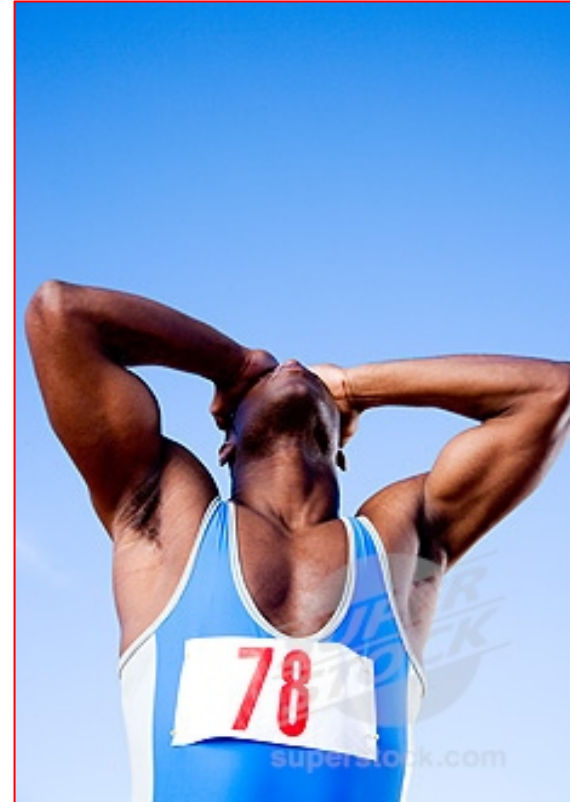


# A Forum on Building Confidence in Sport

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**Wingate University**

# Confidence is Where It's At

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- *To be a great champion you must believe you are the best. If you're not, pretend you are.*
  - Muhammad Ali
- *If you don't have confidence, you'll always find a way not to win.*
  - Carl Lewis
- *Part of being a champ is acting like a champ. You have to learn how to win and not run away when you lose. Everyone has bad stretches and real successes. Either way, you have to be careful not to lose your confidence or get too confident.*
  - Nancy Kerrigan



# Confidence

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- 4 Judges
- Portray Very Confident Looking Athletes – 3 Contestants
- Portray Non-Confident Looking Athletes – 3 Contestants

Nadal lost one match, and won the other. Which one did he win?

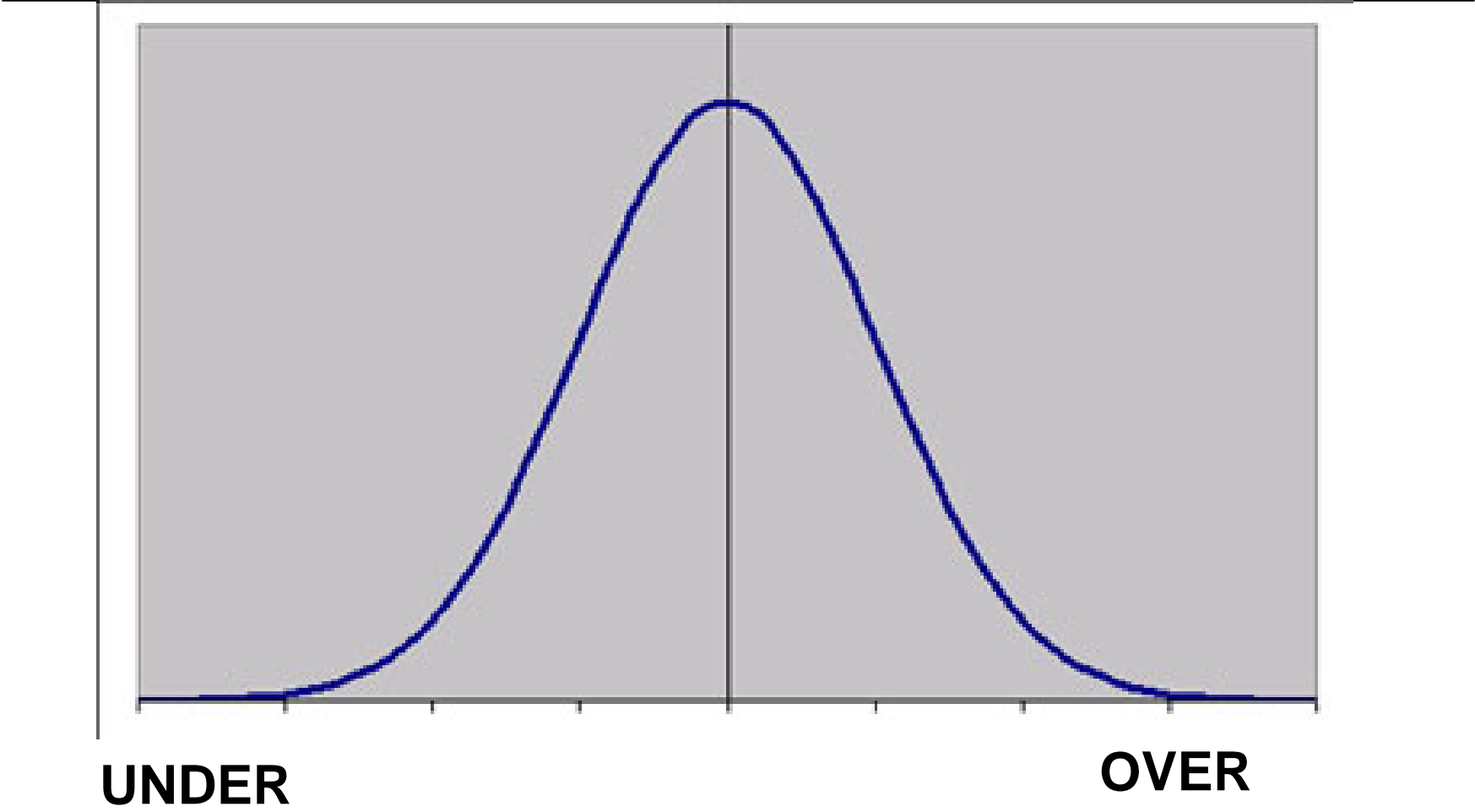
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# Optimal Confidence

