

M.A.C. PERFORMANCE: MOTIVATION, ADVERSITY MANAGEMENT, CONFIDENCE
Nor Cal All Sports Clinic, Burlingame, CA
Saturday, January 28th, 2012

The Challenge: A fundamental approach to generate peak athletic experiences.

3 Fears: Success, failure, looking like a fool

1. Motivation:

- Players perform what they see
 - ❖ Video
 - ❖ Team missions

2. Adversity management:

- Set an intention, and *affirm* the belief that great things are possible
 - Purposeful
 - Straightforward
 - Drives forth a concept
 - Goals
- ❖ Inspiration video

3. Confidence:

- Perform with a quieted mind:
 - True competition exists within
 - Athletes doubt when faced with the unknown
 - Acute focus, free of distractions, doubt or fear
- ❖ Affirmations

- Clinic session activity

** Clinic-day attendees receive additional notes, inclusive of powerpoint and video.*