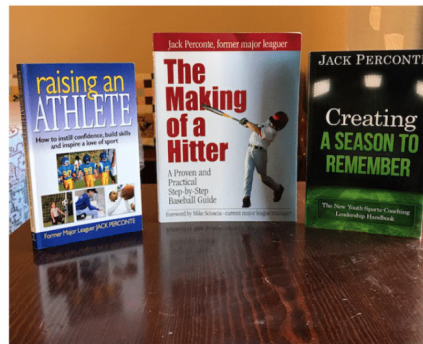


Weekly Parent Tips to Print

Building Confidence in Your Athlete



1. A no brainer, but patiently help them develop their skills. Physical stability is the beginning of mental equilibrium. The more under control one's body is, the more relaxed and confident they can be.

2. Along with number one, help players understand the fundamentals. Knowledge is empowering. Feeling you know "how" gives some assurance. Explain the why, even to beginners.

3. Teach kids to play to their strengths. Athletes who have a good perception of the things they do well do not overextend in difficult situations. Players begin to learn that if they stay within themselves, good things will follow.

4. Explain the effects of facial expressions, breathing, and body language. The capacity to look and feel composed even though the hearts are pounding, can gain a mental edge over the opposition.

5. Remind your child of good plays they have had in the past and teach them how to visualize those and other desirable results before and during games.

6. Stay under control yourself in all situations, especially before big games and when watching games. Players will learn what poise is from your actions and display that with confidence.