: free climbing, open water swimming (sea, river, and ocean).
- With an object to manipulate: ski, sailing, cyclo-cross.
- CrossFit: from training system to sport

With the first bricks put, the expansion of CrossFit worldwide was tremendously quick, opening itself space in the so demanding world of sport. The boom of CrossFit occurs between the years 2005-2009, arriving to have 1000 people affiliated in the whole world.

For this tremendous demand, is that the idea of creating games that gathered the best specialists in this discipline was born, ascending CrossFit to the category of sport. In 2007 the first “CrossFit Games” would be created, in which participated around 70 people. The games take place each year, and its participation has been growing so progressively that in 2014, the athletes that competed were 200.000. And from then on, each years the number of participants keeps growing.

- The structuring of a WOD (work of the day):

It has a duration of approximately 60 minutes and it is structured in the following way:

- Warm-up: A previous neuromuscular conditioning is carried out in order to avoid possible injuries. The neuromuscular conditioning exercises tend to be rope jumping, abs, push-ups, squats, spinals, etc.
- Strength workouts (with bar) in CrossFit:
- Technique/ Strength “A”: In this part of the training session, different exercise technique are practiced, in which strength, technique and potency are developed. Besides, one seeks the bigger amount of weight that one can work with, depending on the exercise and the amount of given reps. The exercises tend to be Back or Front Squat, Deadlift, Snatch, Hang clean, Hang clean & jerk, Planks, Bench Press, etc. Sometimes they can be combined.
- Part “B”: It’s about the most intense moment of training in which the amount of weight is lowered, compared with part “A” and here the workout seeks to increase the respiratory



capacity. The exercises tend to be combinations of the exercises previously described in part “A” and other ones of resistances or without weight, for example: jumps, pull-ups, rings, push-ups, abs, maximum speed races, bar swing, pistol squats, pike push-ups, etc.

There are different types of WODs. Among them, the most used are:

- Amrap: (As Many Reps as Possible). Consists of doing the biggest number of possible rounds of the given combination of exercises, in determined time. An example of this is a 20 minutes AMRAP, where you are provided with 20 minutes to do the biggest number of possible rounds you can.
- Emom: (Every Minute on the Minute). In this type of WOD, the task is to do a certain number of reps of an exercise (or several exercises) in one minute, during the biggest number of possible minutes. The time that remains from the end of the exercise till the end of the minute is a time to rest. The EMOM finishes when the athlete can't finish in the minute or in the minutes marked by the coach.
- For Time: Another way of training consists of doing a number of determined rounds as a goal, in a limit time in order to achieve the purpose or do the given exercise combination, as fast as possible.
- Tabata: Consists of 8 rounds in which 20 seconds of an intense exercise is carried out, followed by 10 seconds of resting time and amount of total reps are counted. It can be a TABATA of two or three different exercises.
- In part “A” and in part “B”, the amount of weight used in each exercise is personalized and it seeks to do the exercises with the indicated weight for each one. It's recommendable the use of a stopwatch or timer in order to keep the precise time, the number of intervals and the intensity level.
- Elongation: The coach conducts an elongation in group, of the muscles used in the training session with the purpose of preventing injuries.

The exercises are carried out inside a box (this is the name given to the place where CrossFit is practiced), and depending of its location and the WOD, the exercises can be done outdoors.

- CrossFit Games:

This is a world event, where the maximum exponents of this sport compete, seeking who is crowned as “the most complex human being in the world”.

In order to make it to this event, the athlete must go through two previous stages known as the “Open” in which the organizers establish routines. They can be done by different persons that want to participate and afterwards send their results by video. These must be endorsed by CrossFit filial. The ones that pass that stage, then arrive to the “Regionals”. This is a competition where the best of each zone face each other. These zones are divided by geographical phases. There are 17 zones distributed in the world. 12 of these are in the United States of America. Once both stages are finishes, the participants of the CrossFit Games are chosen.

In this type of championship, athletes must carry out CrossFit routines, which are only known hours before displaying them. The winner of each one of these tests adds points just like the rests of the participants, in which the one that achieves a better position will receive the biggest score. Once all the events are finished, it is determined who has the biggest score.

## **Methodology**

### **Nature of the research**

This study is considered a scientific research, because according to Tamayo (2004), because research is a process that allows application of the scientific method and procures to obtain relevant and trustworthy information, in order to understand, verify, amend or apply the knowledge.

The present research is based in a qualitative and field model, following the approaches of Blasco and Pérez (2007) and Campo Arenas (2020), which point out that the qualitative research studies reality how it happens and in its natural context, extracting and interpreting phenomena according to the implicit persons. It uses a variety of instruments to gather information, such as interviews, images, observations, life story, in which routines and problematic situations are described, as well as the significances in the life of the participants.

In the present study, the researchers need to get close to the reality that the athletes live particularly in their context where they manifest their behavior, in order to interpret the different phenomena according to the meaning the athletes give to these phenomena (Guba & Lincoln, 1985; Campos Arenas, 2020).

