

The Sea Of Confidence

The challenging part of confidence is that it does not often come naturally, especially early in the season when teams are trying to find their identity. If a team can ACT confidently they can overachieve and even intimidate which will result in even more confidence. It is a cycle that starts with acting confidently FIRST. Neuroscientist Joe Dispenza said, "It's easier to act yourself into a new way of thinking, than it is to think yourself into a new way of acting." Start with actions as they are 100% controllable.

Last season after a big defeat an opposing coach approached the victorious coach and said, "everytime we served or hit the ball it was as if we were placing the ball into a sea of confidence." The winning team acted, sounded and functioned with confidence even though they did not possess the better skills of the two teams. They pulled numerous upsets that season, but it all started with how they conducted themselves on the court. They acted their way to victory!

3 Game Changing Tips To Create a Sea of Confidence:

Communication- Confident teams are always talking. Game cues are key:

- Talk through the net- where is the setter, where is the hit coming from," tip!"
- Encouraging- building up your teammates is contagious, see it grow!
- Serve receive- coverage of seams, lanes, deep or short, lots of chatter.

Coming together- In the middle of the court after each and every play:

- Consistency in this area exudes dopamine, serotonin and endorphins.
- This will also help in mistake management and proper body language.
- Will not give the other team the satisfaction of moral victories.

Prep for your rep- Be ready when it your time to execute, here is how:

- Prepare your brain with creating positive self talk.
- Stay in your breath to help remain calm and loose.
- Build up others on the court to help them to act and feel confident!