

BleedBlue

MENTAL SKILLS

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A.B.C.

ABC = Always Be Coachable

After years of hard work, when you start to achieve success in the sport, it is easy to forget what got you to that point. This happens at the pro level of sports too when a phenomenal college athlete advances to the pro level, and doesn't find success. One of the biggest reasons is that they feel they've reached the pinnacle of their sport, and no longer need coaching. Or they look at what other people and teams are doing to find success, rather than relying on the coaches around them. This action ALWAYS creates performance decline for athletes, and can also trigger Storming when an athlete shifts from a team focus to an individual focus.

Athletes who have long careers trust in their training, they trust the process, and they never stop being a student of the sport. They understand training is rigorous, tough, and their coaches continue to push them even when they are excelling, and they never challenge the training plan. Hall of Fame athletes always trust their coaches to shape them, and help them grow, and push them out of their comfort zones. They continue to develop Process Driven Skills to achieve BIG goals and outcomes.

Practice is hard, and sometimes it appears the grass is greener with other teams. Athletes who engage in "the grass is greener" thinking hurt their own motivation, training, and confidence. When you encounter these moments (you will...it is normal) remember you race for the best Junior Development team in the country, rededicate to training and you will excel!

Mind where your feet are!

As you enter the intensity of the competitive season, there is a tendency to look into the future at upcoming events, or look to the past at events where you didn't podium. Forward thinking or playing past events over and over in your mind only increases anxiety and worry. **The goal is to keep your mind where your feet are...in the present...and focus on things you can control.**

Focus on U

Focus only on YOU. Self comparisons are the worst form of negative self talk. Often when athletes compare themselves to others, it is an unfair comparison to people they want to be like, people who are older, who have had more years to develop, or in a higher Category. Having role models helps you stay motivated and excel, engaging in self comparisons hurts your performance because even before the start of training, or racing you are telling yourself "I'm not good enough."

Confidence

Athletes feel that confidence comes from winning, and winning can indeed build confidence. Yet there are many other ways to gain confidence too. The EASIEST way to get confidence is to consistently attend practice, allow your coaches to develop you and grow your skills.

Unshakable confidence comes from belief in your skills.