



SPORTS PERFORMANCE MENTAL SKILLS PROGRAM

Coaches | Parents | Athletes

Upcoming Events

Dec. 5

- ❖ Chef's Cup
- ❖ **4:00-5:30PM Speaker:**
Come see *John O Sullivan*
– *Changing the Game*
(Upper floor of balcony house)

Dec. 18-21

- ❖ US Freestyle Team Selections

The Benefits of Self-Talk

- ❖ Build confidence
- ❖ Manage emotions
- ❖ Control effort

When to use it?

- ❖ Learning or performing a skill
- ❖ Changing bad habits
- ❖ All the time!

Examples:

Athlete is trying a new skill.

Athlete: "I can't do it cause I suck."

Coach: "Sucking at something is the first step to being great at it. We practice for a reason."



"Champions learn how to develop empowering beliefs and invest a substantial amount of time solidifying those beliefs, mostly through their own self-talk."

Self-Talk: Talking yourself into better performance.

Coaches, what your athletes say to themselves can have a big impact on performance.

- Self-talk is a tangible technique that can be helpful in increasing a performer's overall confidence.
- In short, self-talk is what performers say to themselves (usually not out loud). Since attitude is important in every aspect of performance, self-talk can be an effective way to maintain a positive, confident, and focused attitude.
- The first step to self-talk is becoming aware of how you already talk to yourself in practice and in competition. Then you can take steps to improving or tweaking how you talk to yourself during performances.
- Self-talk is also influenced by what you say to your athletes. Something as simple as "Do your best," instead of, "Try your best," can make a big difference in how they perceive performance.



Sport Psych Consulting

Ensuring your athlete is performing to the best of his ability means more than just training on the mountain.

- ◆ THE MIND IS LIKE A MUSCLE, just like muscles of the body, it needs to be trained
- ◆ You do not need to be struggling or “broken” in order to go to individual counseling—it is to help you reach your FULL potential
- ◆ The best athletes in the world have sport psychologists—the USOC in Colorado Springs has 6!

❖ Contact Stephanie Zavilla for more information

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Attributing Success and Failure

- Listen to what you and your athletes contribute to success and failure.

Attribution Theory

Internal – Stable = **ability**

- Healthy POV = I am doing the best with what I have
- Unhealthy POV = I don't have the talent so why try

Internal – unstable = **effort**

- Healthy POV = My effort matters, but other factors are relevant
- Unhealthy POV = I lost because of my effort alone

External – stable = **task difficulty**

- Healthy POV = I lost because they were better
- Unhealthy POV = It's too hard to try

External – unstable = **luck**

- Healthy POV = Sometimes chaos is a part of the sport
- Unhealthy POV = I am unlucky

The blame game

Blame can be negative and positive. Listen for what the athletes attribute good and bad performance.

Harmful Examples:

“It was the great snow that helped me do great.”

“My run sucked because of the ruts.”

“I always do badly on cloudy days.”

“I did great cause the skier before me broke up the snow.”

Bring them back to something they CAN control : i.e. “How do you think you can handle those ruts better next time?”