

How to overcome the fear of failure – from coach Becky

Let's do a little 30 second exercise.

Say I take a 20-foot plank, six inches wide and lay it on the floor.

Now let's take a \$50 bill and place it at one end of the plank.

Would you walk from one end to another to get the 50 bucks?

Darn right.

Most of us would in a heartbeat.

Now... what if I took that same 20 foot plank and placed it between two 30 story buildings?

Would you do it for 50 bucks?

Not likely.

For \$5,000.

Maybe.

But your stomach would probably be doing somersaults.

And every step would be painfully slow and wobbly.

What's the difference?

The fear of FAILURE has made this previously easy task darn near impossible.

It's the same thing with your softball players.

When the pressure is on, most athletes tighten up, and play over-cautiously.

Routine skills that are usually simple become downright impossible.

For your pitchers, that strike zone seems to shrink down to the size of a DVD cover.

Your batters palms get sweaty, and every pitch seems to be coming in a 100 MPH.

And some of your fielders are so terrified of screwing up... they PRAY the next ground ball goes to someone (ANYONE!) but them.

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HOW TO OVERCOME FEAR OF FAILURE
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To help your girls overcome this fear and perform at their best during pressure situations, tell them that mistakes are OK... and happen to everyone.

Make it your policy NOT to blame or bench players for making errors, as long as they are trying their best.

If something goes wrong, don't panic!

Your athletes can retain their confidence in tough situations by separating an individual play from their overall "self-worth" as a softball player.

For example, many hitters will sabotage themselves after a strike out with negative self talk

(like "that sucked" or "that was terrible")

Instead, encourage your girls to say "I'm better than that" or "That wasn't like me"

Staying positive in tough situations allows them to move on from a poor performance... and fall back on the fundamentals and skills you've helped them to practice so many times.

Give these techniques a try and let me know how they go.

Talk soon,
Coach Becky