

GOLDMIND Excellence

Confidence

The Goal of the Mental Game

“I trust, therefore I’m free to play my best!”



Clearly, confidence is the name of the game. High-performance athletes across the world of sport say that

80-100% of their performance on a given day is determined by their belief in their ability to succeed.

The Goal is Confidence

The best athletes perform well even when they aren't feeling their best. By integrating mental skills into your training, you can too. Like physical skills, mental skills take time to develop. But they will only develop if you train them. Further, having mental skills won't guarantee success. What it will do is give you your best chance to be successful. There is no substitute for quality, purposeful training. You have to put the money in the bank before you can withdraw it at the ATM. A daily trip to the mental gym will pay dividends on your deposits.

CONFIDENCE IS A FEELING; A BELIEF

Confidence is described as a feeling, a belief that the task at hand can be successfully performed. Whether that's getting a batsman out, Making a shot-stopping tackle in the penalty area, achieving a personal best time against faster swimmers, getting good length and accuracy in your penalty kicking, or competing in your first race at Nationals, the athlete has a

sense of certainty that he/she will get the job done.

Confident athletes have strong positive thoughts and images running through their head. When thinking about competing, they see themselves playing well and making great plays. A confident athlete might not even be aware of 'talking' to them-



self in a positive way. "I'm going to rip this guy," "He can't score off me," "My bowling is causing him trouble," are common phrases that might be echoing through a confident cricketer's mind.

Finally, you can observe the best athletes by the way they move, the presence they have. They look calm and in control. They don't used rushed or awkward gestures — they exude confidence. They stand tall, have their chests out and may even come across the line into what many would call cocky. Confident players 'Stand & Deliver'.

This combination of positive factors results in athletes feeling confident and looking forward to their next performance. Confident athletes look forward to competing against other top athletes; they enjoy the challenge of pitting their skills against other talented athletes.

PLAYING FREE

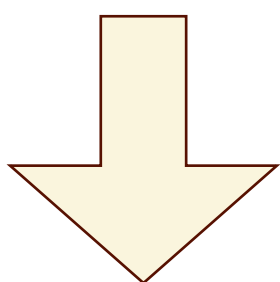
When you play with confidence you are playing 'free' — free of fear, tension, worry, doubt and stress. These negative emotions — all of which are the results of your own thinking — are obstacles you put in the way. The obstacles interfere and detract from your potential and diminish the quality of your performance. The obstacles are like mental speed bumps that slow the progress toward your goals.

As pictured below, the goal is to play with confidence, to get to the point where you totally trust your skills and let yourself perform. Sometimes — roughly 10% of the time — you go straight there and, as they say in Nike world, "Just Do It!"

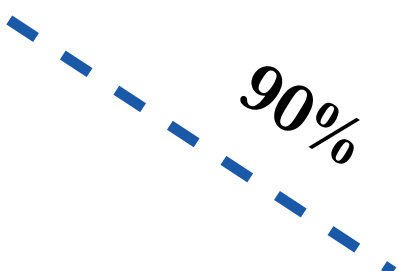
The reality, though, is that most of the time you need to take the more difficult route, the route through mental skills.

Develop your skills today!

MENTAL SKILLS



CONFIDENCE



10%

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