



THE TOP 7 WAYS TO DEVELOP **TOUGH, FOCUSED AND RESILIENT ATHLETES**

**01**

**TEACH THEM TO BREATHE**. The fight or flight response is real and it’s also cumulative. If they are stressed about school or life, it will show up on the playing field. Remember, a little stress makes you tough; a lot of stress makes you weak. Pro Tip: You should breathe too, even if it’s a few breaths in practice, timeouts or breaks. Small changes can make a big difference.

**02**

**CELEBRATE FAILURE AND RISK.**Start by talking about your own failure. Being vulnerable and honest builds immense trust and credibility. Show your human side and they’ll respect you more. Pro tip: Do practice drills that they’ll likely fail at, then talk about it to practice learning from them.

**03**

**ENCOURAGE POSITIVE SELF-TALK IN AN ACTIONABLE WAY.**Build up their self-awareness with questions like: ‘When you failed in that drill, what were you saying to yourself?’ then help them SELF-correct with questions like ‘What would you say to a friend to be encouraging?’ Pro tip: For more self-talk tips check out our blog on the topic.

**04**

**DON’T PRETEND LOSING SHOULDN’T HURT, BUT MAKE IMPROVING THE FOCUS**. When you lose, talk about how proud you are that they fought to win (if they did). Always focus on the process of improving. Pro Tip: When you win, use that feeling as a motivational reminder during tough times.

**05**

**TEACH POSITIVE AFFIRMATIONS AND HOW TO VISUALIZE REALISTIC GOALS**. Talk about your own, even if you think your goals won’t be relevant to them. They need to see you growing and stretching and dreaming (and failing). Pro Tip: Not sure where to start with affirmations and visualization? See our ‘FOCUS’ audiobook.

**06**

**HELP THEM CREATE A MISTAKE RITUAL FOR WHEN THEY DO FAIL, ESPECIALLY IN COMPETITION**. This ritual has to be utilized in practice too. Repetition is key. Pro Tip: Setting a key word or phrase to trigger a better response is a great start.

**07**

**TEACH THEM HOW TO VISUALIZE AND DO IT TOGETHER AS A PRE-PRACTICE MENTAL WARM-UP.**We all need time to focus. It shouldn’t take long but it’s well worth a few minutes to warm-up their minds just as you do their bodies. Pro tip: You can hear more in our audiobook on ‘FOCUS’.