

# **GSM International Coaching Education Articles for Developing Your Players**

## **HOW TO DEVELOP CONFIDENCE IN YOUR SOCCER PLAYERS**

### **INTRODUCTION**

Any coach or player will tell you that one of the most important elements in successful soccer performance is the level of self-confidence. Often expert in sports psychology describes confidence as the belief or degree of certain individuals possesses about their ability to be successful in soccer. When your players are confident they can perform at their best level, and it is rare for successful players to have a persistent lack of confidence.

### **WAYS YOU CAN BUILDING CONFIDENCE IN YOUR PLAYERS**

There are several methods to build up confidence in your players and team. One of the most influential sources of trust is often past performance - success breeds confidence and vice versa. Thus, what we might call an active determination cycle can be developed, and this is highly linked to the technique of "goal setting." This technique involves planning and setting goals in training for a player to achieve. These can be the short, medium or long term, must be challenging but obtainable.

For example, too difficult goals will result in players becoming frustrated. Coaches should try to make training both fun and enjoyable. They should also reward good performance with compliments and when failure happens to use praise/criticism techniques to advise the players, e.g. after a weak shot:

**Praise the player:** "Good power in the shot."

**Criticize the player:** "You read the game well, but I think you can improve even more."

**Praise the player:** "I know you can do it for I've believed in you."

Verbal encouragement and treating players with equal respect can play a significant role in attaining the right level of confidence, especially coming from experienced and respected coaches. Players can also encourage themselves through positive self-talk.

Transforming thoughts such as "What if I miss the shot" into "I will get the next one in" or "I don't think I am good enough" into "The coaches must feel and trust me as they picked me" will help remove inner doubt.

Another source of confidence can be provided by channeling the nervous energy produced from the stress-response into positive thoughts. Feeling your heart beat strongly can be thought as "I am up for this" rather than "I am scared."

It is important as well that players who lose confidence do not concentrate too much on the one area of their game where they are struggling and hide the other areas where they are doing well. A good example is a center forward who is missing chances, concentrating on all the aspects of their game such as build-up play and creating chances for others can avoid over-emphasizing the one big problem and allow the player to see their overall importance to the team. Coach what the bigger picture. Team Success and winning.

Finally, a player's lifestyle will affect their self-confidence. Players must never let their egos and dreams get the better of themselves. Players need love, support, and understanding whether they win or lose. It is essential for players to have someone in their life to share their feelings with and who can also help guide and provide encouragement.

## **CONCLUSION**

Both the coach and player have an important role to play in building confidence. Players must always look at the positive side of things, be correctly prepared, committed, see situations as challenges, not problems and trust themselves. Making sure of a true lifestyle will also help maintain confidence. A coach can profoundly influence player confidence through a positive philosophy as well as provide difficult yet attainable goals in training and competition. A coach must through correct praise and criticism encourage players to better themselves and to concentrate on every part of their game.