



ATHLETE	
Skill	CONFIDENCE
Lesson	FOCUS ON CONTROLLABLES

Why:

When we focus on things outside of our control when trying to improve or judging our success it only leads to frustration and discouragement. Put your energy toward what you can control in order to improve your development, stay motivated, and build confidence!

Objective:

Train your mental muscle to FOCUS ON WHAT YOU CAN CONTROL. Benefits:

- Lowered anxiety, nerves
- Realistic expectations that lead to attainable results
- Focus on process (how you are doing it), not the outcome (result)

Activity:

This exercise can be completed multiple times for specific situations and/or for more general situations. Think of something specific you want to improve on - here are some examples:

- Anxiety about tryouts coming up
- Making the most of your scoring chances
- Maintaining possession receiving or passing

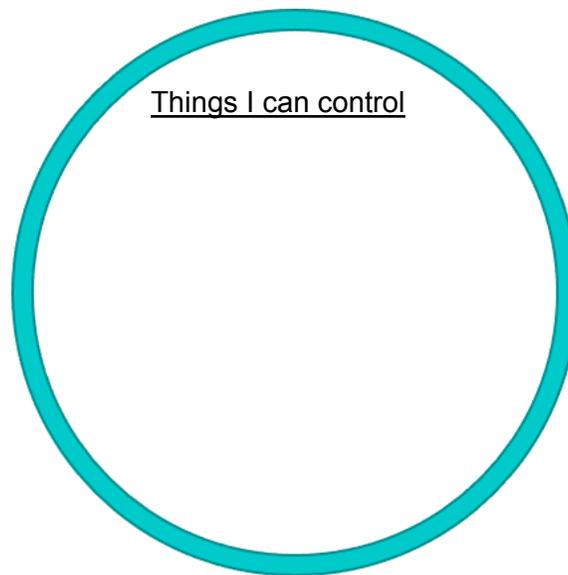
Step 1

Think about anything/anyone that influences your ability to complete your task successfully. These can include your thoughts or actions, what other people say or do, environmental conditions (the field, weather, change in coaches), etc... These can be both POSITIVE and NEGATIVE influences. List those below:

Step 2

Using the diagram below, (or draw a new one on a separate sheet) insert items from your previous list as follows:

- Inside the circle - things that are completely or mostly in your control
 - Example: Self-talk, internal dialogue
- Outside the circle - things that are not in your control
 - Example: The quality of your competition



Step 3

Go back through where you have placed your items. Make sure anything inside the circle is something you have COMPLETE control over, even if you aren't doing it well just yet. There should be a lot more on the outside than on the inside! Once you have determined what is in your control, take your top 1-3 items and make that the focus of your next training or game.

Here's the catch: The only things that are TRULY under your control are your ATTITUDE & EFFORT. Everything inside your circle should relate back to those two areas. If they don't, they are not completely in your control and focusing on those things can lead to a lot of frustration!

Extra Point

Share this with your coach and see if they have any suggestions on how you can continue to improve!

Questions or comments about the session? Or want more?

Email us at: gibgab@peak9confidence.com