

# CONFIDENCE

Your belief that you can succeed.

## WHAT WILL YOUR COACHING CHALLENGE BE AT DIFFERENT LEVELS?

### LOW

#### Athletes at low levels will:

- Think negative thoughts like "I am not sure if I can do this."
- Get anxious and overwhelmed when it is time to play.
- Not put forth the needed effort to win or achieve their goals.
- Not perform as well as they should because of doubt.
- Become their own worst enemy.
- Not enjoy the sport very much.

### HIGH

#### Athletes at high levels will:

- Think positive thoughts like "I've got this!"
- Be in control of their emotions & anxiety.
- Persist by putting forth higher levels of effort to overcome challenges.
- Raise the bar and seek out pressure situations.
- Perform at high levels because they believe in themselves.
- Enjoy the sport a lot.

## HOW CAN YOU MOVE YOUR ATHLETES TO HIGH LEVELS?

### Coaching Tips

- **Preparation:**
  - ✓ Work your drills progressing from easy to difficult so athletes can build confidence at each step.
  - ✓ Drive home the message that previous success will help with future challenges ("We've been here before.").
  - ✓ Share examples of the team's previous successes that resulted from their strong effort.
- **Learning from Others:**
  - ✓ Let athletes learn by watching you or someone else demonstrate the correct form or sequence first.
  - ✓ Break new skills/plays into manageable chunks that build onto each other. Practice each step in succession.
- **The "Right" Feedback:**
  - ✓ Be positive by describing what an athlete can do or become rather than solely on what they did wrong.
  - ✓ Treat failures as learning opportunities. Share examples of overcoming setbacks.
  - ✓ Provide positive and constructive feedback that is as specific as possible for it to have impact.
  - ✓ Deliver feedback immediately after the behavior occurred for the greatest learning to occur.
- **Mental Focus:**
  - ✓ Ensure your athletes are focused and have the right level of intensity. Practice at game speed.
  - ✓ Build in a few minutes the beginning of practice of games for your athletes to visualize success.
  - ✓ Handle distractions or team conflicts quickly in a positive way. They can crush confidence quickly.

### Talking Points

- Discuss how confidence comes from within each person (Confidence = Self-Talk x Actions).
- Share examples of how being either underconfident or overconfident can hurt performance.
- Ask if the type of feedback you provide as a coach helps your athletes feel more confident.
- Discuss what is weakening your athletes' confidence shield and what adjustment are needed to strengthen it.

### Tools

- APP Lessons: Confidence Shield
- CORE Elements: Composure, Mental Toughness
- PRESSURE Elements: Overconfident, Self-Doubting, Perfectionistic

*"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 –