



## Confidence in Sports by Taryn Morgan [www.ViatiSC.com](http://www.ViatiSC.com)

**Confidence means**.....you believe in your ability as well as your team's ability to accomplish something. Accomplishment does not mean....always winning. Winning is a by-product of the process...the process of working hard, working together, and working smartly.

**Accomplishment means**.....playing well, focusing throughout the entire game, preparing for the game, being ready to step into the game, executing the game strategy, communicating with your team and coach, being involved when you are on and off the field, and feeling like you gave it your all when the game is over.

Sometimes we play our best but lose; sometimes we play poorly and still win. Therefore, we need to evaluate ourselves based on our own level of play. To do this, **ask yourself 4 questions after a game:**

1. How did I (my team ) **PLAY?**
2. What did I (my team) **DO WELL?**
3. What can I (my team) **STILL WORK ON?**
4. What did I (my team) **LEARN?**

**To build confidence**.....remember the things you do well and release (throw away) the things you don't do well. Replay (visualize) the good plays over and over in your mind. During a game....trust yourself, trust your ability to do what you've done hundreds of times in practice. Take deep breaths to relax and talk positively to yourself. The following are some ways of doing this called positive affirmations:

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|--------------------------------|---|
| 1. I can play well.            | 9. My ball handling is good.                    |
| 2. I can play with any team.   | 10. I am mentally tough.                        |
| 3. I will play my hardest.     | 11. I feel confident for the game.              |
| 4. I will give maximum effort. | 12. I want the ball in pressure situations.     |
| 5. I can win the ball.         | 13. I can finish.                               |
| 6. I can play good defense.    | 14. I can motivate my teammates to play better. |
| 7. I can make good passes.     | 15. I am positive in order to be confident.     |
| 8. I can make great saves.     |   |

The only pressure that occurs is the pressure that you put on yourself. You **CAN** control your thoughts, feelings, and actions. Decide to control yourself by **thinking** positive, **feeling** confident, and **being** positive and confident. When you step onto the field....let yourself play....react, talk, move, stay positive, work hard, and learn.