

# The F Word: Helping your athletes effectively deal with failure

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**SUNY  
ONEONTA**

PERFORMANCE COACHING

# When we played - vs. - Now

- When
- Where
- Training
- Equipment
- Uniforms
- Choosing sides
- Rules
- Rewards for playing
- Refreshments



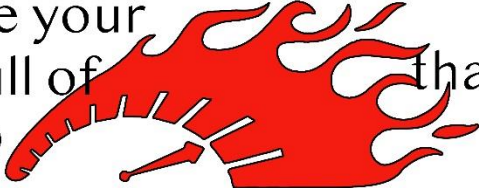
# The Results


- The world hinders kids from maturing
  - Unintended consequences we didn't see coming


<b>Their world is full of</b>	<b>Consequently, they can assume</b>
Speed	Slow is bad
Convenience	Hard is bad
Entertainment	Boring is bad
Nurture	Risk is bad
Entitlement	Labor is bad

# The World we Live in does NOT Dictate your Attitude

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Just because your world is full of SPEED  that does not mean SLOW is Bad.

Sure most things are CONVENIENT  but, that does not mean things won't be HARD.

So you are constantly ENTERTAINED  it's ok that some things will be BORING.

Yeah, you get NURTURED in all you do  but, you still need to take a RISK at times.

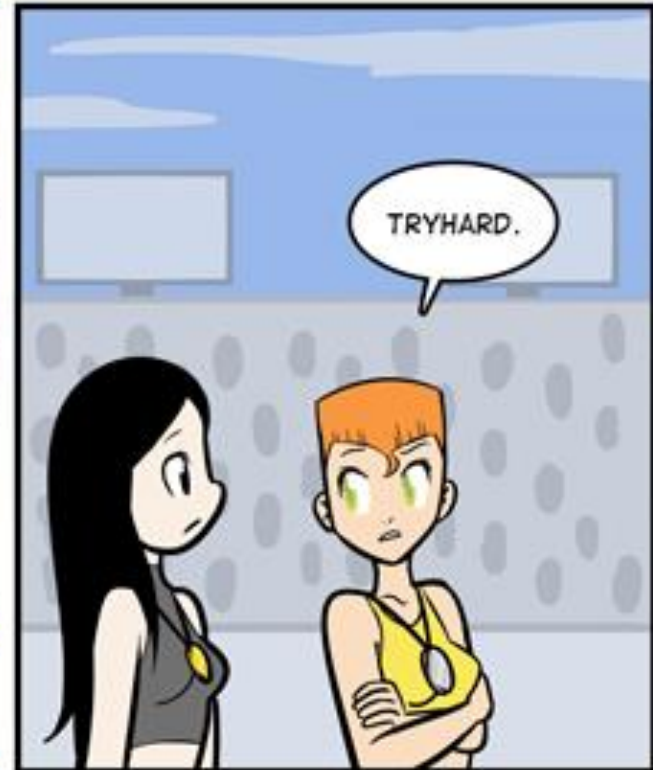
You can feel ENTITLED  but, to achieve it you still need LABOR.

# TRYHARD

NERFNOW.COM



TRYHARDING



# What you see

- More fragile!
  - Unrealistically high expectations
    - 60% of HS say they expect to get a graduate degree <sup>1</sup>
      - 10% actually will
    - 47% of Division I women's basketball players think it's at least "somewhat likely" they will play professional or Olympic ball <sup>1</sup>
      - WNBA drafts 0.9%
  - High need for praise
  - Difficulty with criticism
  - Fragile confidence

# What you see

- Millennials found to have more self-esteem, narcissism, anxiety, depression, external locus of control <sup>1</sup>



