



MENTOR MOMENTS

"Teaching More than Just the Game"

A Regular Message from PSC Soccer Director Dan Kapsalis

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"We Teach More Than Just the Game." What does this mean? On the field and off the field, we have to LIVE that philosophy and demonstrate by example. This series of articles is a part of that effort and a supporting tool in teaching and embracing that mindset. Because our journey through soccer "teaches more than just the game".

Filling Players' Confidence Tanks

Cars cannot run on empty....neither can a player.

Players need fuel in order to excel. People need food in order to function. The brain needs fuel in order to thrive. In this case, the fuel is encouraging words from you, the parent and Coach. It is vital to always encourage and provide positive feedback in order to fill a players' confidence tank. Every player has a different personality, just like us. We need to try to understand each player's personality and then learn what works on an individual basis.

GOAL: Don't drain the tank....Fill the tank!

All players will make mistakes. It's OK. Mistakes are how everyone learns. We all make plenty. Nobody wins all the time. It's how you respond and react to those mistakes that will either encourage or discourage a player. Kids need confidence. They will not be perfect when they play. Mistakes will happen. Preparing them in training will give them the confidence they will need in a game environment. It is a coaches responsibility to instill this confidence by providing constructive feedback that will help them learn. But, don't overdo it! For example, when a player misses a shot and you say "great shot" it is not appropriate. When a player misses a shot and you say "I like the effort" or "good choice" while pointing out the proper technique needed to hit the target, it is a much better approach. Be honest, yet positive and encouraging.

How to Fill the Confidence Tank...

- *Be Encouraging.*
- *Smile.*
- *Speak with calmness.*
- *Instill confidence in every player.*
- *Correct mistakes in a positive and constructive manner.*
- *Be careful of your choice of words. Don't overdo it.*
- *Be sure they feel good about themselves. Find something honest and positive to say.*
- *Encourage your teammates to give each other praise.*
- *Use fist bumps, high fives, pats on the back or other non-verbal ways to fill the tank.*

THE RESULT....players will have more fun and the team will be more successful in learning the game and will look forward to coming back.

Question of the Week is...

What positive comments have you said to every player in order to give them confidence and encouragement while learning the game?

Quote of the Week is...

"If I am confident in my ability, I can achieve anything."

Value Word of the Week is...CONFIDENCE

"When you instill confidence in a player, it helps bring out their best and ensures that you get the most out of that player." -



PLAY. LEARN. DREAM. ACHIEVE.