

Hi folks:

Game-ending mistakes can seriously impact a player's confidence, especially if they happen late in competition. Even small early errors can affect confidence, but major mistakes often have lasting emotional effects. To minimize these impacts, remember that how you react to mistakes shapes your confidence and future performances. See mistakes as temporary setbacks, not defining moments. Look at them as opportunities to learn and improve. Ask yourself what you can learn from the mistake, how to prevent it next time, and what to practice to get better. Then, take action to improve.