

# Self-Confidence and Sports

# Defining Self-Confidence

## Trait Self-confidence

The degree of individuals possess about their ability to succeed.

## State Self-confidence

Belief of certainty individuals posses at a particular moment about their ability to succeed.



# Benefits of Self-Confidence

- Arouses positive emotions
- Facilitates concentration
- Affects the setting and pursuit of challenging goals
- Increases effort
- Affects game strategies (play to win versus play to lose)
- Affects psychological momentum

# Dos and Don'ts for Building Self-Confidence



- **DO** maintain a high positive precompetitive environment.
- **DO** have high expectations of all your participants.
- **DO** set realistic but challenging short- and long-term goals.
- **DO** provide lots of contingent, positive feedback and praise.

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# Dos and Don'ts for Building Self-Confidence



- **DO** structure the environment to provide for early success.
- **DO** try to find individuals doing something right (as opposed to just looking for their mistakes).

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# Dos and Don'ts for Building Self-Confidence



- **DON'T** use sarcasm and put-downs to motivate people.
- **DON'T** allow teammates or group members to belittle other team or group members.
- **DON'T** criticize individuals for inconsequential mistakes or errors.

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# Dos and Don'ts for Building Self-Confidence



- **DON'T** embarrass and criticize individuals at the first sign of a mistake.
- **DON'T** criticize the person, criticize the behavior.



# Self-Talk

» Is a Key to one's cognitive control



# How does positive self-talk help?

- It helps the athlete to:
  - Stay appropriately focused on the present
  - Not dwell on past mistakes
  - Foster positive expectations

## Step in Developing Self-Confidence through Appropriate Self-Talk

1. Awareness of what type of self-talk you use?
2. Using Cognitive Techniques to take control of the mind and
3. Through developing successful experiences

# What type of self-talk do you use?

- Positive or Negative?
  - What do you say to yourself in a stressful situation?
  - What thoughts appear when you make a mistake?
  - When do you use self-talk?
  - Common themes that appear across different situations
  - What cue words do you use in self-talk?

# Developing Successful Experiences

- Practice
- Conditioning
- Competition

# Developing Successful Experiences in Practice

- -Use simulated practice similar to the mini-game practice
- -select one practice a week where you require the athlete to complete a drill or part of practice as it they were in a contest

# Cognitive Techniques to Control the Mind

- Thought stoppage
- Changing negative thought to positive thought!
- Reframing
- Rational thought
- Video tape of successful performance
- Designing coping and mastery self-talk tapes



# Developing Successful Experiences through Conditioning

We know that an unconditioned athlete is ill-prepared to complete.

Being in the best physical condition is directly related to one's level of confidence.

# Developing Successful Experiences in Competition

Establish a goal before the contest

Establish roles in the game before contest

Once the athlete succeeds in the contest, immediately recognize

- foster risk taking behavior
- Stress effort and ability for being successful
- Athlete needs to work on self-talk while performing
- Mistakes are part of the game

Do not punish the athlete for a mistake

Do not dwell on past mistakes

Do not dwell on losses or the outcome



# Mental Plans

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Major purpose of mental plans is enable the athlete to develop consistency of your best performance.

What an athlete does mentally and physically during the precompetitive and competitive phases determines the performance outcome (Orlick, 1986).

# Topics of Discussion

- Parts of a Mental Plan
- Precompetitive Plan
- Competitive Plan
- Refocus Plan
- Implementation

# Mental Plans

- Precompetition Plan
- Competition Plan
- Refocus Plan

# Precompetition Plan

- Strengthens the feeling of being prepared.
- Consists of :
  - 1.psychological warm up
  - 2.physical warm up
  - 3.pre event focus

- Develop two pre competitive plans for:
- One, good days!
- Second one for days that are not so good!

# Competition Plan

- Develop a specific competition focus that carries you during competition.
- Consists of:
  - Event focus
  - Event refocus
  - Extending to your limits

# Refocus Plan

- Enables the athlete to “snap” back into an ideal focus when something negative has happened during competition.
- Use “tree it” or “Park it”
- Enjoy and Play helps when performance is going badly.
- Attack or pick it up helps when external factors occur during competition.



# Implementation

- Once the plans are written, they must be practiced
  - a. practice
  - b. competition

THE END