

 **COACHES ARMOURY**

EMOTIONS, OPTIMISM, & SELF-ESTEEM

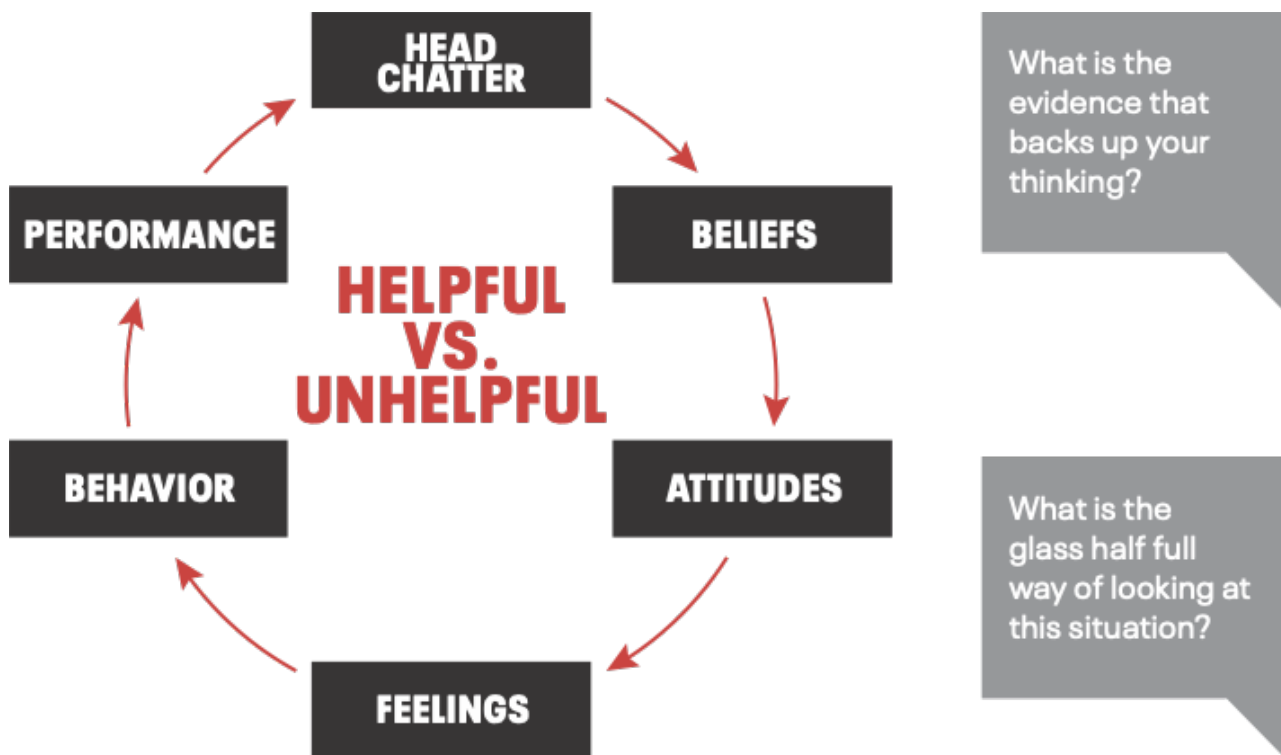
RESOURCES

EMOTIONS, OPTIMISM, & SELF-ESTEEM

TIPS FROM THE TRAINING SESSION

1. Take a step back and consider how your own views and opinions about female athletes might influence the observations you make about your athletes and therefore any action you take.
2. If you hear your athletes doubting their own abilities stop and ask them 3 questions to help them develop their own emotional regulation:
 - Is your head chatter helpful or unhelpful right now?
 - Where is the evidence that backs up your thinking?
 - What is the glass half full way of looking at this situation?
3. Think carefully about how and where you deliver critical feedback, especially to female adolescent athletes. One to one or in small groups is likely to be most effective as it avoids the potential for humiliation in a larger group.
4. Encourage your athletes to think about what skills and strengths they are tapping into when they step on the court/pitch/track and encourage them to actively exploit their strengths.
5. Spend time thinking about where the opportunities for connections are during the training sessions – plan your interactions as well as your actions
6. Involve players in setting the vision and the values for the team – what do they aspire to?
7. Put in place a player leadership group of 3-4 players to help with decision making and rotate this group around at appropriate intervals.

