

ATTITUDES THAT BUILD WINNERS

Sports psychologists have identified the eleven mental attitudes directly related to success in competitive sports.

DRIVE: Drive provides the desire that carries an athlete to success. Dedicated athletes have a strong desire to improve, to compete, and to win. No one gets to be the best without a burning desire to be the best.

AGGRESIVENESS: Winners make things happen instead of waiting for them to happen. They take charge, force action, and produce results. They assert themselves strongly, make their presence felt. They thrive on competition.

DETERMINATION: Determination makes winners. The refusal to quit or accept defeat; the persistence to try and try and try again, the willingness to practice long and hard. Determined athletes are relentless in their efforts to improve and to win.

RESPONSIBILITY: Winners accept total responsibility for their actions. They recognize their own mistakes and the need for change and improvement. They admit errors and will not blame others or make excuses.

LEADERSHIP: Winners tend to enjoy the role of leader. When leadership is needed, they step forward and take charge. They are dynamic people who like to influence others and take control of situations.

SELF-CONFIDENCE: Self-confidence builds winners. Winners have confidence in their abilities and can act decisively. They believe they can successfully meet challenges, handle unexpected situations. They never doubt their own ability.

EMOTIONAL CONTROL: Successful athletes can handle the pressures of competitive sports. They stay cool, adjust quickly, and are not upset by bad breaks or bad calls. They deliver top performance regardless of the circumstances.

MENTAL TOUGHNESS: Mental toughness is a big factor in athletic success. Winners can accept strong criticism and rigorous training from a demanding coach. They recover quickly from setbacks, don't fall apart when the going gets rough.

COACHABILITY: Winners respect the coach and the coaching process. They know that coaching is important to their development and progress as an athlete. They are receptive to the coach's advice and follow it.

CONSCIENTIOUSNESS: Winners have high standards of character. They have a deep sense of obligation, and know a team must have discipline to be successful. They put the welfare of the team first, don't bend the rules or regulations to suit themselves.

TRUST: Winners are believers. They accept people at face value, and know that mutual trust is a major factor in building team morale and unity. Trusting athletes communicate and cooperate better with their teammates and coach.