

When Players Lack Confidence

Hard work, dedication and motivation aren't always enough

We have all seen players--sometimes the BEST players--make mistakes that are easily traced to a lack of confidence. Kids who do not believe in themselves and who are not self-assured will never reach their full potential regardless of how hard they work.



FEAR

There is no such thing as a confident player who plays with fear. Any fear will detract from the required focus when competing. When you allow fear to create self-doubt and creep into your play you begin to erode potential. Any unnecessary worries detract from the required focus when competing, and hinder play.

- Players who lack confidence are fearful of making mistakes, and in turn often make them.
- Players who lack confidence--even the most skilled players--are unable to make even SIMPLE PLAYS under pressure.
- Players who lack confidence often see a mistake or two snowball into a terrible game. They are unable to recover from mistakes quickly if at all.



SELF TALK

A player's self talk (aka the "inner voice") will often make or break their confidence level. Treat yourself with RESPECT.

- "That's OK, next play" or "OH MAN, I'll get that next time." is INFINITELY SUPERIOR to comments like "What are you doing?" or "That was stupid, what a dumb play"
- These comments are CUMULATIVE. They add up. Negative comments coupled with additional destructive thoughts can turn a single bad play into a bad game.
- With acknowledgement and the proper tools, a player can ALWAYS win the battle with themselves.



DON'T CARE SO MUCH

When Babe Ruth was asked how and why he hit so many home runs, his answer was "I hit so many home runs" Ruth replied "because I don't care if I strike out."

- Playing as if the outcome DOES NOT MATTER is almost always preferable to CARING TOO MUCH about the outcome.
- A confident player thinks about what he wants to happen. A player who lacks confidence thinks about what he does NOT want to happen.
- Failure is an opportunity. Don't fear failure and don't care too much about it. LEARN from it.

"Confidence is contagious. So is lack of confidence." Vince Lombardi