

Coaching Session Anxiety Review

The Coaching Session is a structured, therapist-led process designed to help coaches reflect on their experiences and interaction with the team/players during and after a competitive sports event. This session allows the coaches to reflect and understand concepts such as performance anxiety, self-doubt, frustration, or fear of failure in a safe and supportive environment.

The therapist guides the coaches through a review of pre-game mindset, in-game mental challenges, and post-game emotional responses.

Key areas of focus include talking to youths about breathing techniques, self-talk patterns, emotional triggers, and recovery strategies. By helping the their youth athletes to understand how anxiety impacts their performance and offering tools to manage stress effectively, the Coaching Session Review fosters growth, confidence, and a resilient mental approach to competition. This review may also include parental debriefs or coach collaboration when appropriate and consented to, ensuring a team-based approach to athlete wellness.

The coach/team director will get a review, written documentation and brief assessment of situations in the game, and how to best produce higher quality performance.