

Developing Confidence for Competition

Kent Athletics Squad

Sevenoaks School

Saturday 20th February 2010

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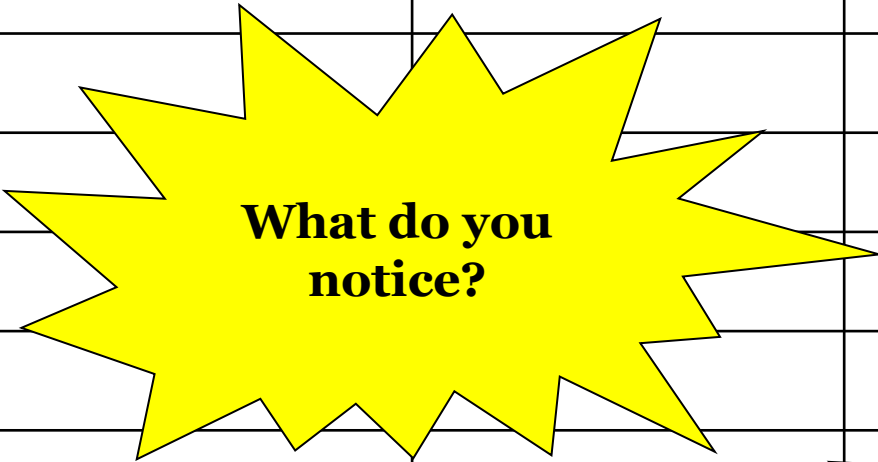

Aims

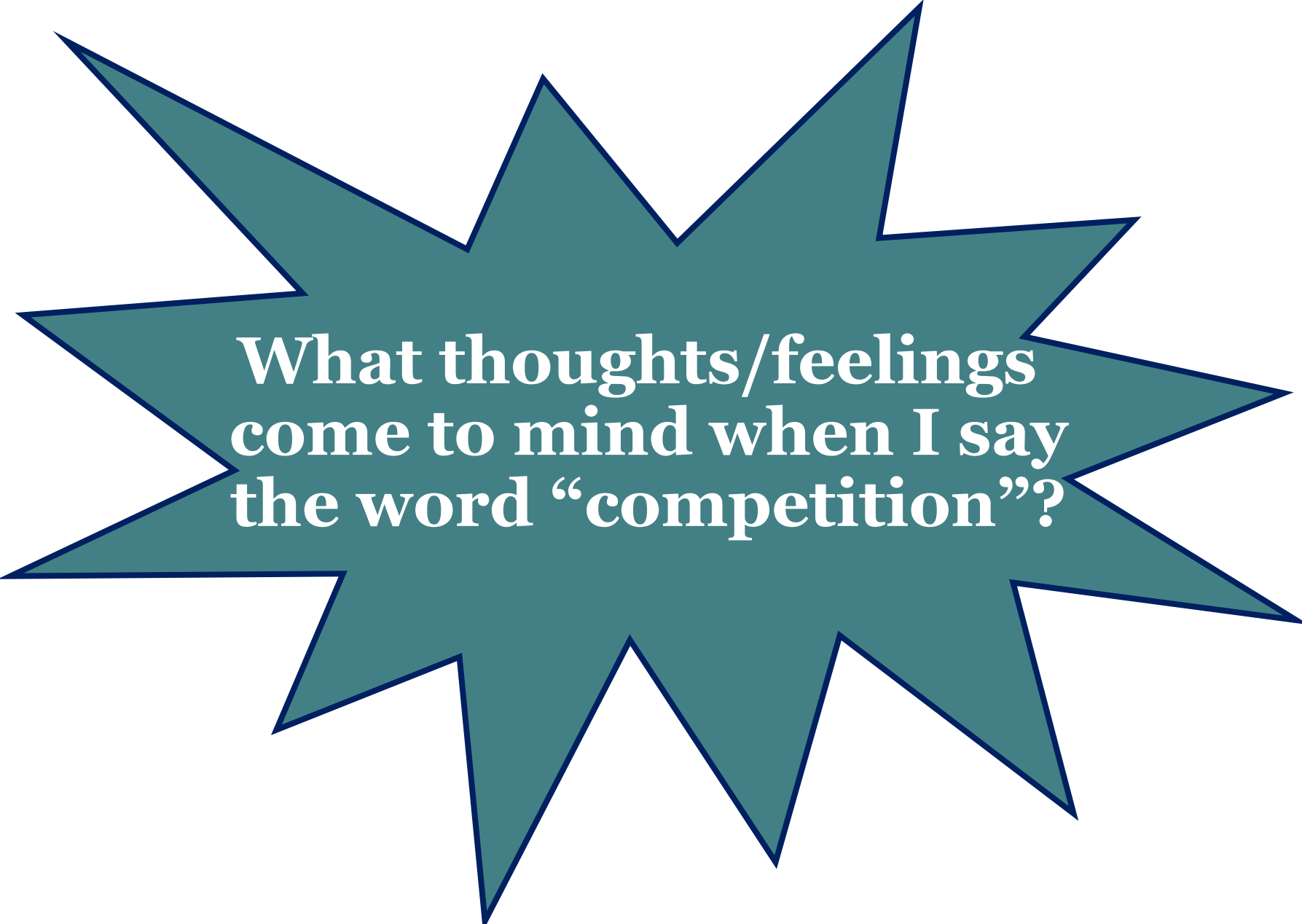
- To understand what confidence is
- To understand how a lack on confidence can impact on performance
- To learn strategies to help you develop confidence for competition

A large, teal-colored starburst graphic with a dark blue outline, centered on a white background. The starburst has multiple points of varying lengths and angles, creating a dynamic, star-like shape. The text is centered within this graphic.

