



Creating

# CONFIDENCE



A close-up photograph of a silver compass resting on a textured, light-colored surface. The compass needle is replaced by a bright red arrow that points towards the word 'CONFIDENCE' printed in large, dark, serif capital letters on the surface. The word is oriented diagonally from the bottom left towards the top right. The background is a soft, out-of-focus grey.

# con·fi·dence

*noun*

1. the feeling or belief that one can rely on someone or something; firm trust

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# Creating Confidence

- Do you get nervous?
- Are you unsettled during games?
- Do you feel pressure to always be at your best?



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## Why does this happen?

- Fear of embarrassment
- Fear of making mistakes
- Always comparing themselves with someone else
- Worried about impressing coach/parent
- Always trying to play perfectly



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## Let go of Fear

What do we fear?

Typically, things that are out of our control

Try to control the controllable

What you are good at



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## Play Freely

- Rely on your training and trust yourself
- The performance mindset is the ability to rely on practice, perform freely, and allow skills to flow without excess thought



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## Focus on Yourself

- Most intimidation is self induced
- Don't put other athletes on a pedestal
- Don't make comparisons to other athletes
- Focus on your strengths



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## Play for Yourself...NOT others

- Don't play for "social approval"
- Try to stop worrying with others think





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## Play Functionally. don't try to be Perfect

A functional mindset is the opposite of trying to make everything perfect...It starts with the idea that you DO NOT have to be perfect to perform your best...You are human and humans can't be perfect



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## Focus on the Process. Not Results

Objective is to focus your attention on performance “cues” which help you perform your best

A performance cue is any thought, feeling, or image that helps you execute



# Creating Confidence

**Remember that someone believes in YOU**

This somebody could be a coach,  
manager, trainer or fellow performer  
They will have the belief in your ability  
that you currently may not have  
There is no harm in asking them for  
purposes of re-assurance



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# Creating Confidence

## Always Think Positive

Thinking positively leads to better  
mind and body balance



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## Understand it CAN be done

Have patience and believe in yourself  
Rome was never built in a day



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## Control the Controllable

You can never control what others are thinking/doing but you can control what you are achieving



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## Mental Preparation

Mental preparation can follow many trends like, mindfulness, imagery, reflective thinking, positive self-talk, goal setting, meditation and concentration training amongst others



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## Recall Previous Success

Think about previous successes that you have had

What did that feel like? How were your emotions during this time? Further, how confident did that make you feel?

Recall is a positive mechanism to enable one to re-build confidence as it associates with belief





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## Consistent Performances

Consistency is like a habit that is formed through experience of situations

In other words the more you do the better you become at the task in hand



# Creating Confidence

## Be Constructive in Self-Evaluation

Learn more from defeat than success  
This is true of most successful performers as they use defeat/backward steps/rejection to fuel the fire to comeback stronger



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## Continually Set Short-Term Goals

Through constantly achieving your short-term goals you will build your levels of self-confidence like a snowball growing bigger



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# Creating Confidence

## Be Confident

Believe in your ability to execute a skill or perform a task...Confidence is how strongly you believe in your ability to execute a play

Confidence is derived from a baseline assessment of past performances, training, and preparation...As your competency or skill mastery grows, you confidence becomes proportionately stronger

