

*The Academic College  
Levinsky-Wingate  
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Mental Aspects For Coaching Young Players  
&  
The Psychology of Coaching Young Players*

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**Author, *101 Ways To Be A Terrific Sports Parent***

# ***MENTAL PERFORMANCE***

***Mental Skills:***        ***Strategies and techniques*** to improve Confidence, Composure, Concentration, Communication, and Teamwork in performance situations.

***Psychology:***        Anything in a ***person's life*** that can be impacting upon athletic performance, or on a person's mental health & wellness.

# ***MENTAL PERFORMANCE***

**MENTAL PREPARATION**

**TEAMWORK**

**MENTAL TOUGHNESS**

**FOCUSING**

**POSITIVE ATTITUDE**

**RELAXATION**

**BELIEF IN ONESELF**

**COMPOSURE**

**CONFIDENCE**

**PRESSURE PERFORMANCE**

**COMMUNICATION**

**MOTIVATION**

# *Game Plan For Coaching Young Players*

- **Step 1:** Identifying one's *attitudes, feelings,* and *thoughts* about winning, losing, success, failure, competition, coaching youth sports, mental skills, etc.
- **Step 2:** Identifying *specific situations* that are challenging for you in coaching youth sports and in teaching mental skills.
- **Step 3:** Developing a *game plan* to address these challenging situations.

# *Positive Thinking*

For each of the sentences, write a *positive thought* and a *negative thought*:

- You make a bad turnover.

*Positive Thought*

*Negative Thought*

- You're frustrated with a Referee's call.

*Positive Thought*

*Negative Thought*

- The game is tied, and there is a timeout with 6 seconds left in the game.

*Positive Thought*

*Negative Thought*

# *Positive Affirmations*

- **I believe in myself**
- **I have a positive mental attitude**
- **I am confident and composed**
- **I have done it before, I can do it again**
- **I am in control & focused**
- **I am prepared & relaxed**
- **I trust myself**
- **I trust my preparation**
- **Today is my day!**
- **I feel like a champion!**
- **What if. . . I do something special!**
- **Give me the courage to do the best that I can do**

# ***PRESSURE PERFORMANCE QUESTIONNAIRE***

During a competition, how can your coaches or teammates be most helpful to you in handling pressure? (Rank order from 1 to 5, with 1 being the most helpful)

\_\_\_\_\_ Leaving you Alone  
\_\_\_\_\_ Being Supportive  
\_\_\_\_\_ Making you Laugh

\_\_\_\_\_ Making you Angry  
\_\_\_\_\_ Challenging you

# *Profile of A Dream Team*

- **Working Toward A Common Goal**
- **Helps Each Member To Improve**
- **Accepts The Diversity of Its Members**
- **Builds Morale & Spirit Together**
- **Performs Well & Produces Results**
- **Accepts Praise & Criticism**
- **Cooperates Rather Than Competes**
- **Maintains A Positive Attitude**
- **Stays On Task**
- **Communicates Honestly**
- **Learns From One Another**
- **Deals With Conflicts Effectively**
- **Welcomes Challenges**
- **Shares Pride In Doing Well**
- **Celebrates Success**




# *The 5 I's of Communication*

- **I See**
- **I Hear**
- **I Feel**
- **I Want**
- **I Will**

# *Teaching Life Skills Through Sports*

- \* **Goal Setting**
- \* **Composure/Poise**
- \* **Communication**
- \* **Conflict Resolution**
- \* **Perseverance/Grit**
- \* **Managing Frustration**
- \* **Anger Management**
- \* **Mental Toughness**
- \* **Self-Confidence**
- \* **Concentration**
- \* **Teamwork**
- \* **Patience**
- \* **Sportsmanship**
- \* **Stress Management**
- \* **Courage**
- \* **Diversity**



**“To win the game is great.  
To play the game is greater.  
To love the game is the greatest of all.”**

**Anonymous, University of Pennsylvania, 1996**

# Resources For Mental Performance & Coaching Young Players

## Publications

*The Mental Athlete*. Porter and Foster. 2022

*Mental Fortitude – The Essential Guide To Building & Sustaining Mental Toughness*. Allgood. 2023

*101 Ways To Be A Terrific Sports Parent*. Joel Fish. 2003

## Apps

**Calm**     [Calm - The #1 App for Meditation and Sleep](#)

**Headspace**     [Guided Meditation and Mindfulness - The Headspace App](#)

## Podcasts

**Finding Mastery**     [Podcasts | Finding Mastery](#)

**Demystifying Mental Toughness**     [Demystifying Mental Toughness on Apple Podcasts](#). David Charlon