What makes a good athlete?

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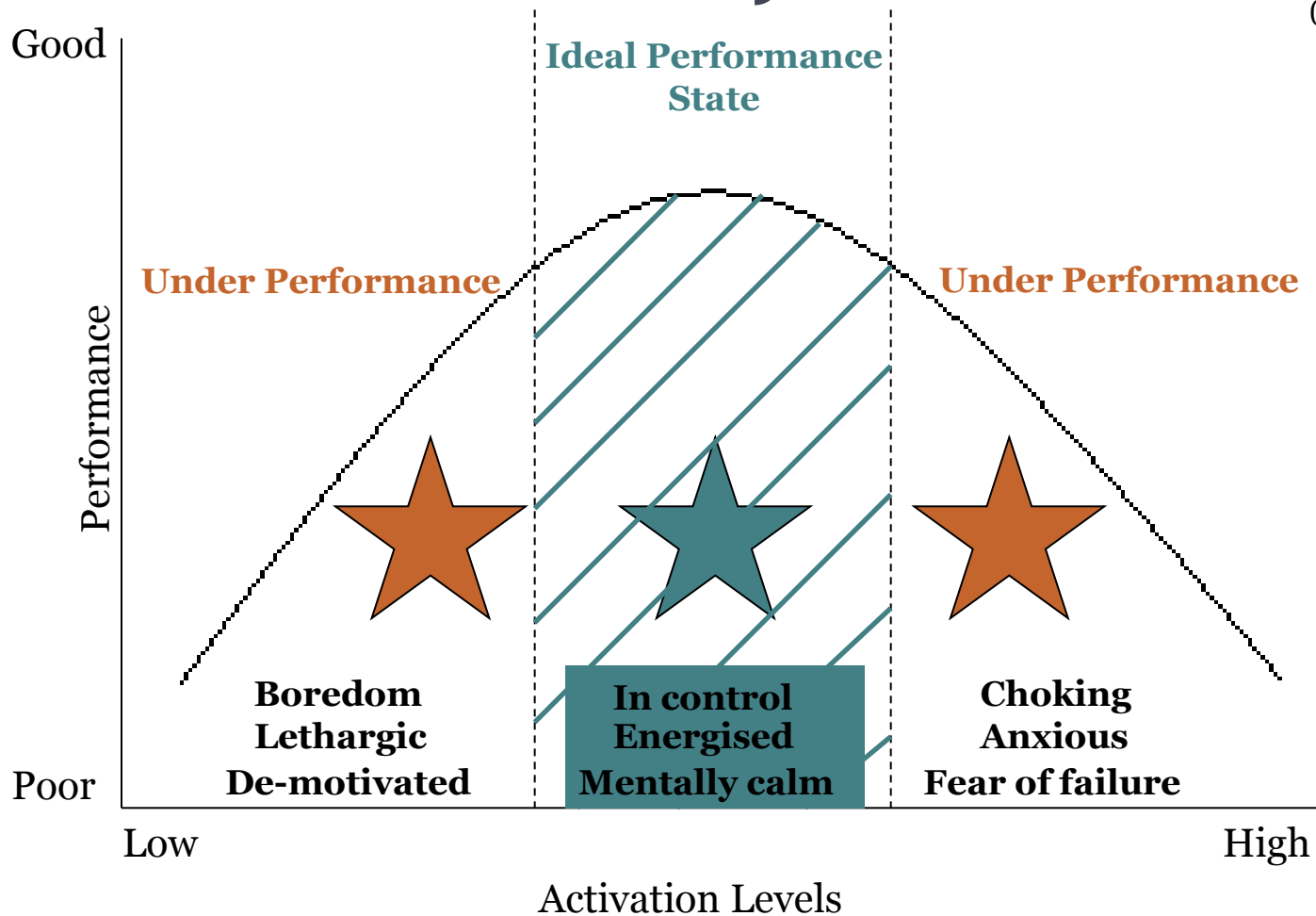
TECHNICAL	TACTICAL	PHYSICAL	MENTAL
 <p>What do you notice?</p>		 <p>How much training do you do in each area?</p>	



**What thoughts/feelings
come to mind when I say
the word “competition”?**

Inverted U Theory

(Yerkes & Dodson)



Over-activation can be detrimental...

- ...to performance because:
 1. Anxiety interferes with **execution of skills**
 2. Anxiety interferes with **efficiency of performance**
 3. Anxiety interferes with **focus and attention**

It's all in the mind!

Demands

Loss of Confidence

Ability

Feel Pressure



Demands

Ability

CONFIDENCE IS...