**OPTIMAL**



# Self-Handicapping

- Predicting Chances of Being Successful Prior to Competition



"With confidence, you have won even before you have started."  
---Marcus Garvey

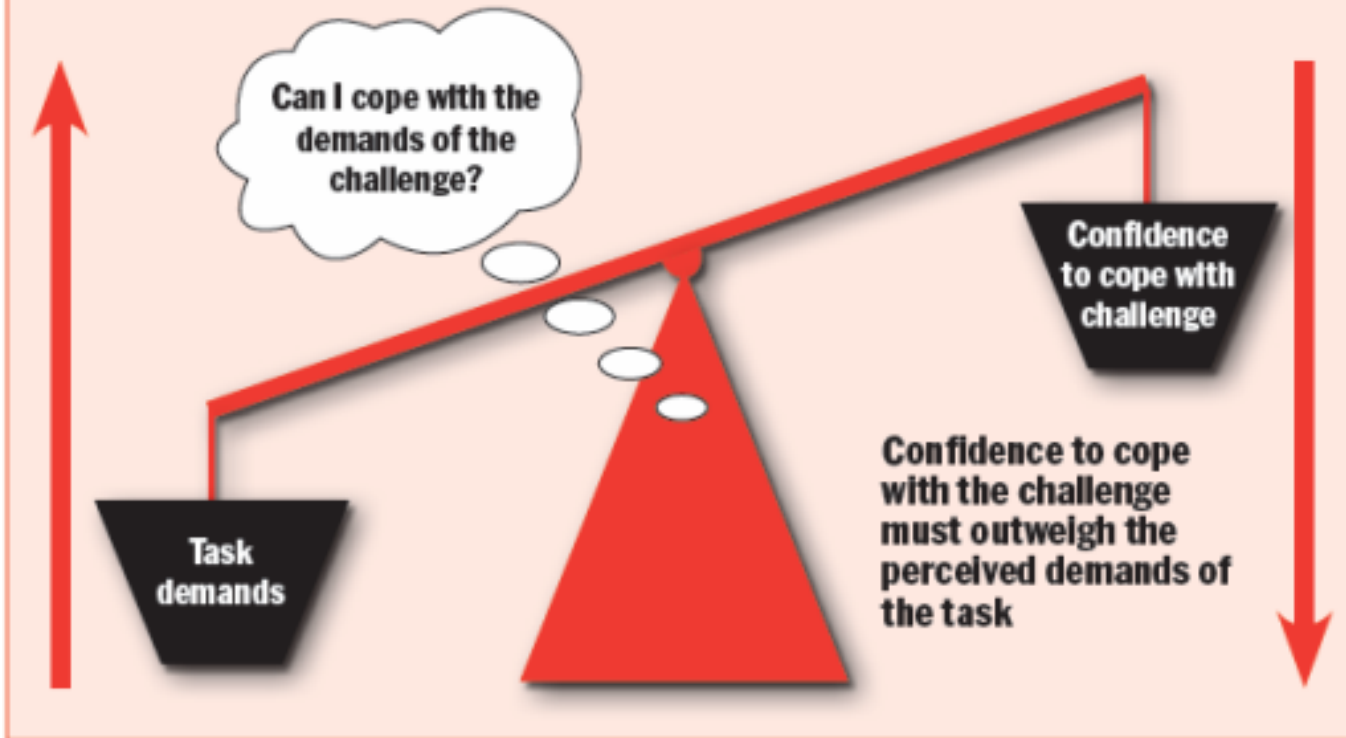
# Cases

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- **Case 1: Talented team**
- International Competition – gold expectation
- First game v. “easy” opponent
- Inconsistent; think will pick up game when needed
- **Case 2: Setting them up for...**
- Parents see draw; “unfair”, too hard, win 2 rounds would be awesome
- Junior player overhears this

