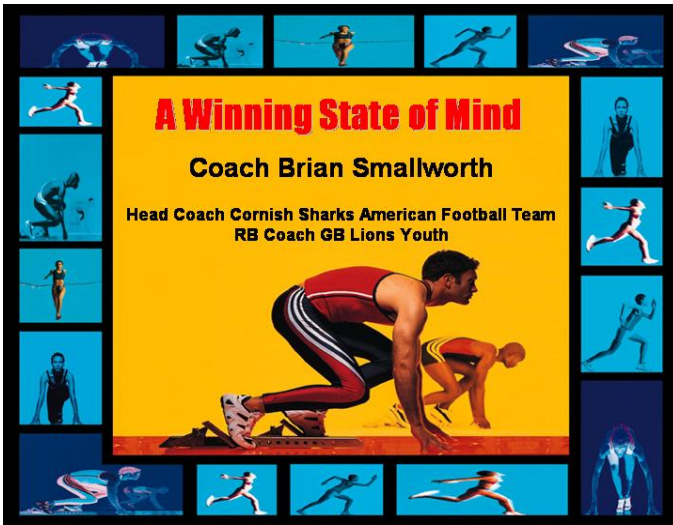


A Winning State of Mind



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- Rigorous training
- Practise
- Fitness & Conditioning
- Perseverance
- Rest & Play
- Mental Toughness

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If your athlete has done all that...

- What makes the difference?
- What gives the edge?

A Winning State of Mind!

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You the Coach



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You the Coach

- Teacher
- Counsellor
- Confessor
- Motivator
- Surrogate Parent
- Leader

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You the Coach

- You have to like youngsters
- Like your players
- Be flexible
- Be understanding
- Provide solutions
- Caring
- Sincerity & Concern

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**Take time to get to really
Know your players – what makes them tick?**

- Home life?
- Support from family / friends?
- Are they working?
- Are they happy at work?
- What do they do if they are not working?



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**Take time to get to really
Know your players – what makes them tick?**

- Any special needs or learning difficulties?
- Do they like to party?
- Are they religious?
- What food do they eat
- Do they get on with other people?
- Are they loners?



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**Take time to get to really
Know your players – what makes them tick?**

- Do they do drink or drugs?
- Any health issues?
- Relationships
- Children or any issues with
- Any other responsibilities e.g. sick parent – are they are carer?



**Identify who needs extra help
And give it to them.**

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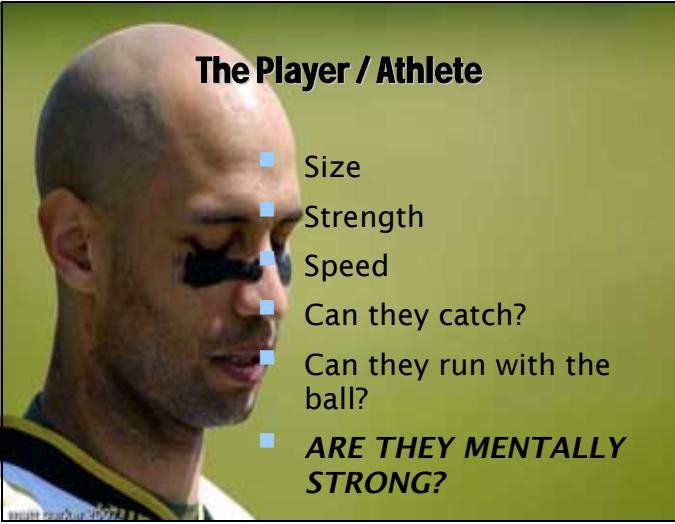
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The Player / Athlete

- Size
- Strength
- Speed
- Can they catch?
- Can they run with the ball?
- **ARE THEY MENTALLY STRONG?**

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The Player / Athlete

- Do they push themselves?
- Do they give up easily?
- Can they hold their nerve?
- Are they easily distracted?
- Are they put off by baiting?

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The Player / Athlete

- Push them at training and watch the results

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The Player / Athlete
Look for Indicators - *Unreliable*

- Has to leave early;
- Runs at half speed throughout the drills;
- Doesn't concentrate;
- Messes about & thinks they are a star;
- Can't/won't do drills - out of condition
- Turns up late to miss warm ups;
- Won't do weight programme

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The Player / Athlete
Look for Indicators - *Reliable*

- Does drills with enthusiasm
- Asks questions
- Tries to understand
- Wants to be the best - desire
- Shows leadership
- Never gives up & plays to the whistle
- Gives encouragement to the others
- Excellent work ethic - no cut corners

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The Player / Athlete

- Losing mentality will always have an excuse
- Winning mentality - often harder on themselves than you will be

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The Player / Athlete

- Losing mentality will always have an excuse
- Winning mentality - often harder on themselves than you will be

When you know which is which, it is your job to offer help and support to assist those with less mental strength.