The **belief** that you
can **successfully**
perform a desired
behaviour

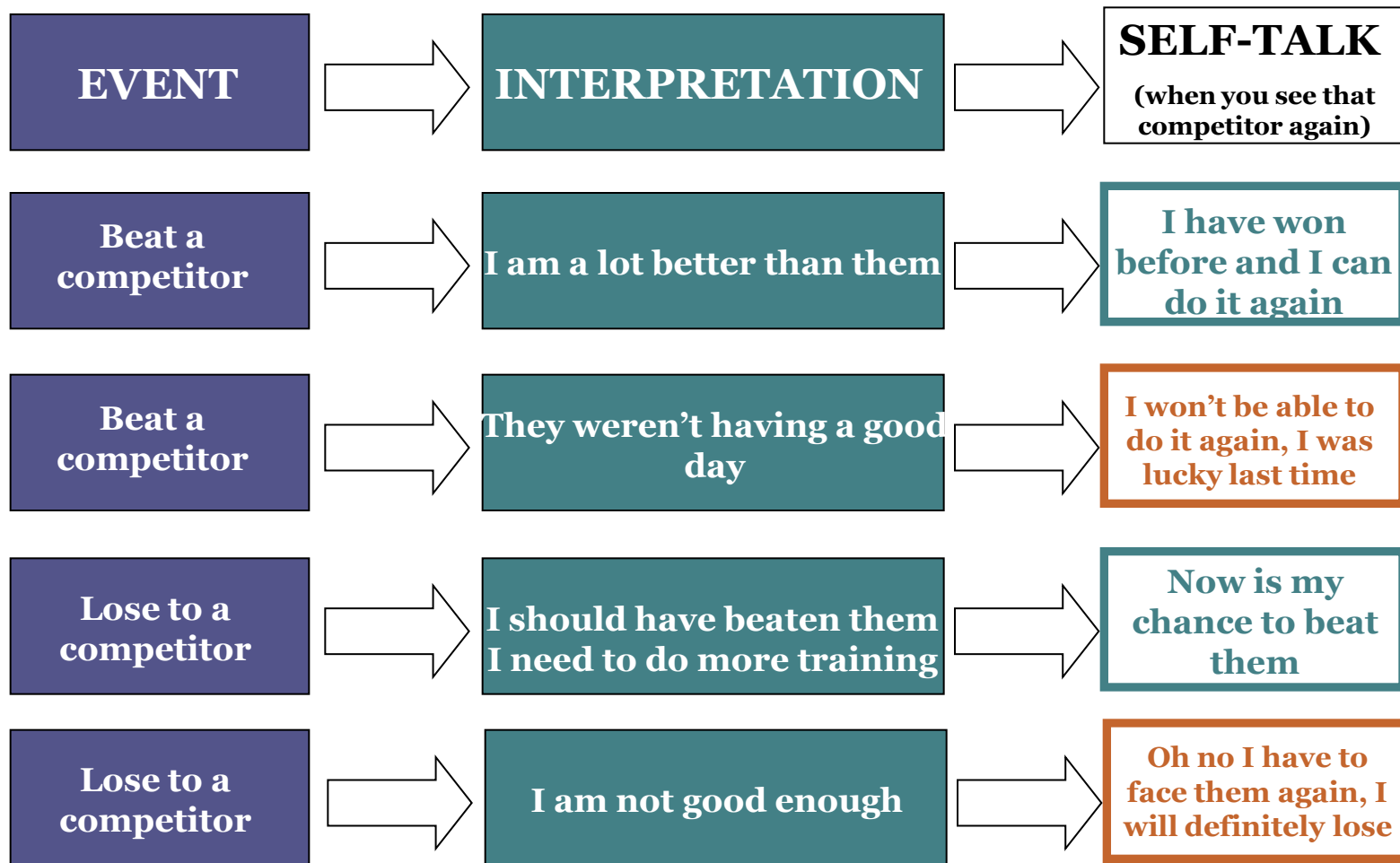
CONFIDENCE...

Has relatively little to do with what happens to an individual

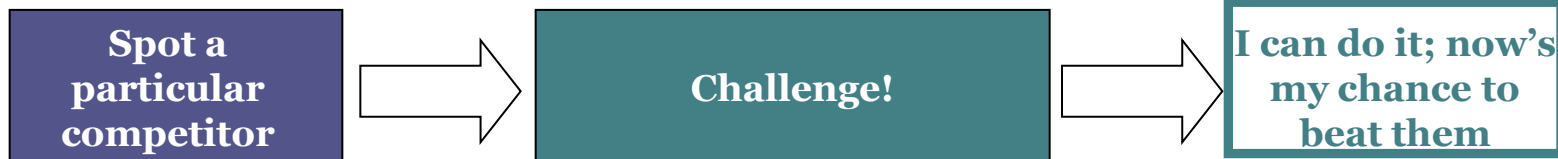
Instead,

Confidence is a result of how one **thinks** what one **focuses** on, and how one **reacts** to the events in one's life

Interpretation is vital



Interpretation is vital



Prior to Competition

- **What % of your self-talk is positive**
- **What % of your self-talk is negative?**
- **What % of your self-talk is neutral?**

Which best describes your self-talk?

