



Confidence

"People by and large become what they think about themselves." —Bob Rotella

"Which comes first, confidence or winning? The implication, in some minds, is that you can't win until you have confidence, and you can't get confidence until you've won. But if that were the case, no one would ever win for the first time. The fact is that confidence required to win can be learned." —Bob Rotella

CONFIDENCE IS A **CHOICE**:

- » **Choose** to believe in your technique and ability. Practice in order to develop a better understanding of your technique and then perfect it versus constantly changing your technique.
- » **Choose** carefully what you say to yourself. It is crucial to make sure your self-talk is positive, supportive, and constructive. If you continually tell yourself that you can't perform sooner or later you will believe that you can't.
- » **Choose** to see yourself being successful. If you can imagine yourself winning, then with commitment and hard work almost anything is possible. The difference between a dream and fantasy is commitment. Most dreams are attainable if the dreamer is ready to devote consistent, intelligent effort to them.
- » **Choose** to trust yourself in the heat of battle. A performer has to train so that they can trust their skill when they perform.

CONFIDENCE, WHAT IS IT?

Belief in your ability to successfully execute an action given the circumstances.

WHERE DOES IT COME FROM?

Hard work, quality practice, belief in your technique, and trust.

HOW CAN YOU DEVELOP MORE CONFIDENCE?

Recalling successes from past performances

Deliberate practice on both the physical and mental approaches to the game.

We all need to know that we only have so much energy at our disposal, so we need be conscious of our energy expenditure. Is our energy moving us forward or are we "spinning our wheels?"

Many of us use a lot of our energy on things that we do not have any control over, we need to practice focusing our energy on items we can control.

Take time after EVERY practice and competition to reflect on what you did RIGHT. This does not mean ignoring your mistakes; however, if all you remember is what you did wrong, how can you ever expect to build confidence?