### **Research Paradigm**

This research is presented under the socio-critical paradigm, because the researchers bond with the group of participants and tends to transform the attitude of the group and the context where all the phenomena occur, empowering the people.

### **Method**

The methodological approach to be used was Action Research, because in this approach, the participants are usually part of the community or the context in which the study is carried out, which facilitates the direct application of the findings to improve the practice or situation studied (Campos Arenas, 2020). This approach tends to be participatory and change-oriented, with the aim of empowering participants and improving social, educational or organizational conditions.

Action research is distinguished by its emphasis on collaboration, critical reflection and the practical application of research results to generate significant and positive changes in practice or in the community.

### **Research Design**

This present study is inside an emergent research design, because little is known about the phenomena occurring in the different realities (Lincoln & Guba, 1985; Wiesenfeld, 2001; D'Amico 2018, 2023). From here emerges an opening of an initially formulated problem, where researchers observed the phenomena occurring naturally; meaning that the components of the

design generate during the research process, which is addressed to a procedure that is less subjected to predefined categories, because different conceptions and categories emerge (Lincoln & Guba, 1985; Wiesenfeld, 2001; D'Amico 2018, 2023).

### **Participating Actors**

The participating actors were made up of 12 athletes, aged between 16 and 30 years of the Integral Performance Training Box (IPT), in Maracay, Aragua state, Venezuela. This group of athletes had a training plan, which was conducted by a specialist CrossFit coach, in the practice schedule from 11am to 2pm.

### **Information Collection Instruments**

The instrument was the natural observation in the training venue. The qualitative area consisted of the records in field diaries, obtained from participant observation, the reports of the sharings and later analyzed, in order to have findings of emerging contents, through content analysis. The application of psychodrama and the way to collect the findings of each sharing was submitted to expert review and thus validated. The instrument was the natural observation in the training venue. The qualitative area consisted of the records in field diaries, obtained from participant observation, the reports of the sharings and later analyzed, in order to have findings of emerging contents, through content analysis. The application of psychodrama and the way to collect the findings of each sharing was submitted to expert review and thus validated.

### **Data analysis techniques**

It consisted of recording the observation in a logbook and analyzing the emergent contents of the words, through content analysis. The application of group dynamics and the collection of information from each observation was submitted to an expert review and thus validated.

## **Results**

As it was mentioned in reiterated occasions, previously mental preparation in the discipline of CrossFit in Venezuela, specifically in Aragua State, hasn't been included inside the training plan. Therefore, the receptivity of the athletes and the interest for this sport science –sport psychology- was perceived in a comprehensive way, thus achieving that these athletes gave the required importance to accomplish a quality work.

For this it is important to mention that in the process of this work, a series of psychological tests were applied for the data collection of information for the present research. These tests offer valuable information to distinguish in a psychometric way the measurement of different psychological variables that exist inside the world of sport. In this particular case, the researchers were interested in apply tests to measure the variable attention and concentration, as it was a need manifested by the coach and the athletes.

Among the several applied tests, the researchers focused in the psychological tests that evaluate the variable of attention and concentration in sport that were used, like the Test of Toulouse-Pieron and the Grill Test. Hereunder, through a series of tables, the quantitative and the qualitative level of the applied tests results are explained.

**Table 2**

Results of the Test of Toulouse-Pieron per Sex.

Sex	Quantitative Result	Qualitative Result
Feminine	65	Deficient
Masculine	57	Hypoprosxia

Source: Elaborated by the authors

It can be observed through table 1 corresponding the results of the Test of Toulouse-Pieron per sex, which the evaluated athletes, from both sexes, obtained negative results, for which it can be deduced that the CrossFit athletes don't possess the necessary abilities to concentrate during a specific performance for determined period of time.

**Table 3**

Results of the Grill Test per Sex.

Sex	Quantitative Result	Qualitative Result
Feminine	170	Regular
Masculine	190	Bad

Source: Elaborated by the authors

It can be observed through table 2 corresponding the results of the Grill per sex, which the evaluated athletes, from both sexes, don't possess the competences to dominate their mind and attend adequately to a situation for a determined period of time. For which it can be inferred that their sport performances, at training or competition time is not optimal. Therefore, they are unable to achieve their maximum sport potential.

## Discussion

After seeing the achieved results, they coincide with the findings of Rios-Garit et al. (2024), Wulf (2007, 2013), De La Vega (2003) y Fernandez y Del Monte (2022), because it was observed that the training of the concentration of attention made the athletes perform better in their abilities, enhancing their performance and generating in them great satisfaction and a sense of achievement.

It was also seen that even though CrossFit is a different discipline from the traditional sports, it has all the elements to work concentration of attention proposed by Rios-Garit et al. (2024), Wulf (2007, 2013), De La Vega (2003) y Fernandez y Del Monte (2022). These elements include the attentional focuses of Niedefer

## **Proposal: A Psychological Training in Attention Process in Crossfit Athletes**

Based on all the obtained results, the proposal consists in a psychological training where the attention process is worked in order to have a better performance a CrossFit athlete. Not only will this help the athlete with his performance, but also it will help in his/ her daily life, as it is shown in table 4.

