

TALKING POINTS

by POSITIVE COACHING ALLIANCE

WEEK FOUR: DEALING WITH PRESSURE (The 3 B's)

- Sometimes we get nervous when we think making a play or winning a game is really important. Sometimes we get so nervous we **"choke."**
- Do you know what choking is? It's when you can make a play quite easily in practice but then in a pressure moment you don't perform as well, because you are so nervous and that nervous energy gets in the way.
- There is nothing wrong with getting nervous. **Nervous is normal.** It just means that you care about what you are doing. It also means you have some energy that you can use.
- The key is to control your nervousness so you can use your energy to do your best in a crunch-time situation when performing well seems so important.
- I want to teach you a way to deal with pressure. It's called the **3 B's**. The first B is **Breathe!** When we get nervous we don't get as much oxygen into our body so we need to remember to take a deep breath. Take a deep breath right now.
- Then **Bounce!** When we are nervous we tend to lose the connection between our feet and the ground. So we bounce to regain that connection. Bounce a few times right now.
- The final B is **Break!** We do this by clapping our hands together. This sends energy through your body and gets you ready to act. Go ahead and clap.
- Now let's put them all together: Breathe, Bounce, Break!

Discussion Points

- **What are some situations where you have gotten nervous playing sports?**
- **Do you think using the 3 B's when you get nervous will help you do better?**
- **Will you feel uncomfortable using the 3 B's? Can you do them even if you do feel uncomfortable?**

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