



The ABC's of Competition Anxiety



A: Accept the jitters

- Have you worked hard to prepare?
- Do you care about what you're doing?

B: Be present

- Are you thinking about what's happening now or worrying about the future?
- Are you breathing? Is it consistent? Is it under control?

C: Compete

- Why did you start competing?
- Remember that!

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- **The 3 R's of effective coaching:**



- **Remember** what it was like to compete
- **Remind** them of the ABC's
- **Reframe** the idea of pressure from a threat to an opportunity

Point to ponder: Every coach is training their players hard physically. What else are you doing to prepare your athletes for success?