

Confidence: The difference between needing it at having it

Confidence is a wonderful feeling to have. When we have it, we have thoughts of being able to achieve any goal we set ourselves. In a confident state, most athletes easily commit to behaviours that they have worked on with their coaches, and all is well with their sport. However, there is a darker side to what athletes learn when in a confident state, and more importantly, what they learn (incorrectly) when they are not experiencing confidence.

Ask yourself, is confidence a state that is truly possible to stay in? Have you always been confident? Have your coaches? Have your parents? I doubt it. So what happens when you buy into the idea that confidence is a reason for good performance? Well it's simple, you get stuck. You focus on needing confidence before focusing on what's important.... your behaviours, your tactics, your tennis game. Rather than focusing on those areas of your tennis, you get caught up in needing confidence.

Consider this... what comes first? Confidence or the actions of confidence? Remember, your confidence grows as your skills improve... the actions of confidence ALWAYS come first. It can be hitting a winner, saving break point, or being involved in a good rally that increases the feelings of confidence, yet that actions of confidence have always come first.

To need confidence is essentially externalising your abilities and giving you less control over your performance. Commit the actions of confidence with or without the feeling, and you will be a more consistent, more composed, and tougher athlete. Buy into the need for confidence at your own peril.

Contact us for more information on how to improve performance consistency

Regards,

Daniel Dymond



Dane Barclay



Contact us: info@pspc.com.au

Tel: +61 406 016 552