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PLC Focus of the Week: "Perseverance"

This week's coach note is offered by Natalie Novosel, Notre Dame Women's Basketball Player and Social Foundations of Coaching student.

If you are familiar with the phrase, "When you get knocked down, get up and try, try again," then you will better understand the importance of instilling "perseverance" in your players. Many players are already harsh on themselves. In many ways, they are their biggest critic when they get something wrong in practice and games. Whether they make a mistake, miss a shot, or turn the ball over, many athletes get very frustrated with themselves. Even if you cannot see this frustration, it is real since many young people internalize their emotions.

Champion Coaches can:

- Teach athletes that mistakes are an opportunity to learn
- The task at hand is to help an athlete move past a mistake, understand WHY something didn't work and set a goal to do it better the next time.
- When players struggle to get past a challenge, encourage and help them to understand the importance of not giving up, and persevering through their troubles.
- Know what your players are striving to overcome and applaud them as they make progress in the struggle and celebrate with them when they persist in the face of challenge.

In this way, not only will your athletes become better players, but they will become better



**"Never be in a hurry;
do everything quietly and
in a calm spirit. Do not
lose inner peace for
anything whatsoever, even
if your whole world
seems upset."**

~ St. Francis De Sales, Bishop
and Doctor of the Church
Feast Day, January 24

people if they can see the importance of not running away when life presents a difficulty for them to conquer.

One of the greatest feelings is working hard and seeing your hard work pay off. When athletes do improve and conquer their difficulties, they will understand the true definition of perseverance because they have experienced it.

Coach Like A Champion Today(R)!