

Confident Athletes =
Winning Team
Culture.

"Coach D" Erica Lynn Douglas
@sheplaysnow

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Why do you coach?



2

Where Can I
find some
confidence?



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Con.fi.dence /känfədəns/

Noun

- the *feeling* or **belief** that one can rely on someone or something; firm **trust**.
- the state of *feeling certain* about the truth of something.
- a *feeling of self-assurance* arising from one's appreciation of one's own abilities or qualities.

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Con.fi.dence /känfədəns/

Noun

- Conscious reminder
- Constantly growing
- Non-circumstantial
- Individual

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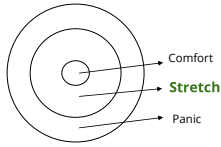
Courage



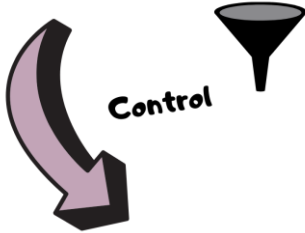
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How you can help practice
Courage:

- Build Habits
- Find the STRETCH zone



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How you can help practice Control:

- Know Controllables
- Teach and Talk them

	
Output	Outcome
Attitude	Talent
Responses	Others
Choices	Conditions

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Want → Why → Will → When

To Win a State title

I want to be the best I can be.

I want to run in college.

I want to be like my big brother

- Write my goals on my mirror
- Keep record of my workout plan
- Core and hip routine before bed
- Study my race and know time per hurdle
- Communicate with my coach weekly
- Limit screen time
- Pack snacks for school on Sunday night

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How you can help practice Commitment:

- Relationships Matter
- Deliberate Practice



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How you can help practice Choice:

- Anchor Thoughts
- Affirmation Vs. Criticism

"Our brains are designed to function most optimally when they are in a positive state. Positive thinking is a science-based, performance-enhancing strategy."
 Dr. Amber Selking
Developing Championship Mindsets

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 ENCOURAGE. EDUCATE. EMPOWER.



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