# Fixed vs. Growth Mindset

## **Fixed Mindset**

**Skills and talent are set.**

**You aren't in control of your abilities.**

**You can't learn and grow**

## **Growth Mindset**

**Skills and talent are grown,  
can be developed.**

**You are in control of your abilities.**

**You can learn and grow**



# Characteristics

# Keys to Improvement

## Fixed Mindset

Skills are born  
Can't learn & grow

Outcomes  
Don't look bad



**Belief**



**Focus**

Skills are built  
Can learn & grow

Process  
Getting better

## Growth Mindset

Negative  
Not good enough

Avoid  
Threat

Discouraged  
Worked up

Defensive  
Take personally



**Effort**



**Challenges**



**Mistakes**



**Feedback**

Useful  
Important

Embrace  
Persevere

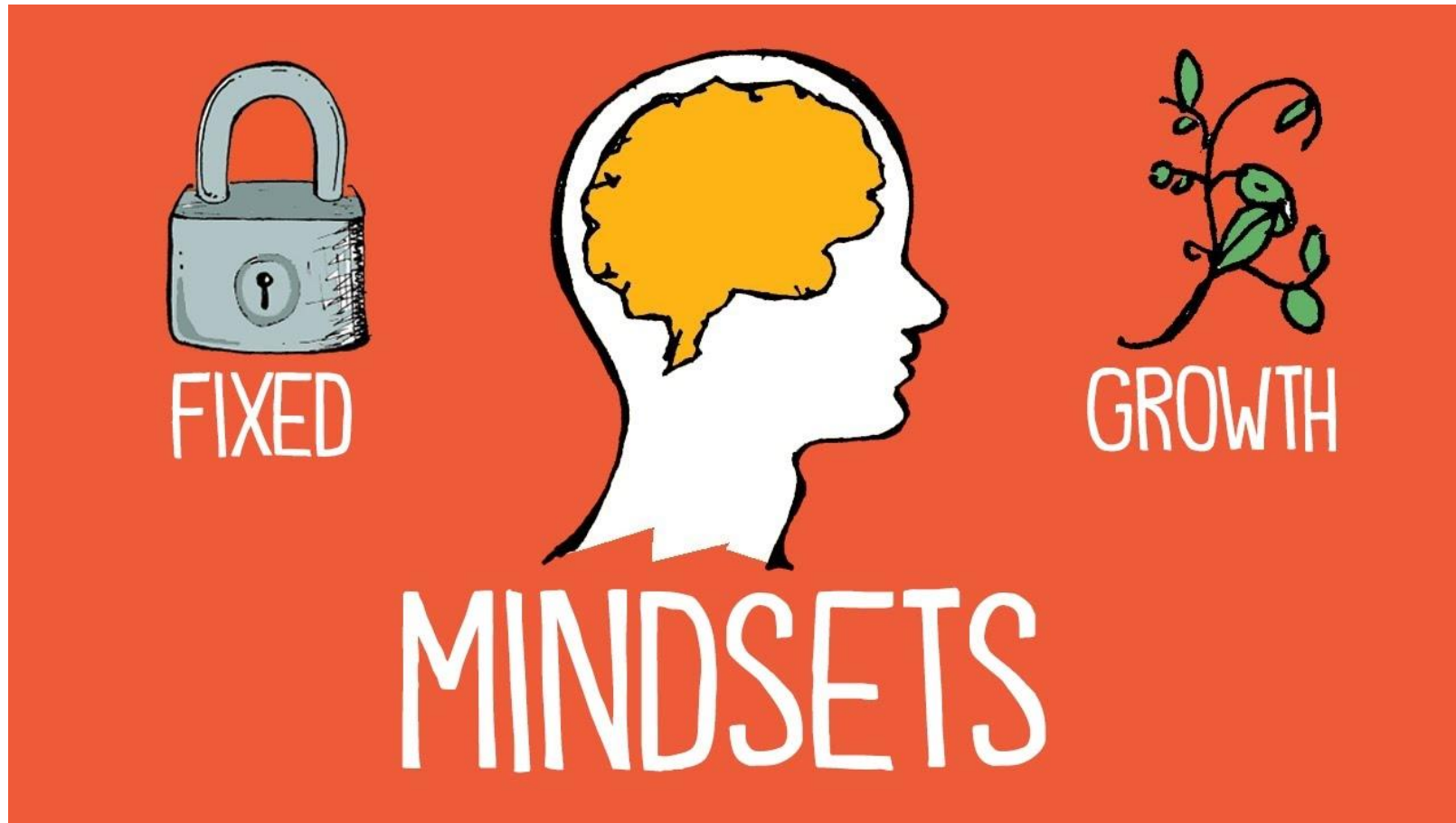
Learning  
opportunity

Appreciate  
Use it

# Responding to failure

Rather than emotionally reacting to it

# Be aware of your mindset



# Manage your thoughts

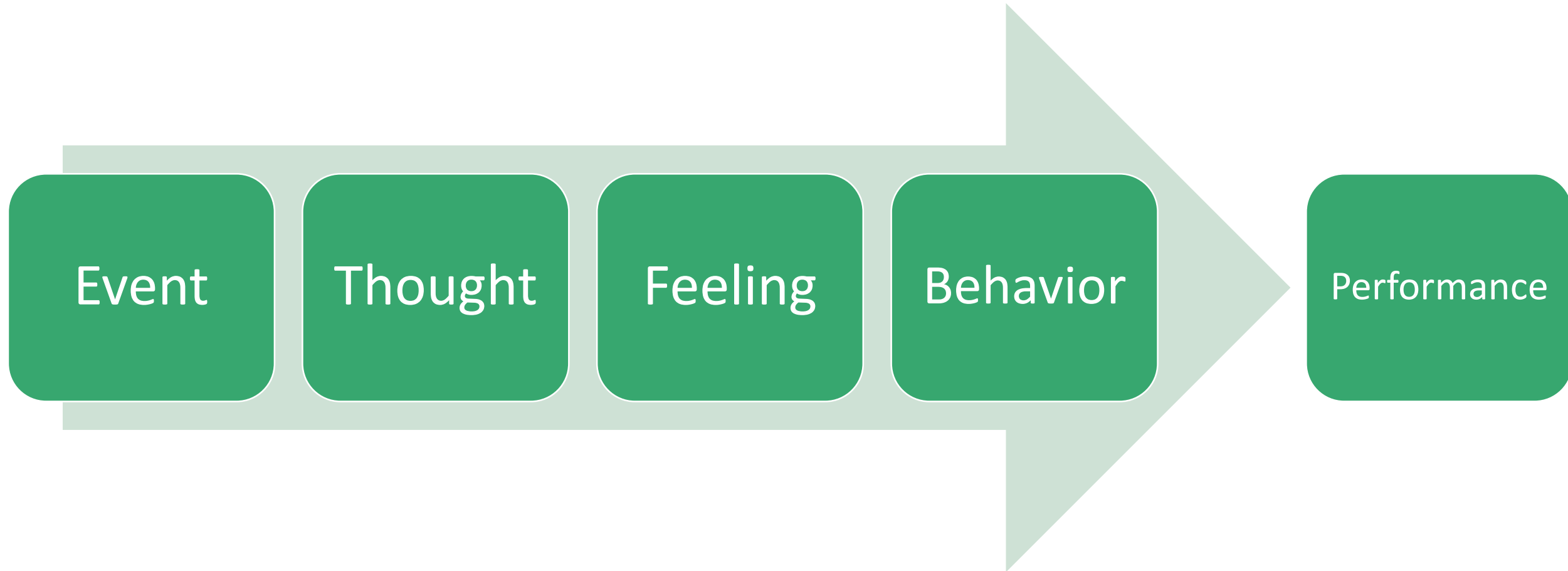
60,000 every day

*(sleep for 8 hours)*

3,750 every hour

7,500 for a 2 hour practice/competition

# Manage your thoughts



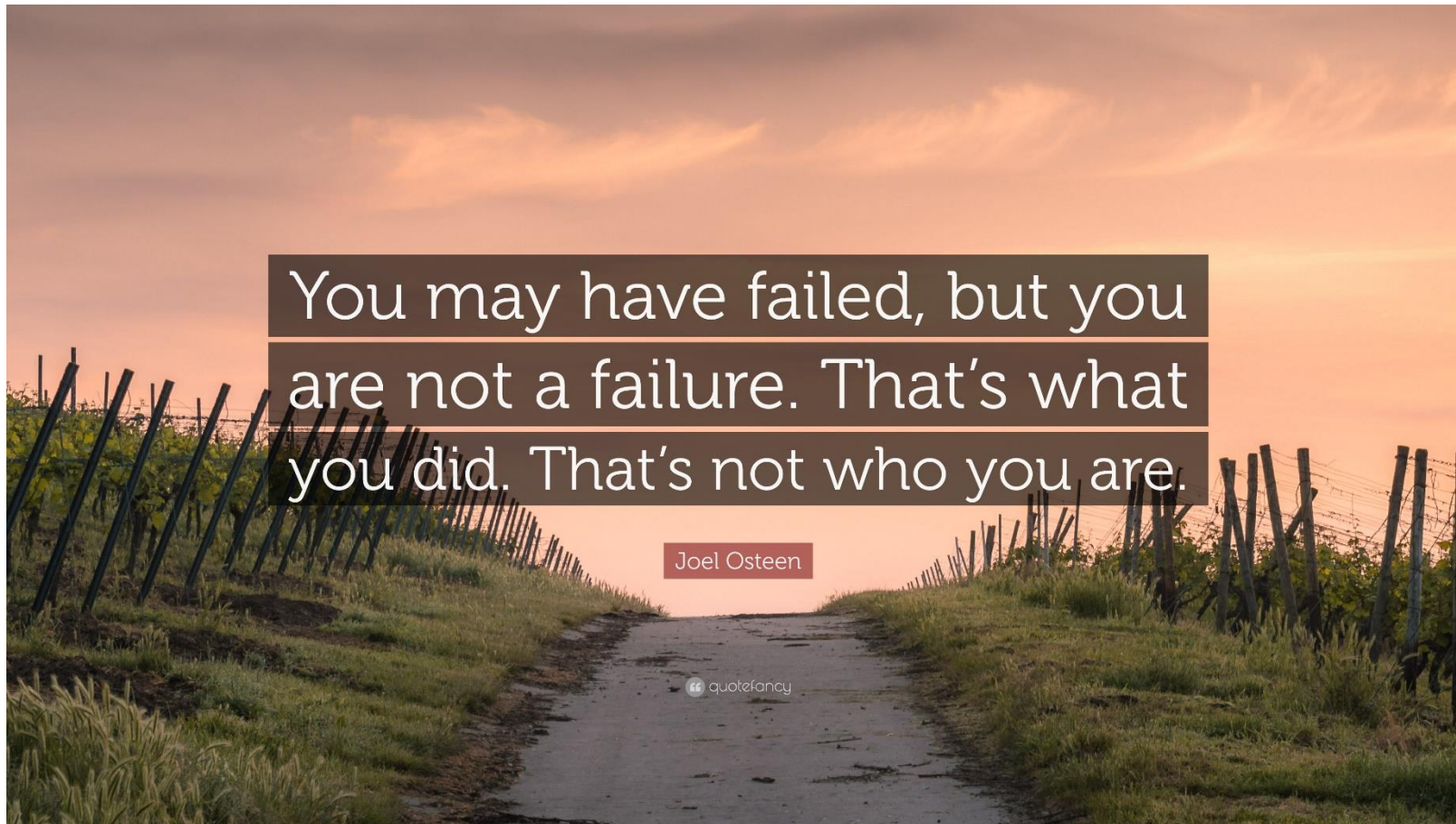
# Manage your thoughts

Instead of:	Try thinking:
I'm not good at this.	I am not good at this YET, but I will learn.
I give up.	I will succeed if I put forth effort and find a better strategy.
This is too hard.	This may take some time and effort.
I can't get any better.	I can always improve so I'll keep trying.
I just can't do this skill.	I'm going to train my body to do this skill.
I'm afraid I will make a mistake.	When I make a mistake, I will learn from it and get better.
I make a mistake.	Mistakes help me to learn better.
She's so good. I'll never be that good.	I'm going to figure out how she did it.
I'm not good at this.	I'm not good at this YET, but I will learn.