## Figure 1: The balance between the demands of the task and confidence to cope

The starting point involves believing that these scales can be balanced







# Goals for Forum

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- Discuss the Sources of Confidence
- Examine together the factors that influence confidence
- Develop strategies to boost confidence

# Issues with Confidence – Issues Generation

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- List the Top 3 (most common or most difficult to coach)
  - Issues with confidence you have dealt with or seen.
- Mingle Time: by sport and then find someone else that has a similar issue.



# Confidence Issues

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1. The Cocky Cover-Up
2. Team Downer
3. Self Doubter
4. Negative Ned (self-fulfilling)
5. Overcoming a Block (Chuck Knoblauch)
6. Horrendous Body Language
7. No Belief in Team
8. No Belief in System
9. Pushy, Critical Parents
10. “Coach Break ‘em Down”
11. Not Skilled
12. Fear of Failure
13. Fear of Success
14. Perfectionistic (in a bad way)

# Sources of Confidence

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- Past Success/History
- Vicarious Experience
- Imagined Experience
- Persuasion
- Preparation
- Team Support
- Team Leadership
- Self Image
- Physiological States
- Emotional States

*Bandura, 1997; Weinberg & Gould, 2007*

# Coach's Role

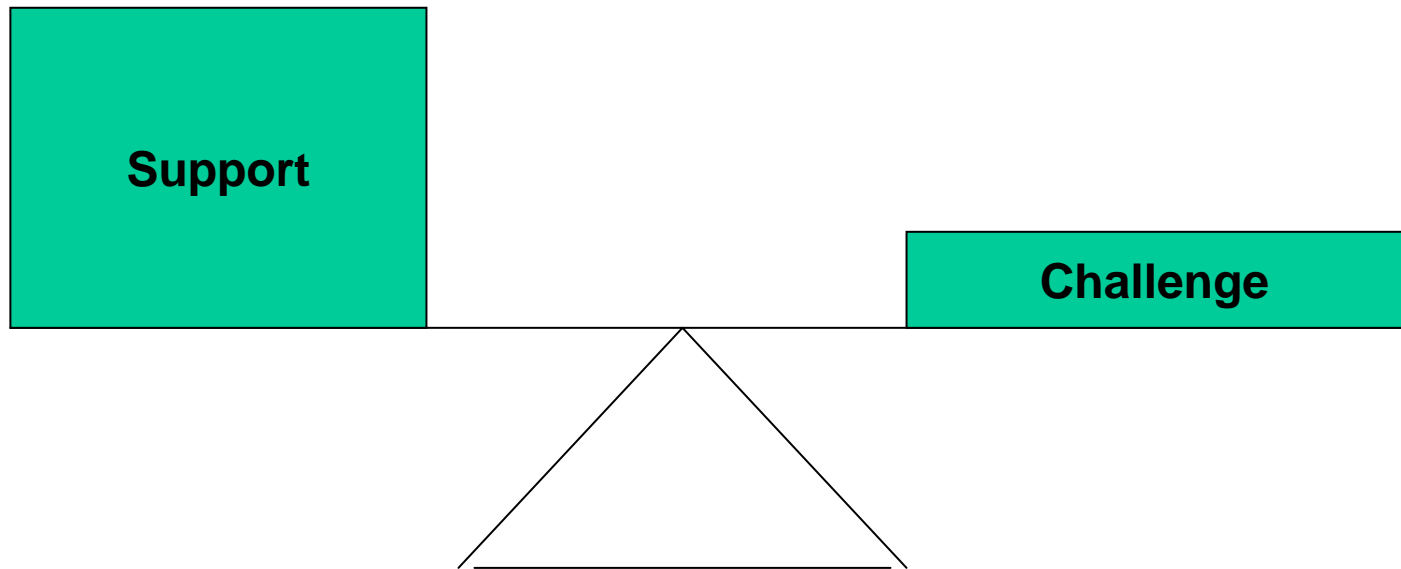
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- Expectations
- Use of Rewards
  - Controlling
  - Lack of Information
- Effect of Punishment
  - Immediate pull after a mistake
- Coach you're killing my daughter's confidence!
  - What do athletes look for from a coach (regarding confidence)?