Positive

Negative

Neutral

Negative

Positive

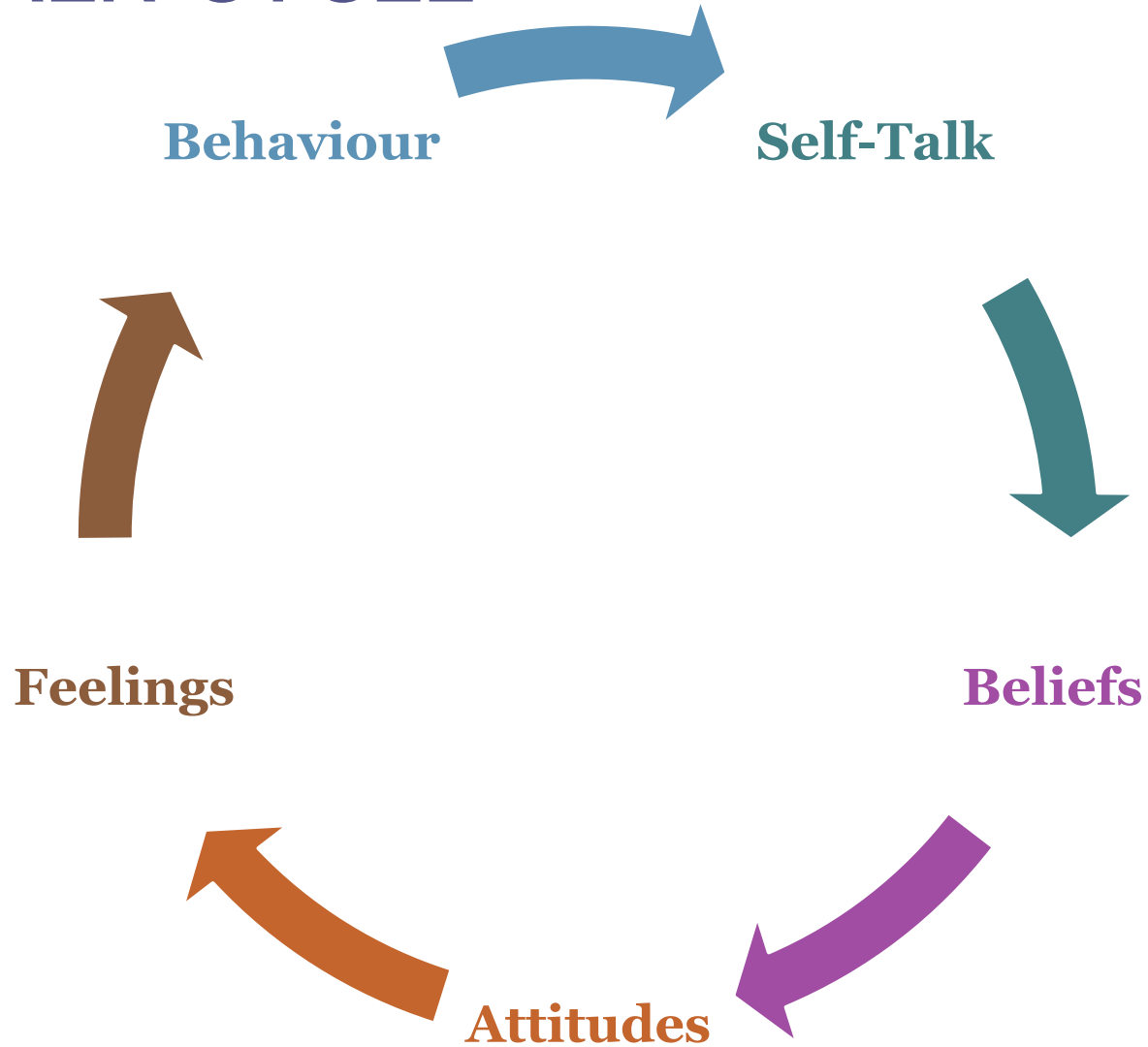
Neutral

Neutral

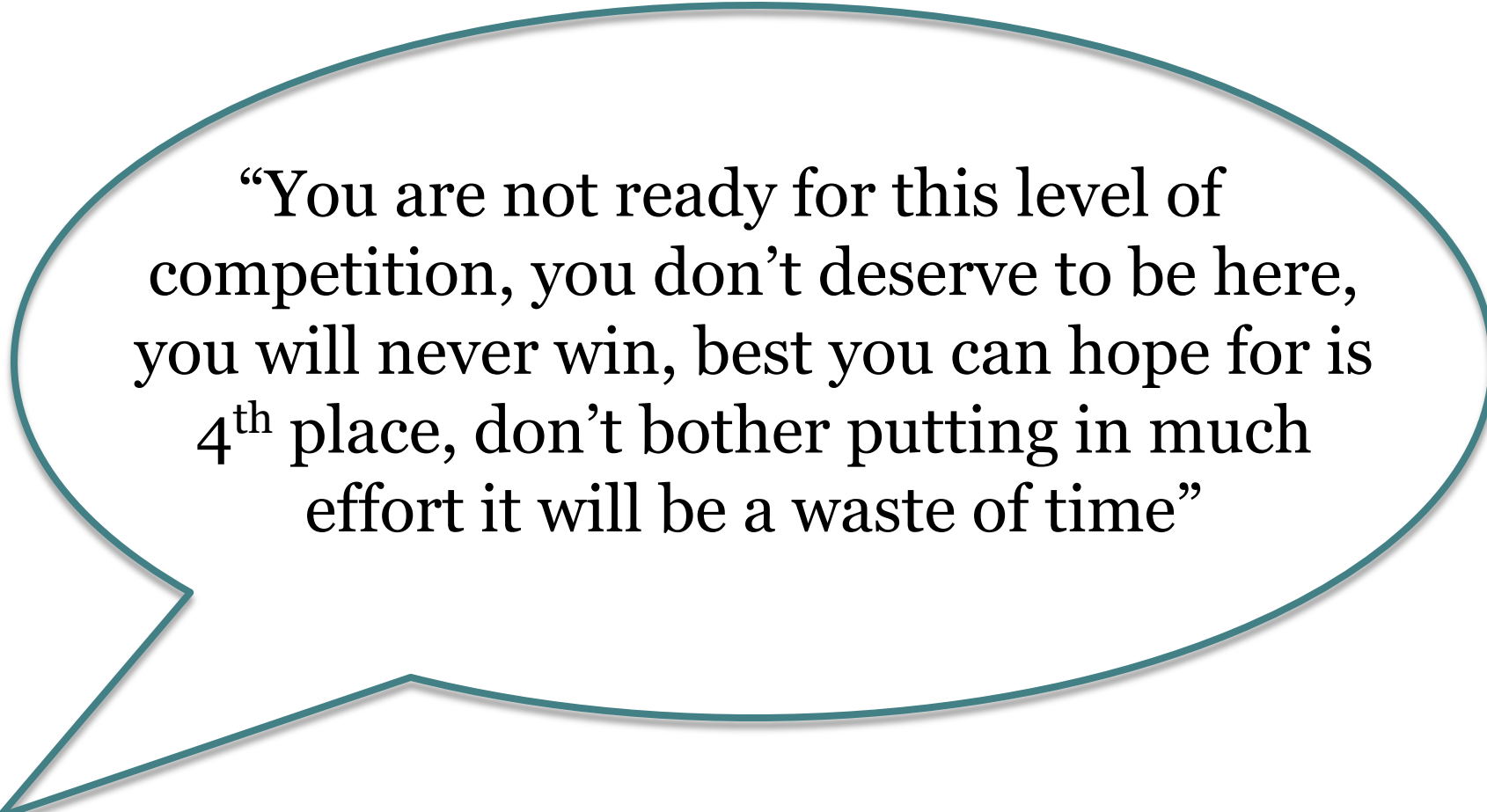
Positive

Negative

SELF-TALK CYCLE



How would it make you feel if your coach said....before a competition

