



## Why Is Confidence Important in **Youth Sport?**

Confidence is a game-changer in youth sports, providing the drive for young athletes to excel in their chosen sport. With confidence, they become unafraid to take risks and try new things, even when the odds are stacked against them. This resilience is the mark of a true competitor, and an essential life skill that will serve them well as they grow and mature.

Moreover, confidence has a profound impact on the mental and emotional well-being of young athletes. It helps them build strong relationships, communicate effectively, and work as a team. With confidence, they become more resilient, more focused, and more driven to succeed, both in sports and in life.

Confidence is an essential ingredient for success in youth sports. It inspires young athletes to reach new heights, overcome challenges, and become the best versions of themselves. By instilling confidence in our young athletes, we are helping to prepare them for a lifetime of success, both in sports and in life. So if you want your child to succeed in sports, help them build their confidence, and watch them soar to new heights.

# What Are Three Ways to Develop Confidence in Youth Sport?

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As coaches and parents, we have the power to inspire and instill confidence in young athletes. By recognizing their effort, setting achievable goals, and encouraging risk-taking, we can help them become the best versions of themselves, both on and off the field.



**1** When we praise effort and progress, we show our athletes that their hard work and dedication are valuable, regardless of the outcome. We give them the gift of self-esteem and help them feel proud of themselves, which can be a powerful motivator to keep pushing forward, even when faced with challenges.

**2** Setting achievable goals is another powerful way to build confidence. When athletes set goals that are challenging yet realistic, they learn to believe in their abilities and develop a sense of accomplishment. With each achievement, their confidence grows, and they become more motivated to reach new heights.

**3** Finally, we must encourage our young athletes to take risks, try new things, and interact with their mistakes as learning opportunities. When they step outside their comfort zone and take on new challenges, they learn valuable lessons about resilience, adaptability, and courage. These experiences help them become more confident and prepared to tackle whatever life throws their way.

As coaches and parents, we have a tremendous responsibility to inspire and develop the confidence of young athletes. By recognizing their efforts, setting achievable goals, and encouraging risk-taking with safety in making mistakes, we can help them become the best versions of themselves and achieve their dreams. Let's empower our young athletes to be confident, resilient, and unstoppable.

# How a CMPC Can Help

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A Certified Mental Performance Consultant® (CMPC) can play a crucial role in helping youth athletes develop confidence by providing them with mental training techniques and strategies. Here's how a CMPC can help with each of the three ways to develop confidence in youth sport athletes:

## Praise effort, not just results

A CMPC can help coaches and parents understand the importance of acknowledging and reinforcing effort and progress. They can also teach athletes how to cultivate a growth mindset, which emphasizes learning from mistakes and setbacks as opportunities for growth and development. This helps athletes build resilience and self-esteem, which can boost their confidence.

A CMPC can work with athletes to help them set goals that are specific, measurable, and relevant to their skill level. They can also teach athletes how to break down big goals into smaller, more achievable ones, which can build confidence and momentum. A CMPC can also help athletes stay motivated and focused on their goals, even when facing obstacles or setbacks.

## Set achievable goals

## Encourage risk-taking

A CMPC can help athletes develop a positive attitude towards risk-taking by teaching them how to embrace challenges and view failures as opportunities for growth. They can also help athletes learn how to manage their thoughts and emotions, which can help them take calculated risks and stay calm under pressure. A CMPC can also teach athletes visualization and relaxation techniques to help them feel more confident and prepared before competition.