HELPFUL VS. UNHELPFUL THINKING




PERSONAL IDENTITY

SKILL 1

SKILL 2

SKILL 4



SKILL 3


SKILL 5

SPORTS PHOTO

SKILL 1

SKILL 2

SKILL 4

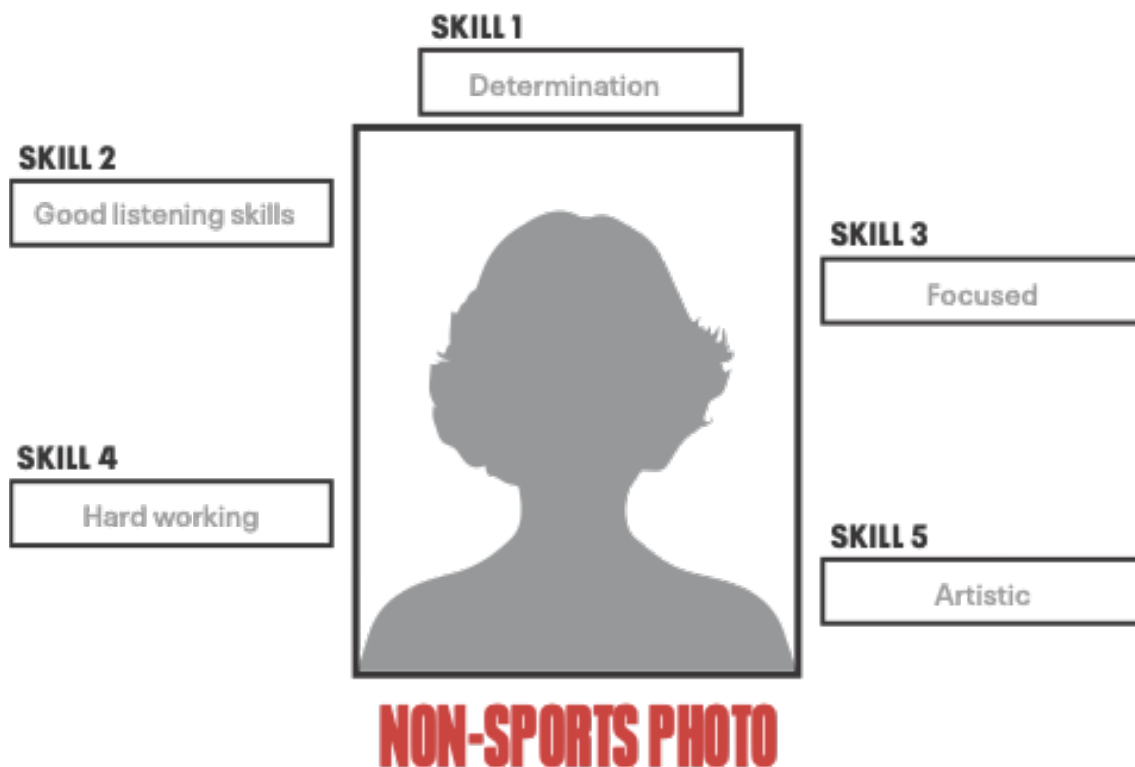
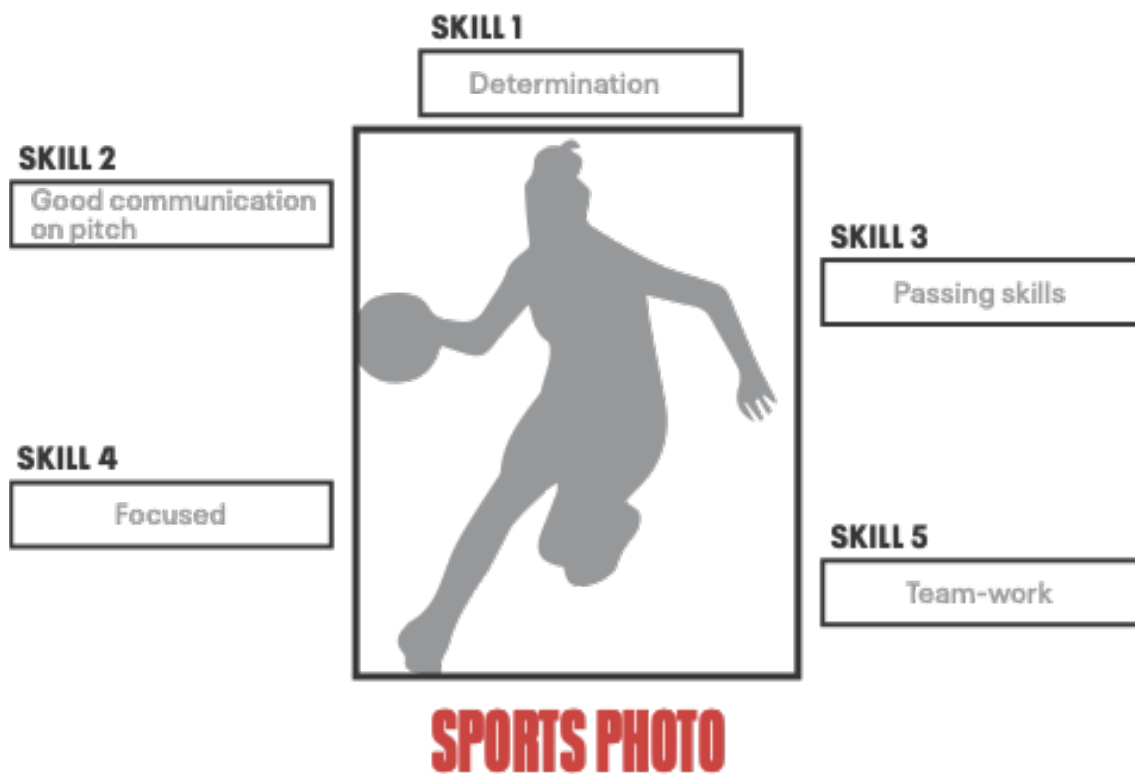


SKILL 3

SKILL 5

NON-SPORTS PHOTO

PERSONAL IDENTITY EXAMPLE



TEAM ME

