

# OVERCOMING SETBACKS

Your ability to find a way to get the best out of difficult situations.

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

### LOW

#### Athletes at low levels will:

- Set very unrealistic expectations and believe they must meet them.
- Let their emotions get the best of them during tough times.
- Be unable to let go of mistakes and constantly replay them in their head.
- Say their success is because of luck and their mistakes are because of their ability.
- Not think they can change their outcomes through effort.

### HIGH

#### Athletes at high levels will:

- Set realistic expectations and have a healthy perspective on wanting to meet them.
- Keep their cool when things do not go their way.
- Be able to easily let go of mistakes and focus on the next play.
- Say their success is because of their skill and effort.
- Believe they are in control of their own destiny.

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

### Coaching Tips

- **Don't Live in The Past:**
  - ✓ Reviewing past mistakes can be beneficial to learn from, but it is critical to encourage athletes to take that information and move on to make improvements. No one can improve when their head is buried in the past.
  - ✓ Practice taking in feedback and making changes. Some athletes will naturally be able to do this, while others will take it as a personal attack. Address the negative thoughts that result in defensiveness.
- **Get Your Team to Accept That Things Will Not Always Go Their Way:**
  - ✓ Have team discussions that every call or bounce will not go their way; it's always been part of the game and always will be.
  - ✓ Encourage athletes to take time to reflect on their skills and continue to make improvements in their practice.
  - ✓ Create a mantra to shout when needed such as "Next Play!" to help athletes focus on what is in front of them.
- **Be Honest and Accurate with Feedback:**
  - ✓ Be aware of your own language when discussing athlete feedback in a positive, developmental way.
  - ✓ Discuss areas of growth and things that are going well. Identify areas of improvement and communicate those goals with your team.
  - ✓ After success, highlight ability and the amount of effort put forth.
  - ✓ When there is a setback, identify areas that did not go well and lay out a game plan.

### Talking Points

- Discuss the difference between learning from past mistakes versus wallowing in self-pity. Explain how the overcoming mindset will positively impact confidence and subsequent performance.
- As a team, identify areas to make team improvements.
- Share stories about yourself or professional athletes that have overcome adversity or setbacks. Highlight how the person grew from those experiences.

### Tools

- APP Lessons: Trust is Key, Causes of Performance, Life Is Not Always Fair, Next Play Attitude
- CORE Elements: Mental Toughness, Composure, Competitive Drive
- PRESSURE Elements: Short Fuse, Overconfident, Impatient

***"I've never known anybody to achieve anything without overcoming adversity."***

*– Lou Holtz, Former NCAA Champion Football Coach –*