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!
• 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?