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THE POWER OF MINDSET

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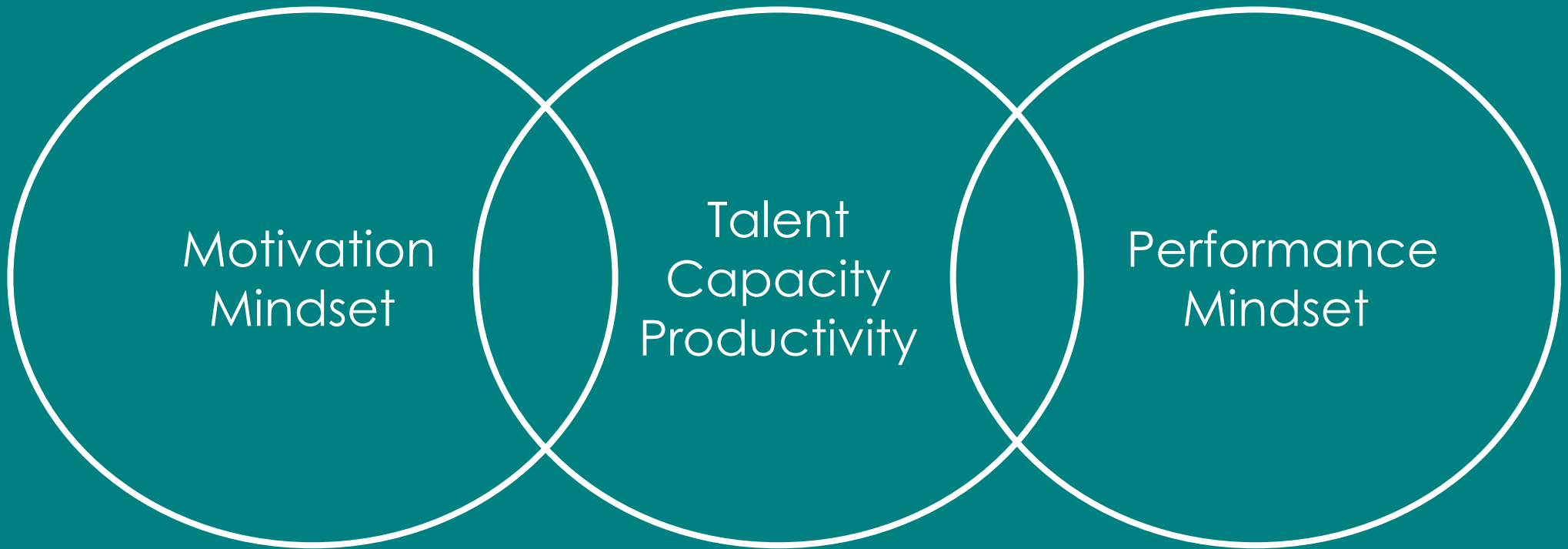


THE LAWS OF MINDSET

- Performance follows Mindset
- Dreams, goals and purpose fuel Mindset
- Mindset drives performance level
- Mindset is a choice
- Mindset is personal responsibility
- Mindset can change with experience
- Mindset is strengthened by recovery from failure



THE INGREDIENTS OF ATHLETIC SUCCESS



'They must want to, be able to, and then produce it when it counts'

PSYCHOLOGICAL PROFILE OF ELITE PLAYERS

WHY

- Desire to win
- Desire to be the best – achieve mastery
- A need for intense competition/stimulation
- Emotional need for success – ego drive

HOW

- Capacity for focused concentration
- Ability to respond to intense pressure
- Capacity to confront opposition aggressively
- Courage to deal with pain
- Consistent desire to improve
- Coachability – ability to learn and adapt
- Intelligence – learns to play smart as well as hard

- *‘Give a man a reason why and he will always find a how’*
Nietzsche

TALENT AND MINDSET

TALENT

MINDSET

PERFORMANCE

A

A

Star

A

B

Inconsistent

B

A

Over-Achieve

FIXED

- Talent not Effort
- Outcome not process
- Establishing superiority
- Reacts to setbacks
- Risk to be avoided

GROWTH

- Work in progress
- Focus on process
- Love of the challenge
- Deals with setbacks
- Continual improvement

'Becoming is better than being'

DEFINITION OF THE SITUATION – NEGATIVE MINDSET

- I am anxious and a little sick
- I don't feel ready
- I worry about my weaknesses
- I/we will struggle today
- My/our opponent looks good/big/tough.....
- People expect too much of me
- I have no confidence in coach/team mates
- I feel tired
- I'm finding it hard to focus
- I worry about losing face

DEFINITION OF THE SITUATION

- POSITIVE MINDSET

- I am in control
- I am enthusiastic
- I will be at my best today
- I focus on what I can control
- I am confident I know my job
- I always recover from setbacks
- I am more determined than my opponent
- I will persist
- I can handle any consequences



HOW COACHES INFLUENCE MINDSET

- POSITIVELY OR NEGATIVELY

- Communicate and share the situation
- Look for the positives
- Remove the fear
- Model confidence
- Manage expectations
- Set high standards and prepare well
- Build positive performance routines
- Sell the game plan
- Manage the game confidently
- Hold your nerve under pressure
- Be bigger than any one game
- Ensure set-backs don't damage self-belief

Decorative graphic consisting of several overlapping circles of different sizes and shades of teal and white in the bottom left corner.

Never let the Pressure Defeat the Pleasure!

PREPARING TO PLAY – SHAPING THE TEAM'S EMOTIONAL STATE



'Flow is the absence of Emotional Static'