

COMPOSURE

Your ability to keep calm and confident in the face of pressure.

WHAT WILL YOUR COACHING CHALLENGE BE AT DIFFERENT LEVELS?

LOW

Athletes at low levels will:

- Not be aware of their anger and how it can affect teammates.
- Let their frustration impact their performance.
- Get stuck in their pattern of anger and negative thoughts.
- Not be able to generate many solutions to problems.

HIGH

Athletes at high levels will:

- Recognize their angry thoughts and use them as motivation.
- Effectively manage their frustrations.
- Be able to refocus their anger and negative thoughts to improve performance.
- Be able to generate many solutions to their problems.

HOW CAN YOU MOVE YOUR ATHLETES TO HIGH LEVELS?

Coaching Tips

- **Build A Support System to Help Athletes Manage Their Priorities of Being a Student Athlete:**
 - ✓ Help athletes engage in problem solving so they can better handle the demands of being a student/athlete.
 - ✓ Encourage players to use supports system (e.g., counselors/teachers, family, friends) to overcome stressors.
 - ✓ To reduce stress, build in weekly study groups or other ways for students to productively handle their demands.
- **Teach Athletes to Recognize Negative Thinking Traps:**
 - ✓ Athletes who have negative thinking errors like, "Everyone must listen to me" will have difficulty remaining calm when things do not go their way.
 - ✓ Praise athletes when they regain their composure. When they can reframe their thoughts and challenge negative thinking traps, their behavior and attitude will change for the better as well.
- **Teach Athletes (and yourself) to Let Go of Mistakes:**
 - ✓ Find out what triggers athletes' frustration. For example, mistakes like missing a shot do not cause frustration, rather, how athletes think about that mistake causes them to be frustrated. Have them list the top most frustrating mistakes and encourage them to reframe these thoughts. Help them turn mistakes into learning opportunities.
 - ✓ Challenge athletes to change their thinking and give them a new reaction. For example, "I'm not perfect. I'm human and can move on." Get them to rehearse, review and memorize that new reaction. It's not the mistake that is controlling them, it's their negative thinking about that mistake.
 - ✓ Don't allow athletes to focus on the past. Encourage them to learn from it and move on to new goals.

Talking Points

- Discuss how they can support each other in and out of the classroom.
- Have a regular pulse check on how each athlete is balancing their demands and offer tips.
- Share examples of professional athletes who have been able to maintain their composure in the face of stressors.
- Have a weekly recognition of players who have been able to overcome difficulty.

Tools

- APP Lessons: Keep Your Cool, Two Number Ones
- CORE Elements: Composure, Coachable, Mental Toughness
- PRESSURE Elements: Short Fuse, Stubborn, Perfectionistic

"Always keep your composure. You can't score from the penalty box; and to win, you have to score."

– Bobby Hull, Hockey Great –