# Understand the source

- Fear of losing a match, game, or race
- Fear of negative social evaluation
- Fear of embarrassment
- Fear of letting others down
- Fear of not performing up to others' expectations
- Fear of making mistakes

# Don't make it personal





## How we perceive failure

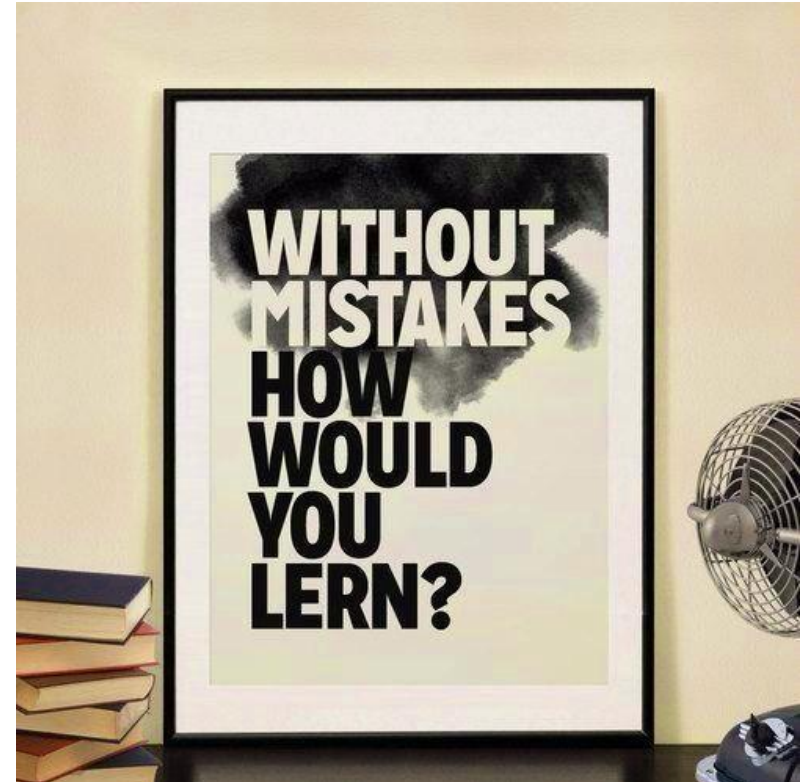
Embarrassing  
Inhibiting  
Final

## What it actually is

Inevitable  
A learning opportunity  
The first step to success

# Part of the process

- Expected to make mistakes
- Necessary for learning and achievement
  - Enable you to grow
  - An opportunity
- More you fail, the more you succeed
  - More feedback, the faster you learn
- Not final or permanent
- Up to you to decide how to look at it



# Goalcast



I'VE MISSED MORE THAN  
**9000 SHOTS**

IN MY CAREER.

I'VE LOST ALMOST  
**300 GAMES.**

**26** TIMES, I'VE BEEN TRUSTED  
TO TAKE THE GAME WINNING  
**SHOT AND MISSED.**

I'VE FAILED OVER AND OVER AND OVER  
**AGAIN IN MY LIFE.**

AND THAT IS WHY  
**I SUCCEEDED.**

MICHAEL JORDAN



CALLING DREAMS



# Online Mental Toughness Trainings

## THRIVE

Develop skills to

**FLOURISH** AFTER FAILURE, SETBACKS, & MISTAKES

## PEAK UNDER PRESSURE

Develop skills to

**CONQUER** WORRY, NERVES, AND JITTERS

# Coach Manual

## CRACK THE CONFIDENCE CODE

A COACH'S MANUAL  
TO MAXIMIZE YOUR TEAM'S  
FULL POTENTIAL

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