

Mental Skills for Developing Resilient Soccer Players

Mindfulness, Acceptance, & Commitment

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Learning Objectives

Develop an understanding of:

- Development of Individual and Team Values
- Cognitive Psychology principles of managing emotions in training and competition
- Emotion, cognition, and values involved in competing with or against an opponent

Value Development

- The Circle and Square Exercise



Value Development

- The Circle and Square Exercise
- Groups of 5 or 6
 - How do you want to be known?
 - As a soccer player?
 - Student?
 - Brother or Sister?
 - Son or Daughter?
 - 5, 10, 15, 20 years from now?

Examples of Values Generated by Soccer Players

- Hard working
- Dedicated
- Loyal
- Honest
- Fun
- Passionate
- Honorable
- Kind
- Friendly



Courageous

Mindfulness

- Awareness
 - Thought
 - Emotion
 - The Moment
- Relaxation and Imagery
 - To Focus and Re-Focus
 - Try if you like....

Mindfulness Meets Cognitive Psychology

- Language is
 - Learned

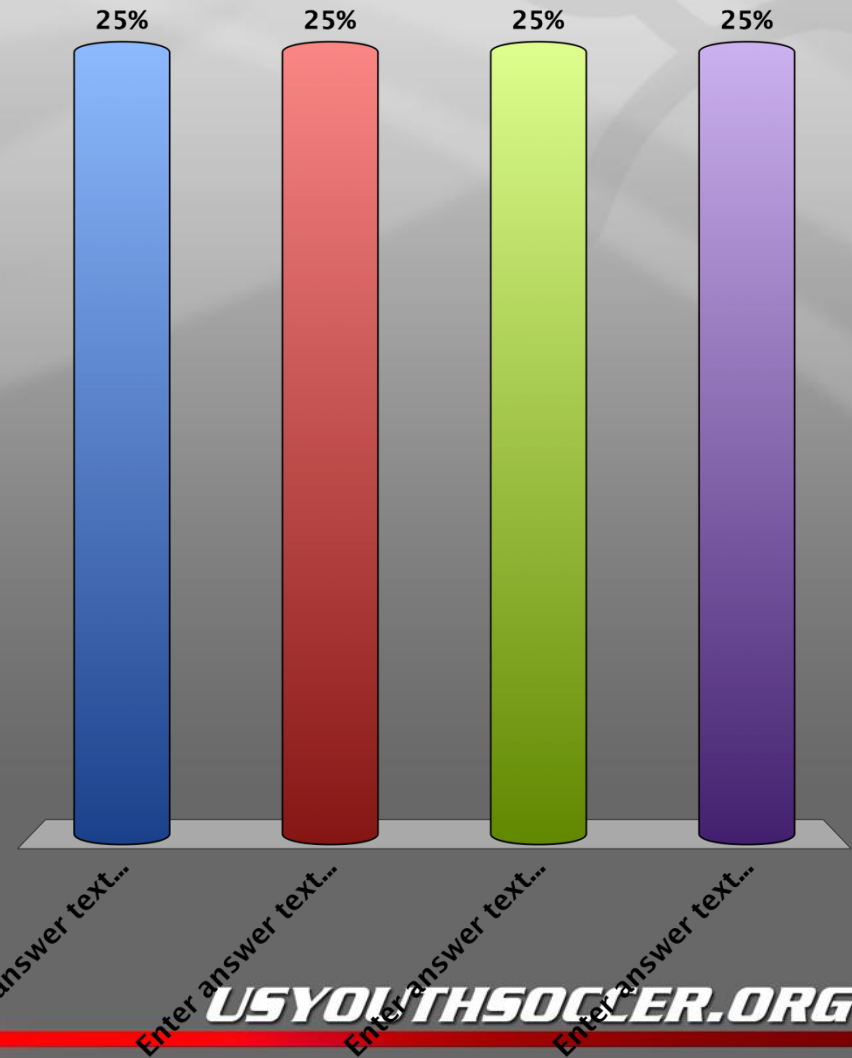


Mindfulness Meets Cognitive Psychology

- Language is
 - Learned
 - Automatic
- Mind is a Language-Based Analyzer
 - Takes us away from what we are doing now
 - Is neither “good” or “bad”
 - Has habits

If the mind can't be controlled, what can we do?