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Confidence Routines

What are they?

- Routines that give comfort
- Routines that remove stress
- Routines that assist with focus
- Routines that give a sense of familiarity and **build confidence**

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Confidence Routines

- Care of equipment
- Warm up routines
- Scripted practises
- Fuel & Hydration
- Warm down routines

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Confidence Routines

Simply put, distractions keeps many athletes from achieving their true competitive potential because they haven't developed the mental skills to ignore the stadium distractions and focus on what is important - their confidence.

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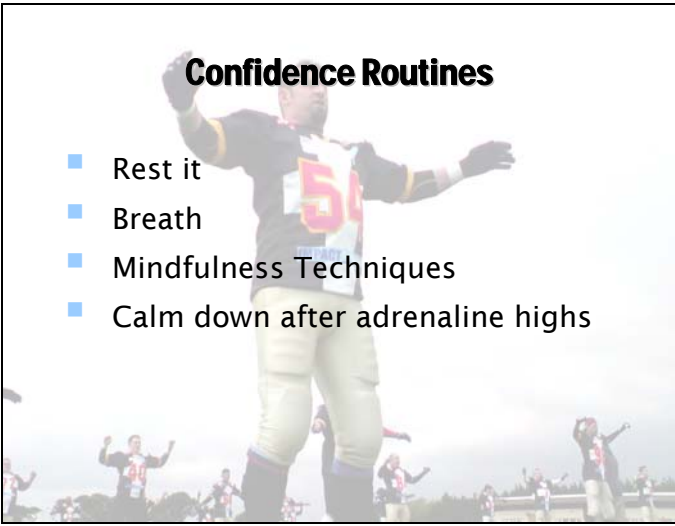
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Confidence Routines

- Rest it
- Breath
- Mindfulness Techniques
- Calm down after adrenaline highs



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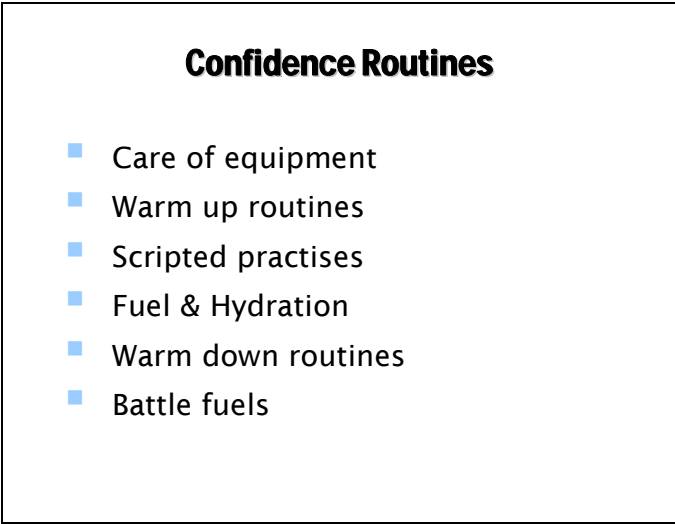
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Confidence Routines

- Care of equipment
- Warm up routines
- Scripted practises
- Fuel & Hydration
- Warm down routines
- Battle fuels



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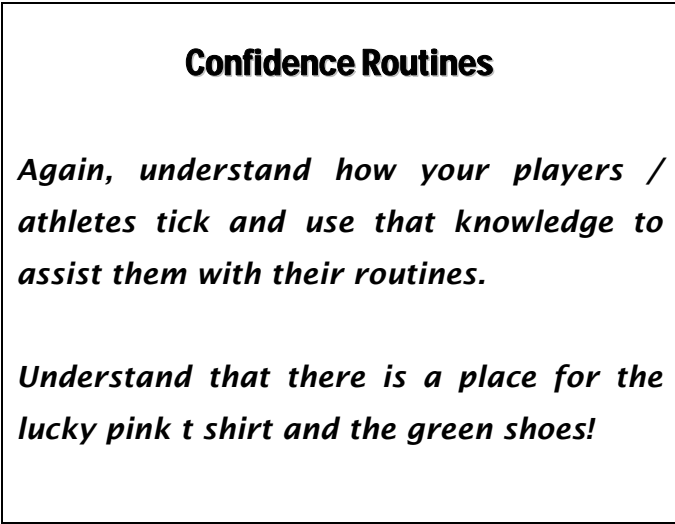
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Confidence Routines

Again, understand how your players / athletes tick and use that knowledge to assist them with their routines.

