

THE USUAL SUSPECTS: ATTITUDE, FOCUS, PRESSURE, MOTIVATION

PRESERVING OR REGAINING THE JOY OF THE SPORT

FINDING THE RIGHT FIT – COACH, TEAM, LOCATION, ETC.

RECRUITING ISSUES – REDUCE ANXIETY WHILE TRYING TO MAKE COLLEGE DECISIONS (RICK PAINE – ACC)

INTERACTING WITH TEAMMATES, BULLYING, TEAM ISSUES

HOW TO FEEL CONFIDENT WITH THE MEDIA, PRESS

HOW TO AVOID OR COPE WITH THE ADDED PRESSURE WITH THE “HYPE” OF THE MEET (NATIONALS, NEXT LEVEL, ETC)

HELP DECREASE THE “PRESSURE” WHEN \$\$\$ CHANGES THE SPORT – SCHOLARSHIPS, EXPECTATIONS, SCHOLARSHIP

CHANGES, PROFESSIONAL ATHLETE CONTRACTS, STIPENDS, PERFORMANCE BASED PRESSURES

CHOOSING EVENTS – UNDECIDED, ANXIOUS ABOUT IDENTIFYING STRENGTHS, SPECIFIC PASSION WITHIN THE SPORT

SIBLING RIVALRY/COOPERATION/DYNAMICS WITHIN THE SPORT OR ON THE SAME TEAM

DECIDING WHETHER OR NOT TO CONTINUE IN THE SPORT.

WHEN A BREAK MAKES SENSE (LEVEL OF PRESSURE AND ANXIETY).

TRANSITIONS – HIGH SCHOOL TO COLLEGE, COLLEGE TO PRO, ETC

IF/WHEN TO RETIRE – IDENTITY ISSUES – HOW TO DISCONNECT, STAY PARTIALLY IN THE SPORT, NEXT VISION, ADVENTURE

ELIMINATING COMPARISONS (RECOGNIZING & RETURNING) BETWEEN LANE LINES, ETC.

HOW TO PREPARE FOR “UNCONTROLLABLES” (THE ENVIRONMENT, WHO THEY ARE RACING, TIME OF DAY, CHANGES, WEATHER).

DEVELOPING THE CONFIDENCE TO BE READY FOR ANYTHING .

HOW TO HANDLE DISAPPOINTMENT WHEN THE PAY-OFF ISN'T THERE

RECOVERY FROM THOSE DISAPPOINTMENTS.

HOW TO CELEBRATE A TEAMMATE'S SUCCESS EVEN IF THEY PERSONALLY FALL SHORT.

DEVELOP A STRONG INNER COACH – USING LANGUAGE, IMAGES AND ROUTINES THAT HELP.

COPING WITH COACHES CHANGES INCLUDING THE TRANSFER OR DEATH OF A COACH.

HOW TO COMMUNICATE WITH COACHES, PARENTS, AND TEAMMATES

Use a Convincer With a Message Where They All Can Participate

Buckets and balloons is one of my favorite convincers for sports team talks. You can be dramatic, everyone can participate, and you will typically get a strong reaction of disbelief from the athletes. When effectively done, this convincer clearly demonstrates the power of the mind and how it affects the body's performance.

Clearly there are a number of convincer's which can be effectively used in the situation such as magnetic fingers. But the point is to make it as dramatic and obvious to the entire group as possible.

If you would like to see examples please visit aim-for-success.com and click on convincer's to view some examples of the effective use of convincer's and a sports team talk.