# Coach's Support & Challenge

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"You can motivate players better with kind words than you can with a whip."  
---Bud Wilkinson



# Coach's Role

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- Coach's Confidence
  - Body Language
  - Emotions and Emotional Reactions
- Reading Confidence in Your Athletes



"Coaches have to watch for what they don't want to see and listen to what they don't want to hear."

---John Madden



# Confidence Building Strategies

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1. Awareness – what, when
2. 100% of my 80% mentality
3. Get dirty, get in the trenches
4. Repetition/execution
5. Preparation/Training (Agassi)
6. Trust
  1. In Teammates
  2. In Coaches
  3. In Program
  4. In Self





# Confidence Building Strategies

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## 6. Goal Setting

1. Process and Performance (36,000 points)
2. Short and Long Term (Developmental Thinking – Rankings and the Mountain)

## 7. 4 P's Disciplined Thinking

1. Process
2. Present
3. Positive
4. Patient

# Confidence Building Strategies

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## 9. Reframing

1. Triggers (Lose and Go Home)

## 10. Positive Affirmations

1. *It sounds crazy but during the summer I would wake up and say to myself “you're a good hockey player”, just reminding myself to get the confidence and to mentally prepare myself for an entire season and not let setbacks bother me.* (Barbour & Orlick, 1998,

[http://www.zoneofexcellence.ca/Journal/Issue02/Mental\\_Skills\\_Nat\\_Hockey.pdf](http://www.zoneofexcellence.ca/Journal/Issue02/Mental_Skills_Nat_Hockey.pdf))

## 11. Visualization/Imagery

1. 4 P's

# Training to Maintain Confidence Under Pressure

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- Skills Practice and System Execution in Simulated Environments
- Routines



# Stinking Thoughts

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- ❑ Focus on what you don't control
- ❑ Focus on the negative
- ❑ Focus on the unimportant
- ❑ Focus on comparing yourself to your opponent



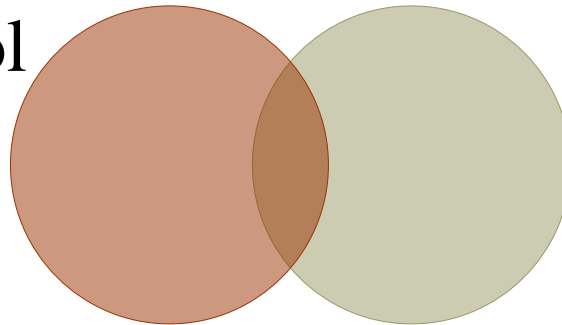
# Things You Control

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□ Do I have control over this?

□ Circles of Control

Control



No Control



# Negative & Unimportant Thoughts

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- ❑ I don't want to lose in this tournament already, ugh!!!
- ❑ I don't feel "on" today.
- ❑ What's for dinner?
- ❑ How do I look in these shorts?
- ❑ I can't wait to see Paul Blart tonight!
- ❑ I wonder what mom is thinking. I bet she is frustrated.

# Dealing with Your Anger and Frustration

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- ❑ These feelings are a natural part of sport
- ❑ What do you control? How you respond to them.
- ❑ Accept how you feel
- ❑ What positive things do you get from being angry? Frustrated?
- ❑ Make an effort to move your feet and think positive – “let it go and just keep working”



# Clear Stinking Thoughts

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- Step 1: Clear the stinking thoughts with a positive release
  - Sing a song
  - Bounce on your toes
  - Tap your strings with your palm
- Step 2: Flush the bad with a deep breath (Relax)
  - Deep breath in and out
  - Release the tension





# Refocus on the 2 P's

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- Step 3: Get your focus back on the
  
- Positive
  - “I can do this”, “I got the next one”
  
- Productive
  - “Quick feet”, “Work over his backhand”

# Routine

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1. Release
2. Relax (Flush)
3. Refocus



*"I've never known anybody to achieve anything without overcoming adversity."  
---Lou Holtz*



# How to Deal with Losing

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- ❑ Losing stinks AND it is an opportunity to learn!
- ❑ Be a Good Sport when Losing
- ❑ Deal with it – be “crabby” for 15 minutes

"Sports for me is when a guy walks off the court, and you really can't tell whether he won or lost, when he carries himself with pride either way."

---Jim Courier



# Move On!

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- Get over it – do something fun
- Learn from it – goals for practice/next match
- Let it go – write down stinking thoughts and throw them out

# Summary

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- Take Homes – what 3 things did I get from this?
- Thank you
- Additional Questions?
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- [djohnson@wingate.edu](mailto:djohnson@wingate.edu)

*"Never underestimate the heart of a champion."*

---Rudy Tomjanovich