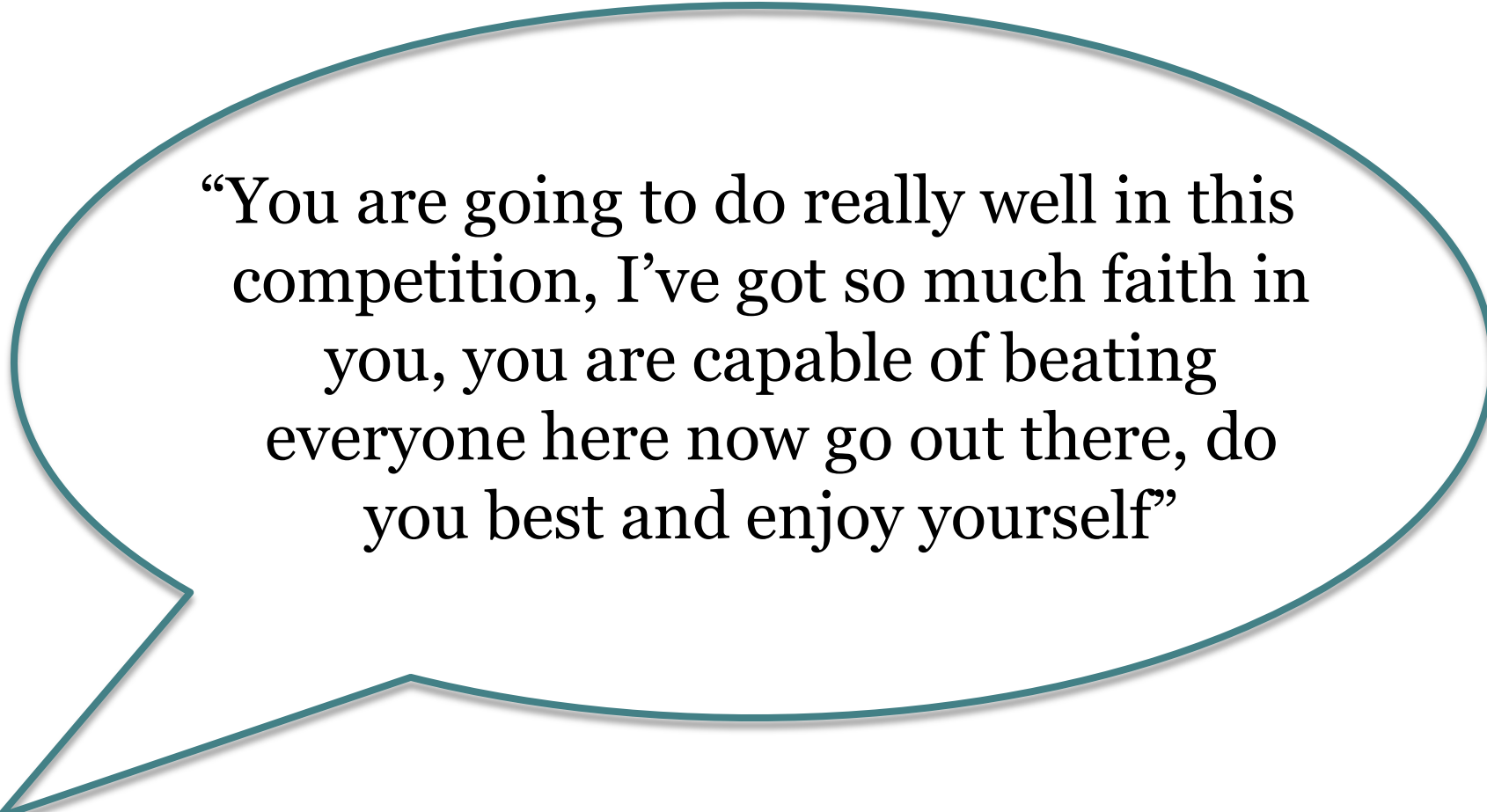


“You are not ready for this level of competition, you don’t deserve to be here, you will never win, best you can hope for is 4th place, don’t bother putting in much effort it will be a waste of time”

