

6 tips to improve confidence in athletes

From WTE, we intend to give a series of tips to improve confidence in athletes. However, we highlight that can also be applied to any area of everyday life of each person. Be positive!

- **Establish realistic short-term objectives.** Objectives setting is an important technique to improve performance. We emphasize the importance to promote confidence in the athletes through proper planning.
- **Be positive.** Generally in life and in particular, in sports, it is essential to maintain a positive attitude. In this way we can develop our potential. Thus, we detect negative thoughts when they appear.
- **Act with confidence.** Prior research has shown us that there is a clear relationship between what we think, what we feel and how we behave. For this reason, it is important to control not only what we think but also what we do. When we behave as if we have confidence, we increase the chances to think with more certainty.
- **Visualize.** Definitely, with the use of visualization we can see doing workouts or exercises that will help us improve confidence.
- **Make good preparation.** One of the keys to feel safe is to be making good preparation. Suitable planning, with adequate food and rest will help the athlete to be perceived optimally.
- **Confidence in the possibilities** is taking shape along the life and is mainly the result of the interpretation of their own experiences. Encourage that athletes trust themselves will act lighter, less doubts and fears, improving the ability to concentrate on the important aspects of a competition. We must not forget that self-confidence is one of the most difficult psychological skills to change; however, the coaches and the athletes by their own way can contribute to improve it.

References

1. LLOPIS GOIG, D. (2015). PSICOLOGÍA: Consejos para mejorar la confianza en los deportistas. Sport Training Magazine, (61), 9.

