

Presentation Title:

Developing your Team to be Resilient and 'Athlete Tough'

How to easily incorporate resiliency skill development into your Basketball program

The most successful basketball teams are made up of athletes who have toughness, true grit and resilience. It stands out a mile when it's there and is a gaping hole when it isn't. So how can Coaches build this vital skill in their team (and themselves)?

The first step is to realize that mental toughness is not a mythical quality possessed by only a few. It is a teachable skill and there are proven strategies to develop your athletes to be mentally tough (which you can also use to boost your own ability to manage the challenging times).

Being 'Athlete Tough' is being your best when it matters the most. It is defined by the actions you take when your performance is on the line.

This presentation covers the most effective strategies to develop mental toughness within yourself and your team.

Learning Objectives:

1. Understand the meaning of resilience and learn how resilient people behave.
2. Identify the stages of coping and recovery from setbacks, and how this applies to basketballers.
3. Explore the proven strategies for teaching resilience and discover how to implement them into your own basketball program.

Your Presenter:



athleteassessments.com
proven sports psychology for athletes, coaches & professionals
performance through people

Bo Hanson

4x Olympian. 3x Olympic Medalist & Performance Consultant at Athlete Assessments.

Bo Hanson, has been working within sport and the business sector for over 20 years, delivering leadership, management and coach development.

In addition to his own athletic career, comprising of four Olympics and including three Olympic medals, he has worked for many years with coaches and athletes from over 40 different sports, and various countries. His ability to improve coaching strategies and performance with clients has resulted in over 18 National Championships, Olympic medals and Pro team Premierships. Long-standing working relationships and consistent high-quality feedback from his clients is testimony to his ability to understand, connect, design and deliver exceptional work.



Being 'Athlete Tough' is defined by the actions you take when your performance matters the most. In the heat of battle or when all seems lost, those who stay in the game are those who never lose sight of why they are in the game in the first place.

"The greatest glory in living lies not in never falling, but in rising every time we fall." - Nelson Mandela

Fastest Strategy to Developing Toughness?

Notice when it is already happening and reward the behavior and actions!

W x I x S x E

Your big WHY

IDENTITY

STRATEGIES

ENVIRONMENT

ENVIRONMENTAL AUDIT OF YOUR PROGRAM

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QUICK START GUIDE TO DEVELOPING TOUGHNESS

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