NEGATIVE SELF-TALK



How would it make you feel if your coach said....before a competition



“You are going to do really well in this competition, I’ve got so much faith in you, you are capable of beating everyone here now go out there, do you best and enjoy yourself”

POSITIVE SELF-TALK



Positive Self-Talk

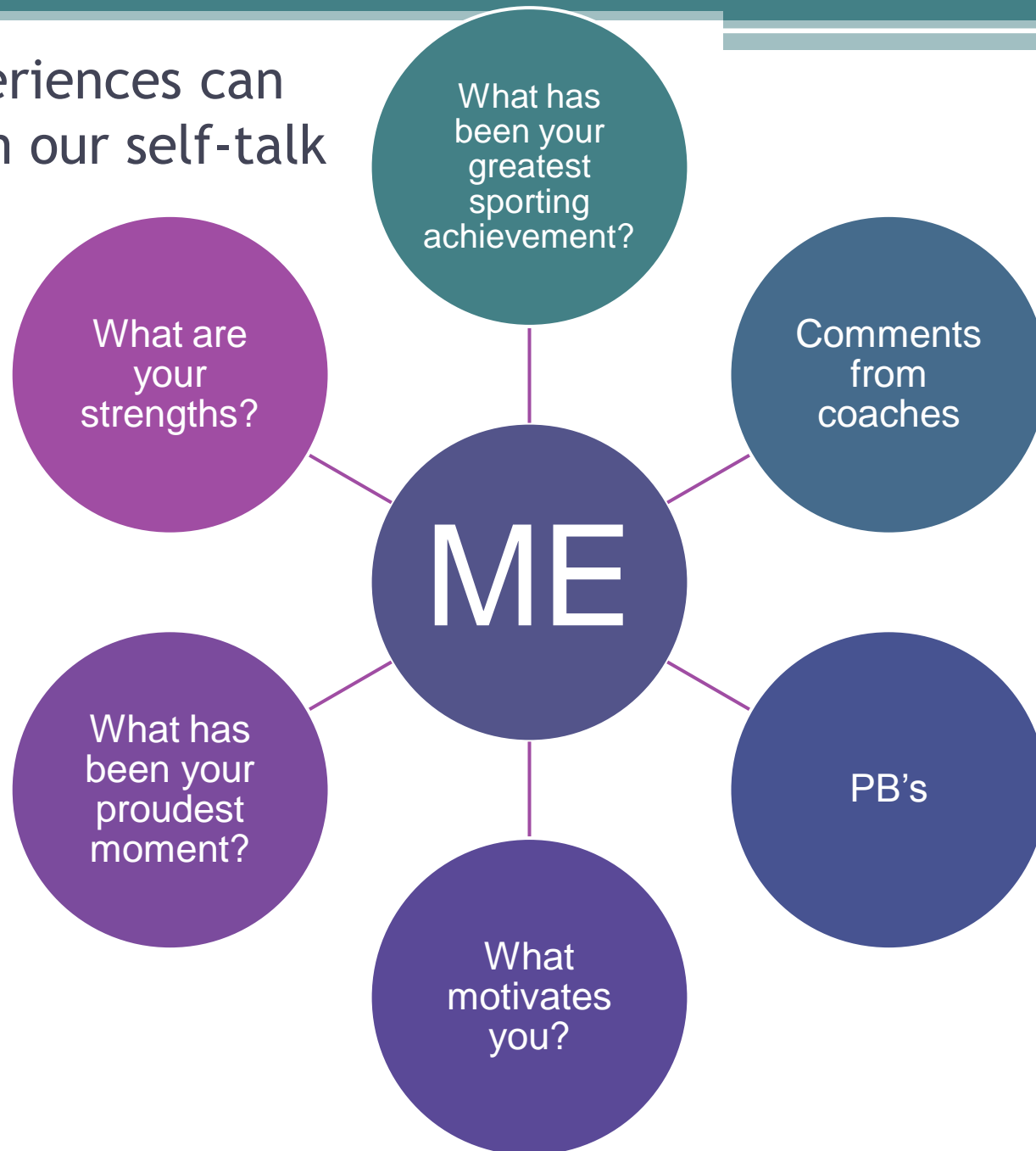
Instructional

- Give yourself information; reminders about your technique or competition strategy
- e.g. Elbow straight, move your feet

