

# 3E Team Huddle Sheet

## Confidence

### Get The Team Thinking

*"Confidence is a tangible thing. It comes from practice and repetition. You have to put in the work in order to build that confidence. When others see you have that confidence, they will gravitate around you and have confidence in you. But it starts with you." – Kobe Bryant, NBA Great*

*\*Write this or one of your own on a board*

### Get The Team Talking

1. Explain that confidence is your belief in your ability to accomplish something. It lives inside of an athlete and is critical for success. *"Whether you think you can or think you can't, you are right!"*
2. Pro, amateur or weekend warrior -- everyone who participates in competitive sports can have problems with self-confidence at one time or another.
3. Even more than raw talent, your level of confidence and belief in yourself can determine whether you succeed or fail.
4. Ask the team to name the most confident athlete they can think of. Ask what that looks like. Flip it and ask about an athlete who lacks confidence?
5. Ask them if they think that the level of confidence is fixed or if they think it can be developed?

### Make It Relevant

1. Share a story of a time where confidence played a key role in a win or a loss or of a player that you saw grow confidence over time and become more successful. If you don't have anything use the example on the following page
2. Explain that self-confidence is built over time and if you find that yours is lacking, there are several steps that you can take to improve your mental strength and belief in your own ability. Teams with confident athletes are always more successful.

### Get Better Every Day

1. After you share your confidence story stop and ask the team to share their own examples when their confidence was either too high or too low (too low is much more common). This should be easy.
2. Explain that pros, amateurs or weekend warriors -- everyone who participates in competitive sports can have problems with self-confidence at one time or another.
3. Ask the team for ideas of what they can do to build confidence in their own abilities both as individuals and as a team: Some things to look for...
  - o Practice and repetition are the keys to success. Get better every day!
  - o Set small goals based on measurable outcomes. Achieve that goal then set another!
  - o Be positive. Commit to daily improvement and work hard to challenge teammates at practice.
  - o Visualize success. Seeing the desired outcome in your head will help to drive confidence.
4. Great teams play with confidence. They support every person on the team and strive to make one another better every day.

# 3E Team Huddle Sheet

..... *Confidence*

## Huddle Meeting - Story Sample

Noah Lowry was an all america pitcher at Pepperdine University and the San Francisco Giants drafted him in the 1st round of the 2001 MLB draft. In 2005 he started the year 7-0, the longest win streak of any pitcher in Giant history. He also has one their best ERA's ever over a stretch of 3 years.

While he was a great player and had tons of fans, his 5 year career was known to be injury prone. He often talks about how his father taught him that he can overcome and persevere when things are not going well. However, he also talks about when he was in high school and college, he really struggled with confidence in baseball and just in general with his personal life.

Noah explains that in his mind, he had to live up to all the big expectations that people put on him. That contributed to the extra pressure that he felt and put on himself, but he did not realize it at the time that it was all in his mind. He battled through it in high school and did well enough to make a college team. In college, his coaches saw that the talent was there but he struggled as a starter first couple years. He got pulled as a starter his sophomore season and it had a huge negative impact on his confidence.

At that point, he had this self awareness moment. He realized that he had to change something. His way of thinking and his approach to training were not helping. He decided to let go of the thought that he had to live up to others expectations and began training differently to try to build his confidence. His coach gave him another chance to start his junior year and with this new more confident mindset, he went out pitched to a 14-2 record. He continued to build confidence and had success.

What changed? He did not change much physically. His coaches didn't change. The ball is the same. This distance to the plate is the same. That opponents are the same. He says that the main difference was his thinking and approach that increased his confidence.