



## PLC Coach Focus of the Week: CONFIDENCE

Inspiring confidence in your athletes is key, especially for those who may doubt themselves already.

The dictionary.com definition of confidence is

1. Full trust; belief in the powers, trustworthiness, or reliability of a person or thing
2. Belief in oneself and one's powers or abilities; self-confidence; self-reliance; assurance

If coaches do not put their confidence in their athletes, players will lose confidence in themselves and it will undoubtedly lead to a downward spiral in their performance.

Developing confidence in players means that we must put them in situations in which they are willing to take risks in order to become a better player. For example, basketball coaches should insist that their players shoot layups with the proper hand and take off on the proper foot. Players will undoubtedly miss more layups on their "off side" when they start doing this, but they will eventually improve and become confident in driving effectively to both sides of the basket.

Coaches can build the confidence of their athletes by

- Not criticizing athletes when they make mistakes. Help them to learn what went wrong. Players need to take chances to



"Failure is simply the opportunity to begin again more intelligently."

- **Henry Ford**

grow and those chances will often result in failure, but that is how athletes learn.

- Encourage athletes to succeed to matter what the odds.
- Give athletes positive feedback when it is deserved as well as appropriate correction (constructive criticism vs. yelling and critical correction).
- Don't ever give up on an athlete.
- Be patient and remember no kids are doing poorly on purpose.

Being a coach for character, work to show a great deal of confidence in your players for them to perform at their highest level.