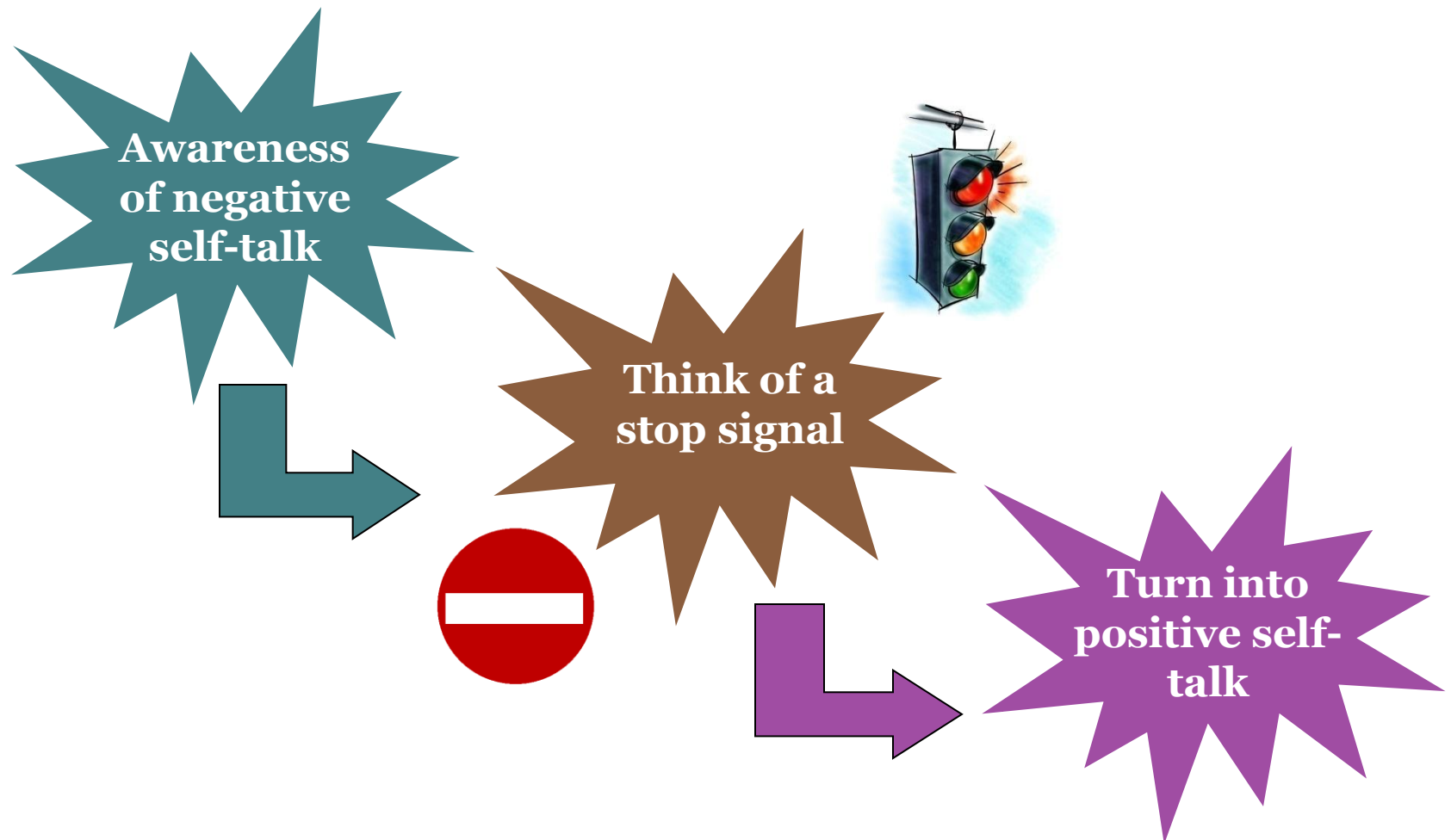
Motivational


- Help to psych yourself up, give you confidence, increase effort, create a positive mood in you
- e.g. You can do it, hang in there, keep on going

