1. Which culture developed the idea of a professional athlete?
2. Going for a jog through the park would be considered
   a) Play
   b) Recreation
   c) Game
   d) Sport
3. What are the 2 branches of sport psychology?
4. Give an example of something that can be considered play.
Seven Pillars of Mental Excellence

Lesson 2
Turn to your neighbor and discuss

- What is excellence?
- What is success?
- Why do we like competition?
- How do you focus before a game or practice?
- What does it mean to have self confidence?
- How do you exercise control?
- What makes sport fun?
Parthenon was built by the Greeks 2,500 years ago.
Why is it still standing?
We must build our mental strategies on a strong foundation
Our system of thought must be solid
7 Pillars of Mental Excellence

- Excellence
- Success
- Competition
- Focus
- Confidence
- Control
- Fun

Pillar
- Name of Pillar
- Definition (either given or decided on)
- Why is it important? And how can we better develop the skills?
- How does it apply to you?
  - Keys?
- Example
Pillar 1: Excellence

- **Excellence**: being the absolute best that you possibly can be/achieving your true potential.
- Defined against yourself
- Everyone has a potential for greatness
- Laziness, lack of desire, and distractions can keep athletes from achieving their best.
- Jim v. Bill – Which athlete is considered excellent?
- 10,000 hours….deliberate
Everyone has potential for greatness
Pillar 1: Excellence

Closing the gap:
- You never know how high you can go with achievements

Potential Ability - where you could be

Current Ability - where you are now

The Gap of Excellence
Pillar 2: The Real Value of Success

- **Real value** is found in pride and satisfaction of one’s accomplishments.
- Trophies cost anywhere from $50 to $100, but the value isn’t in the cost to make it, the value is the price of the hard work to get it.
- Measured in sweat, blood, tears and puke.
- It is hard work that gives your sport meaning, not winning.
Wooden on Leadership™

Pyramid of Success

Competitive Greatness
“Perform at your best when your best is required. Your best is required each day.”

Poise
“Be yourself. Don’t be thrown off by events whether good or bad.”

Confidence
“The strongest steel is well-founded self-belief. It is earned, not given.”

Condition
“Ability may get you to the top, but character keeps you there – mental, moral, and physical.”

Skill
“What a leader learns after you’ve learned it all counts most of all.”

Team Spirit
“The star of the team is the team. ‘We’ supersedes ‘me’.”

Self-Control
“Control of your organization begins with control of yourself. Be disciplined.”

Alertness
“Constantly be aware and observant. Always seek to improve yourself and the team.”

Initiative
“Make a decision! Failure to act is often the biggest failure of all.”

Intenntness
“Stay the course. When thwarted try again; harder, smarter. Persevere relentlessly.”

1. Good Values Attract Good People
2. Love Is The Most Powerful Four-Letter Word
3. Call Yourself A Teacher
4. Emotion Is Your Enemy
5. It Takes 10 Hands To Make A Basket
6. Little Things Make Big Things Happen
7. Make Each Day Your Masterpiece
8. The Carrot Is Mightier Than A Stick
9. Make Greatness Attainable By All
10. Seek Significant Change
11. Don’t Look At The Scoreboard
12. Adversity Is Your Asset
Pillar 3: Competition

- **Competition**: determines who was best at that sport on that day
- The guess factor of “who will win?” is the excitement of sports
- Having a healthy attitude toward competition
  - Why do we watch the game when we already know the final score?
  - Close games are more fun/exciting/intense, than those that are blowouts
  - Competition brings us together (and pushes us apart)
Pillar 3: Competition

- Competition has nothing to do with who has a better town, stadium, uniforms, etc.
- No room for negative emotions (revenge, hurt, hatred). “the path to the dark side are these” –Yoda
- Positive emotions like passion for the sport and exhilaration of good competition are more important.
**Pillar 4: Focus**

- **Focus**: concentration or full attention on one factor
- Focus only on the HERE and NOW of your event
- Negative emotions can get in the way of focus
- The ability to focus, and maintain it for the length of the competition, is THE MOST important mental skill.
Pillar 5: Self–Confidence

- **Confidence**: a belief in your decision making ability
- Trust yourself to make crucial decisions
- It is YOU that has to perform when needed; not your coach, your friends, your parents.
- Confidence is not arrogance or cockiness; they are wanting to impress others and show that you are something you are not.
- True confidence is focused on your ability.
- Practice making key decisions by yourself to have the ability to do it in a performance.
Pillar 6: Control

- **Control**: a knowledge of what you can and cannot regulate or command in competition and training.

- Things you cannot control:
  - Weather
  - Injuries
  - Opponent’s actions

- Things you can control:
  - Emotions
  - Commitment
  - Thoughts
After distinguishing what you can/cannot control, let go of things you cannot control and FOCUS on things you can.

Time and energy is wasted on things you cannot control.
What makes a sport fun?
Pillar 7: Have Fun

- **Fun**: sense of satisfaction and pride you get from many hours of dedicated training
- Sports do not promise to be fun, but they can be.
- Fun is not
  - Joking around the locker room
  - Hanging out with teammates
  - Wearing your jersey around school to get respect
Pillar 7: Have Fun

Athletes who strive to have fun are more likely to:
- Strive for excellence in all things
- Understand nothing comes without hard work
- Stay focused on the here and now
- Be a fierce competitor without self-doubt or fear
- Be willing to make the tough decisions in the clutch