

STEP 3 - SUMMARY



Confidence is a belief. It is balanced on a clear understanding of the game plan, my role, and our system in this game; and a belief that I have the skills, training, and the preparation needed to execute those skills and my role. It is a belief that I am prepared for this moment. It is a belief that I know what to expect. It is a sense of trust. A sense that I am trained, prepared, and ready for this moment. AND... even more importantly, it is a belief that I can adjust in the moment to any obstacles and still succeed.

Basically, confidence is knowing and feeling that "I can do this." Confidence impacts grit, resiliency, motivation, optimism, and perseverance over time. Confidence improves performance on the ice, and it strengthens one's resistance to pressure. Confidence needs to be front loaded.

There are 2 primary things that build confidence:

1. **Success** - having done it before and having done it well before.
2. **Preparation** - preparing for success. Preparing both the mind and the body. Overlearning skills and tactics. Deliberate practice. Creating habits of excellence; both physically and mentally.

There are four other powerful sources of confidence. The 3 bolded, we control.

1. **Self-talk** - what we say to ourselves; the story we are creating in our minds about the situation; what we direct our attention to.
2. **Imagery** - what we picture in our heads, what we visualize.
3. **Our Body** - the meaning we give to the sensations in our body, our ability to adapt to and manage the physiological impact of stress; our body language.
4. Talk and encouragement from trusted people (teammates, coaches).

The formula for building confidence is a combination of drawing from a history of successes (an ability to recall them in pressure filled moments); positive focus on what you control; positive focus on what you want to do; staying in the moment; positive and high performance, energizing self-talk and imagery; clarity of your role and what you want to do on the ice; and tons of high speed and high intensity repetition of the physical and mental skills needed.