**Table 4**

Psychological Training in Attention in CrossFit Athletes

<b>Phase</b>	<b>Activity</b>	<b>Purpose</b>	<b>Materials</b>
Phase #1	Application of psychological tests	To meet the athletes and their roles	Pencils, paper sheets, erasers, anamnesis format and Toulouse-Pieron format.
Phase #2	Group Workshop	To make psychological training in a theoretical-practical way about concentration of attention with empowerment of psychological strategies.	Video beam, laptop, White sheets, colors, pencils, notebooks.
Phase #3	Follow-up sessions	To create the habits of psychological training sessions before the WOD and after the WOD	Video beam, laptop, White sheets, colors, pencils, notebooks.

Source: Elaborated by the authors

## **Systematization of the Proposal**

The first encounter consisted of the group of researchers assisting to the IPT Box, finding at the moment a great amount of athletes available to collaborate and work in the present research. They were presented the whole work method, the possibility of being evaluated through psychological tests and observation. This was presented to their sports manager too. All of the work was approved at that very moment.

In the elapse of time of the visits to the box and getting to know the athletes, many were the factors that came out. One of them was the authoritarian leadership style with which they managed the training day. The athletes were found hostile and many times reluctant to the instructions of their coach, due to differences of opinions. Thanks to these inconveniences the communication process with the whole group of athletes disabled a whole day's work with them. Due to this, the first working exercise on behalf of the researchers was called "assertive communication", where only four athletes and the coach assisted.

This was based on allowing athletes to communicate to their coach in a direct and assertive way all kind of nuisance or thoughts that harmed the team work.

Inside the process for the obtaining of information, several techniques were used. These must be possessed by each professional dedicated to sport psychology. These techniques include the process of observation in all its phases. Likewise, psychological tests like the Toulouse Pieron and the psychological anamnesis were applied for the data collection; both contributed to the development of this research.

At this point, it can be said that the observation was the activity that was carried out recurrently by the researchers, because during the training sessions was difficult to intervene in an active way, and this would have interrupted the correct performance of a movement in an athlete or the implementation of a technique, dispersing the attention or the concentration during the display of some technique that demands high consumption of psychic energy.

Emphasis was made in the use of this technique in order to detect body language, emotional state, attitude, matureness, attention, concentration, motivation, empathy, group cohesion, frustration, self-esteem, aggressiveness, communication, stress, and decision-making, among other variables, in all members of IPT Box.

On the other hand, in the work carried out with the group, it was more frequently used the group dynamics. This was one of the technique also employed in the available times with the athletes, to boost and make noticeable the work of the researches in the box. As a way to facilitate the understanding of the reader, it can be said that group dynamics are used to train the athletes in the team functioning, in order to facilitate interpersonal communication and the performance of different leaderships. The dynamics are used to display themes, discuss them and deepening them in their contents. They are also employed for analyzing and planning.

This is why the group dynamics are the way with which the coach, coordinator or team manager counts, in order to restructure, enhancing, motivating or inducing the group in the project or work that gathers them.

In this research, group dynamics of cognitive training were carried out, specifically directed to work the attentional processes of the athletes, during the performance of sports clinic that was carried out with the aim of evaluating the attention and concentration variable and its relationship with sports performance. Furthermore, these dynamics worked as psychoeducation for the athletes of IPT Box.

Likewise, as mentioned before, the functions of psychoeducation for the CrossFit athletes of IPT Box and the application of these techniques and techniques is something new inside a CrossFit box, because there haven't been found previous serious and formal researches that reflect some kind of intervention in this particular population.

## **Conclusions**

In general terms, just how it was laid out, the purpose of the present study is to offer a wide perspective about the process of attention and concentration in CrossFit, highlighting its

importance, as well as to provide tools for the coach that allow to implement some practical exercises adjusted to the specific characteristics of a particular sport, understanding that variables like academic formation of the coach, the models, the criteria and duration of the training plans must be suitable for each sport discipline.

This research on behalf of the CrossFit athletes has resulted quite positive, for their personal benefit, highlighting in a special way, on one hand, the fact that most of these athletes consider beneficial the psychological preparation in their sport practice, and on the other hand, their great usefulness with views to their professional world. The athletes of the IPT Box accepted a program of these characteristics, considered it interesting and even necessary, confirming its efficacy in function to the extension of all the components of the team.

Furthermore, it can be said that results of researches show that centering in the result of the movement can be more beneficial, that is, an external focus, than centering in comparisons of the movements of the ability, or internal focus.

Finally, in this order of ideas, the researchers encourage the strengthening of research related with the process of attention and concentration, with the purpose of consolidating the theoretical body of the applied sport psychology, especially in the Venezuelan context.

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