Understand that there is a place for the lucky pink t shirt and the green shoes!



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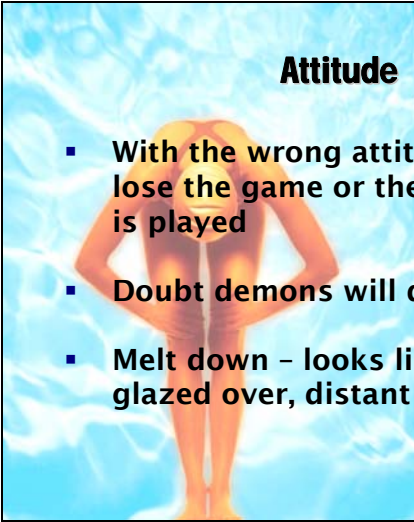
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Attitude

- With the wrong attitude you can lose the game or the race before it is played
- Doubt demons will dominate
- Melt down – looks like shock; eyes glazed over, distant

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Attitude – How can you help?

- Back to basics
- Keep coaching with patience
- Put with stronger players
- Don't give up on them
- Put in positive situation
- Restore their confidence

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Attitude

- Don't deny it
- Fear and doubt are natural
- Confidence will build with correct preparation
- Conditioning
- Good coaching – explaining & teaching
- Making it fun
- Patience – no screaming or ignoring

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Attitude

- Encouragement from you
- Encouragement from other team-mates
- Good team attitude
- Proud to be part of the club
- Proud to wear the game shirt
- Price in appearance

Attitude – How can you help?

If they feel supported, if they are well prepared and have practised the job they have to do and have no added distractions they will be able to perform.

Attitude

But remember there could always be the "Googly"



Attitude

- What of the prima donna!



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Attitude – The Prima Donna Indicators

- Doesn't need to practise
- Good enough already
- Talks the talk
- The big star
- The top Dog!

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Attitude – The Prima Donna

What can you do?

- Video training & games
- Video doesn't lie
- Confront errors – don't shame in public
- Discuss privately and practise again and again
- Massage ego a little whilst holding the reins!

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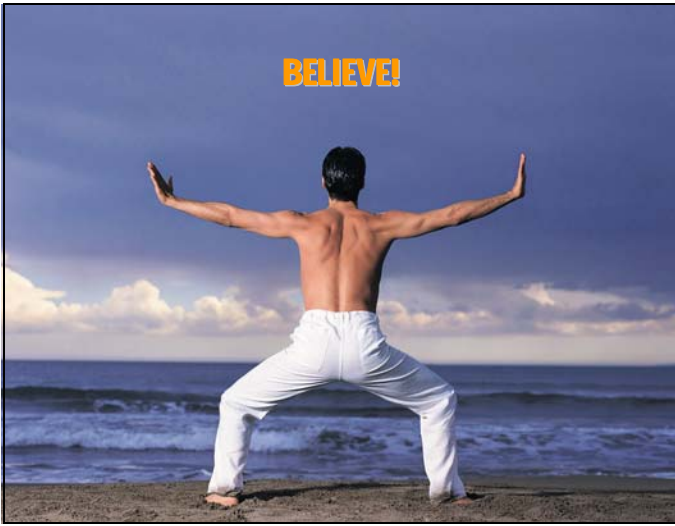
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If you believe – they will believe!

- Give them the tools
- Give them the skills
- Give them the confidence
- Show them how if you have to but

Make them believe

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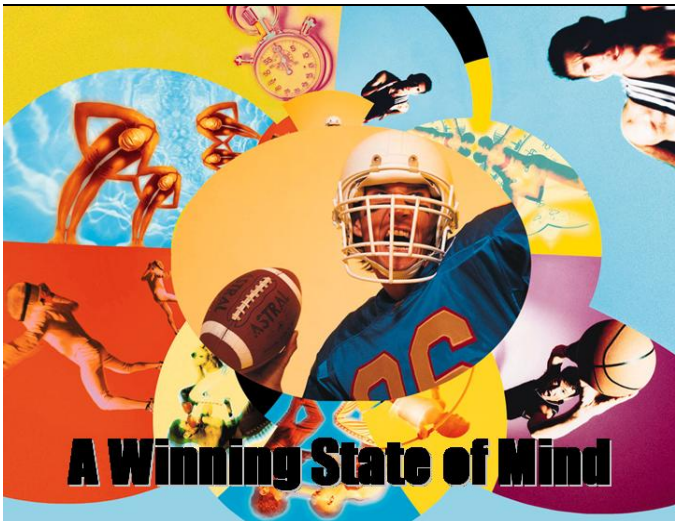
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