

Week 5 Tip

How long does it take you to get over a loss or poor performance? Hours? Days? Weeks?

The longer you think about a bad game or lackluster performance, the more it becomes embedded in your mind. Reliving a bad game is like training your mind for a repeat performance.

When you mentally rehearse a scenario repeatedly, you are more likely to perform that way in the future.

In addition, thinking about a poor performance negatively affects your focus in two ways. First, when you can't shake the memory of a bad game, you will not be fully engaged in practice.

A lack of focus in practice interferes with honing your skills, improving your game, and preparing for future performances.

Secondly, dwelling on a bad game creates a fear of failure. In a competition, fear takes your focus away from what you should be doing in the moment.

To overcome past losses, mistakes, or performances, you need to have a short memory. That is, you should stop focusing on what has already happened. A forgettable performance should be just that - FORGOTTEN!

In a sports blog, it was reported:

The University of North Carolina Women's basketball team suffered a big loss to state rival North Carolina State, 72-45. The 27-point loss was UNC's first loss of the 2022 season.

After the North Carolina State loss, UNC head coach Courtney Banghart talked about the loss and the importance of moving forward.

BANGHART: "In a process, you want every step to be forward, but that's not how processes work. Some steps are humbling, and some are backward. And this was both of those things... You have to have a short memory in this league. You don't get time to cry about it and worry about it."

In the next game, UNC hit the reset button and played one of their best games of the season, defeating Virginia Tech, 71-46.

Bouncing back is a matter of attitude and focus, both of which are mental skills.

Your attitude determines how you view events. Do you see a loss as a lesson or a lack of talent? Do you view success as a process?