



The Power of the Positive

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Championship Tip #11

Has your confidence been dipping lately? Have you been in a funk that you can't find your way out? Are you beginning to expect the bounces and calls to ALWAYS go against you? Do you look at an opponent and wonder "how am I going to keep up today?"

Are you seeing the glass as half empty?

You are suffering from what we call a self-fulfilling prophecy - you are getting what you are expecting to happen – bad things. Maybe you have had a bad run lately and you are not as confident as usual. But why limit your chances of performing well and winning?

Spain, a nation loaded with great athletes in many sports, has been labeled an underachieving nation when it comes to international soccer. Heading into the 2008 European Cup competition most analysts regarded Spain as dangerous but expected them to falter. Their history has been "large on talent, small on results".

Watching Spain compete in the Euro Cup was like watching the ending of a long curse. Spain played with the belief and dominance that is rarely seen at an international competition winning all five of their matches. Their body language was confident. They played with energy. And, they played their game even against a team like Germany that often imposes its will and game on its opponents.

Had Spain succumb to the negatives of the past, "we always fall apart in big games", "we never win the big tournaments" for sure they would not have won. However, the team had a transformation and played up to their ability.

What could you learn from Spain's National Team?

Start By Being Optimistic – How should you begin to feel more confident in your performances? Start thinking positive; be optimistic that you will come out and play well in the next game. *Every day is a different day and every game is a totally new game!*

Avoid Setting Yourself Up to Perform Poorly - Prior to the competition avoid the drift to comparing yourself to your opponent and thinking you will not win or play well. Instead, focus on your self and how you feel strong, fast, powerful, quick, ready, pumped and so forth.

Bounce Back – After a mistake or a bad bounce refocus on the task at hand and do not allow the recent pass to affect the present. Stay focused on the ball, on the action. Little reminders such as "play the ball", "quick feet", and "be aggressive" can help you get your mind back on the positive and productive which will help you get out of your funk.

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