

**Developing Young Ladies into Powerful Throwers and
Tomorrow's Leaders
2014 West Coast SuperClinic
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1. Believe in themselves

- a. Young athletes require more than physical training
- b. mistakes will be made
- c. Without the confidence to carry an athlete through their mistakes, all the training in the world isn't going to make a difference.

2. You are more than a coach, you are a mentor

- a. Coaches play an intricate role in helping to develop mentally sound athletes at any level
- b. One of the biggest mistakes coaches make is having the need to improve performance solely through training and play. Realistically, ask yourself whether it's your need that's getting met or the need of your Young Athletes.

continued on reverse...

3. Mentally Tough Throwers

- a. Sport Psychologist, Gary Mack, defines the seven characteristics associated with mental toughness:
 1. **Competitive:** An athlete who does whatever it takes to win and will go the extra mile for a team. As a coach or fitness professional, observe whether your athletes' fight for the ball after making a mistake or give-up.
 2. **Confident:** An athlete believes he or she can't be stopped. These athletes believe in their abilities and don't allow self-defeating thoughts to take over.
 3. **Control:** Mentally tough athletes have control of their emotions and behaviors. They won't allow coaches, players and parents to get into their head.
 4. **Committed:** An athlete who is highly motivated will avoid letting outside distractions deter them from their goals. As a coach it's important to observe the commitment of each individual athlete to themselves and to their team.
 5. **Composure:** Mentally tough athletes who can deal with adversity and stay focused under pressure. Those athletes who lack faith in their abilities have more trouble managing their emotions.
 6. **Courage:** Athletes who believe in themselves are more likely to take a risk. In order to improve individually and as a team an athlete must step out of their comfort zone.
 7. **Consistency:** An athlete can play their best on the worst day. They possess inner strength to block thoughts that would negatively impact performance.

4. Reward achievement, no matter how small (positive reinforcement)

- a. Coaches can support their young athletes by encouraging them to set daily or short-term goals that are measurable.
- b. Saying good job goes a long ways!
- c. Never underestimate the power of a 'Gummy Bear'!