



Reaching Peak Performance in Sport: Confidence Building TSC – Mental Skills Training Program

CONFIDENCE

In sport, confidence is the degree to which an athlete “thinks” and “feels” their actions will achieve successful performance. Athletes express confidence through their behaviors, thoughts, and feelings – which are things we can control. Confidence is not something you are born with – it develops over time and through experience – and is something that fluctuates for all athletes during their sport career. Inevitably, you will struggle with decreased levels of confidence. When you do, the most important thing is to immediately work on building your confidence back up. Below is a list of methods aimed at increasing confidence when you find yourself struggling with negative self-talk and poor performance.

Increasing Confidence

- **Focus on yourself instead of others
AND process instead of outcome**
- **Focus on strengths**
-focus on what you can do, not on what you can't or on the mistakes you've made.
- **Think of past successful performances**
-create a mental high-light video
- **Positive self-talk**
-“Okay, I messed up, I need to move on, I will have a positive impact on this game.”
- **Focus thoughts on what you can control**
-your thoughts, feelings, and actions
- **Learn from mistakes, don't dwell on them**
- **Internalize positive feedback from coaches and teammates**

Skills and Traits that Contribute to my Success in Soccer

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____