

CONFIDENCE, COMPOSURE, & CHARACTER

Confidence: *“One person with confidence is a majority.”*

- Confidence comes from within. Have a solid sense of self
- Confident athletes play to win instead of playing not to lose.
- They aggressively look to make plays. They take intelligent risks without letting the fear of failure overwhelm them.
- Four sources of Confidence: 1- Preparation; 2- Strengths; 3- Past Successes; 4- Praise. Take most of your confidence from these.
- Refocus on the next play, and correct your mistake!
- Successful people choose to view setbacks as temporary, localized, and changeable
- Confident people remain optimistic because they know that an adjustment in their approach or mental attitude is often enough to make a difference. They keep trying because they believe they have the ability to influence and sometimes control their own destiny.

Group exercise on pages 44 and 47

Composure: *You’ve got to be the guy who keeps your teammates from getting to giddy when things are not going well, and who brings them back up when things aren’t going your way.”*

Joe Montana

- Great leaders are able to keep themselves under control during the heat of battle.
- Traffic Light Analogy: Green Light; Yellow Light; Red Light
- As a leader you should look to spend as much time as possible in the green light.
- Getting yourself out of yellows and reds depends on your ability to refocus effectively
- Knowing the difference between what you can control (controllables) and what you can’t control (uncontrollables) is a key mental skill.
- Discipline yourself to focus on and take responsibility for the controllables, and you will be able to successfully control yourself.
- Focus on the present.
- The key to composure is learning how to effectively manage your emotions.

Group exercises on pages 55, 56, and 57

Character: *“Leadership is a potent combination of strategy and character. But if you must be without one, be without the strategy.”* General Schwarzkopf

- Leading by Example means that you are a person of character.
- Do the right thing. You must hold yourself accountable to a higher standard. You are being watched by many.
- Play aggressively but not dirty.
- Respect officials.
- Obey the rules of the game.
- Watch your language.
- Be a gracious winner and loser.
- Knowing right from wrong.
- Be a good sport by showing respect to everyone.
- Respecting others means that you refuse to bad mouth people behind their backs.
- Organize a community service event for your team.

Janssen, Jeff. *The Team Captain's Leadership Manual: The Complete Guide to Developing Team Leaders Whom Coaches Respect and Teammates Trust*. Cary, NC: Winning the Mental Game, 2004. Print.