Past experiences can help form our self-talk



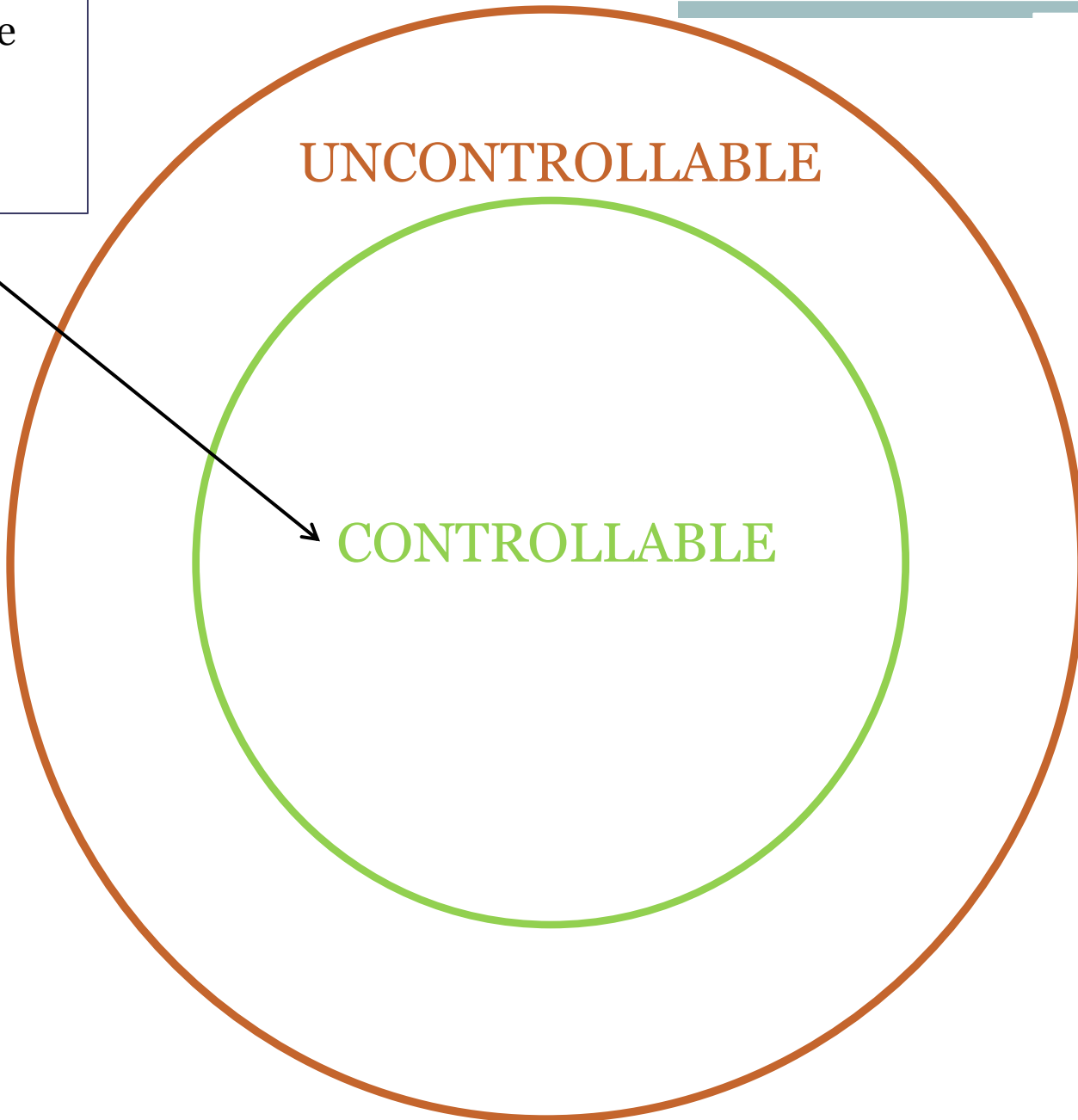
Trigger to change your thinking





**What things can
distract us prior to
competition?**

- ✓ Think inside the circle
- ✓ Banish all distractions



UNCONTROLLABLE

CONTROLLABLE

Where is your focus during competition?

Ego

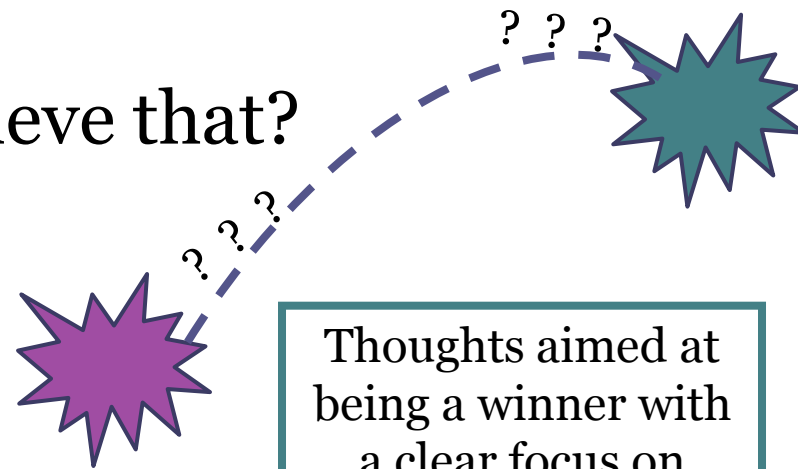
- Focus on outcome – limited success measures
- Pre-occupied with others progress – Anxiety!
- Constantly comparing self to other competitors
- Perceptions of success and ability dependent on social comparisons
- Low perception of control

Task

- Focus on process (“how”) – variety of success measures
- Focus on performing to the best of your ability
- Focus on personal improvement
- Exhibit greater effort
- High perception of control

Important to set self-referenced targets

- What are **YOU** wanting to achieve?
- **HOW** are **YOU** going to achieve that?
- What is **YOUR** strategy?
- What is **YOUR** measure of success?



Thoughts aimed at being a winner with a clear focus on HOW you are going to achieve that

Preparation Exercise

Centring

Focus on controlling your point of gravity to promote a sense of power, balance and control

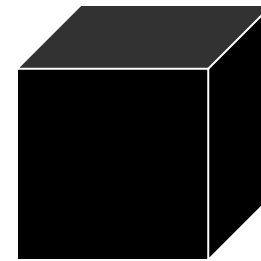
1. Stand with feet shoulder width apart
2. Focus attention on your point of gravity (behind belly button)
3. Breathe deeply (e.g. In for 4 counts, hold for 4 and out for 4; notice your stomach expanding and contracting)
4. Incorporate cue words e.g. “centre” as you breathe in and “relax” as you breathe out

Preparation Exercise

Visualisation



Black Box...



Imagine your
favourite
place

Imagine how
you want to
perform

Imagine your
best ever past
performance

Top Tips for developing confidence for competition

- Important to be **aware** of how you are **interpreting** events
- Ensure you are engaging in **POSITIVE self-talk** prior to competition
- Use your **past experiences** to build your **confidence**
- Use a **stop signal** to **change** around **negative** thinking
- Focus on **controlling the controllables**
- Adopt a **task focused** approach
- Use **centring** to promote sense of **control** within yourself
- Use **visualisation** to help achieve the **desired result**