



A COACH'S INFLUENCE

AAO BUILDING BLOCKS FOR A BETTER TEAM AND LIFE

CONFIDENCE

"The peace of mind that comes from being prepared and knowing who you are"

Coach John Wooden

In college, students can enroll in speech classes to learn how to better present themselves. Charm schools can instruct young ladies on how to walk, look and act better, but no school or class can teach poise and confidence. Coach Wooden defined poise as "just being you and never having to fight yourself." That means that any class trying to teach people to do something other than being themselves isn't teaching poise or confidence, it is teaching acting.

Poise and confidence comes from proper preparation. It comes from being in the heat of competition, having success and performing well. It comes from hours of hard work on the practice floor. As coaches, it is so important each week that we continue to work hard at developing the skills of our players. Better skills give players more confidence. Also, we should choose only a few things that we want our team to do well. The better they are prepared and the more knowledgeable they are, the more confident they will become.

Strive to have our teams show a healthy respect for their opponents without any fear; Confident but not cocky. Believing in themselves without being self-absorbed, intimidated or naive. This is a quiet confidence...a team doesn't need to say anything about being confident because they exude it. They have a self-assuredness that comes from hard work, preparation and experience. These things are not taught, they are caught from coaches and experience.

Positive coaching is the best approach to help build confidence in our players. Many times a player can only see themselves through the eyes of their coach. They must know the coach believes in them or is ok with them making mistakes as part of the development process. This helps the player to play aggressively without fear of failure.

Finally, as a coach we must strive to get our team to give their best every minute on the court. If our team's best is good enough to beat the other team then we will win. If it is not, then we will lose. But we can all live with that. The important thing is to get our team focused on doing their best and let the results take care of themselves!

When God wanted us to have a confidence and assurance of His love for us He had the apostle Paul pen these words to church members in Rome, "For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor heights, nor depths, nor any other created thing, will be able to separate us from the love of God..." (Romans 8:38-39) Now that is positive coaching.

Confidence is a difficult characteristic to achieve and it should be. Good qualities are difficult to obtain yet being difficult makes achieving them all the more worthwhile. Coaches, let's keep striving!!