- A. Work harder to control it.
- B. Learn to ignore it.
- C. Acknowledge and accept it's presence
- D. Use distractions to minimize it's effect



Techniques for Adaptation

- An example...
- Playing with your minds...

The Journal

- Emphasis: What Did You Do Well?
- Write it Down: Paint a picture with words
- What was happening BEFORE your action?
- How did it FEEL, LOOK, SOUND?
- Did time slow down...did you have to think...or did you just KNOW what to do?
- Private...or to be reviewed with Coach?

Goal Setting

- Getting There



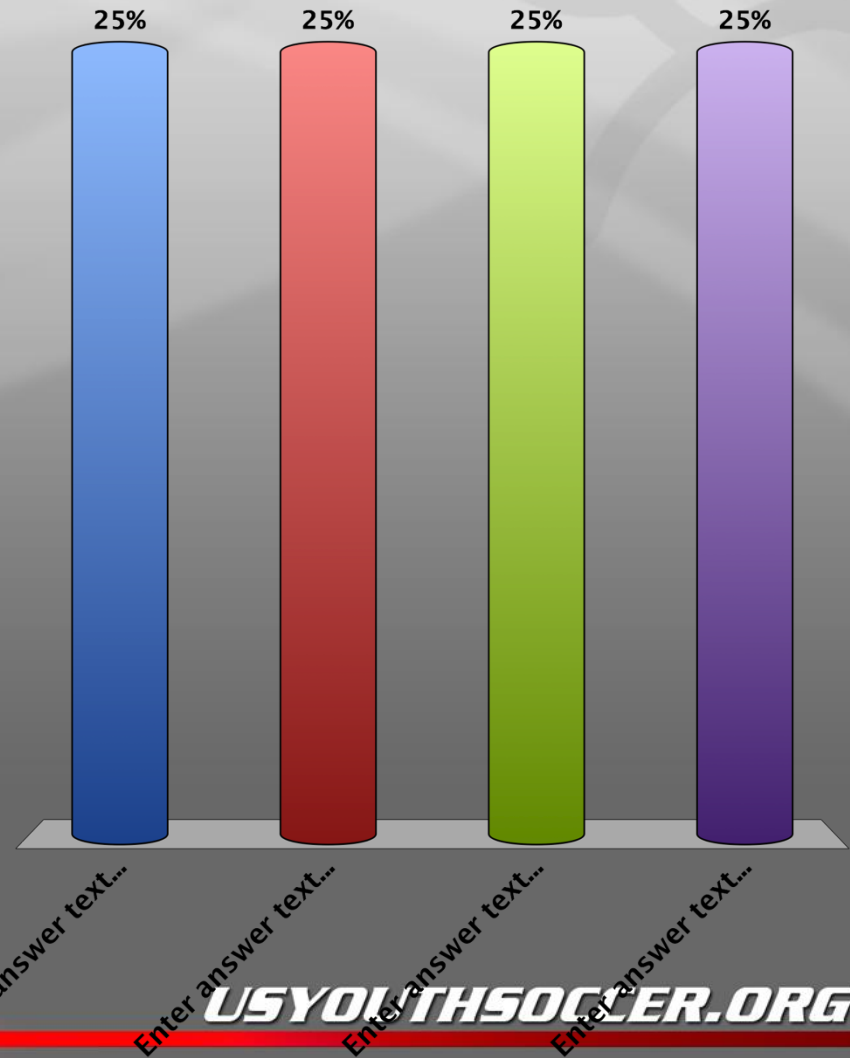
Goal Setting

- Getting There
- Consistency
- Development
- Rock Star



Rank the Importance of These Goal Types by Elite Athletes

- A. Consistency
- B. Development
- C. Rock Star

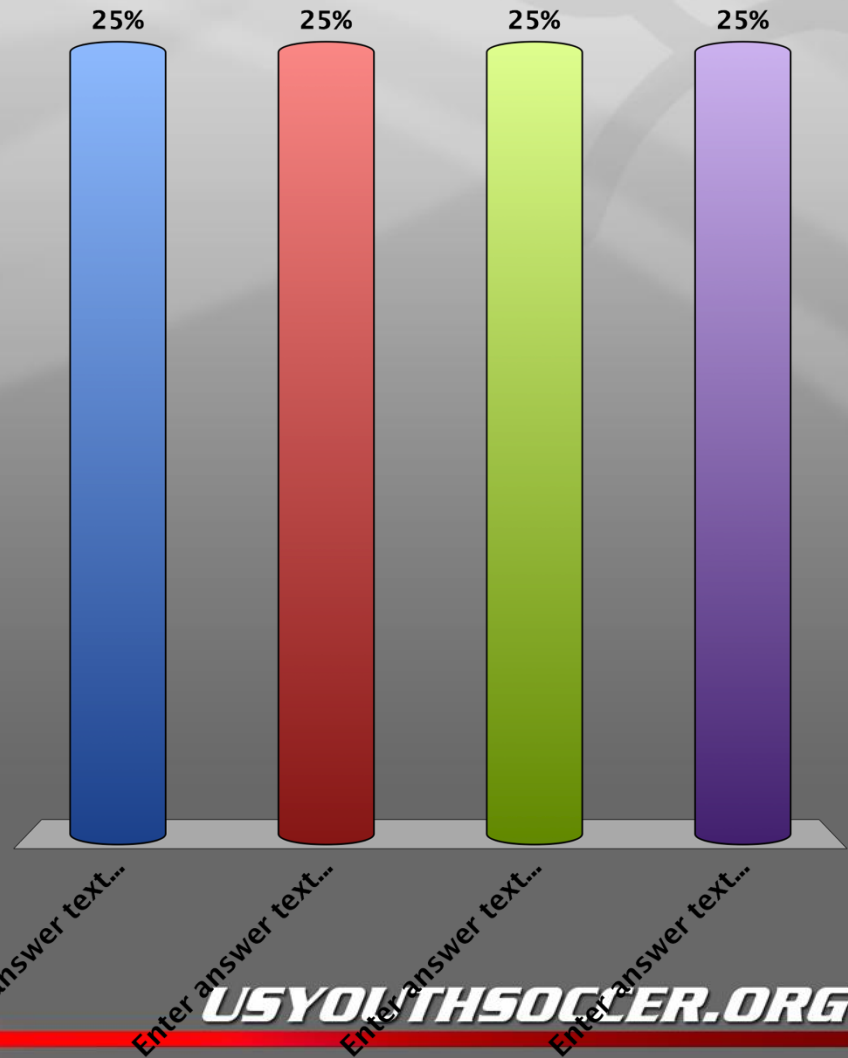


Team Acceptance and Commitment

- An example...
- Playing with your minds...
 - “The Zone”
- Acceptance doesn’t mean “learn to live with it”
- Awareness is necessary to re-focus

The guide to re-focusing

- A. Enter answer text...
- B. Enter answer text...
- C. Enter answer text...
- D. Enter answer text...



Belief In Each Other

- For a Psychologist to Manage
- A painful example
- Wearing Automatic Thoughts
 - “I Suck!”

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 - “What are you doing?!”

Belief In Each Other

- For a Psychologist to Manage
- A painful example
- Wearing Automatic Thoughts
 - “I Suck!”
 - “Stupid!”
 - “What are you doing?!”
 - “You’re worthless!!” ...and worse

Belief In Each Other

- For a Psychologist to Manage
- A painful example
- Wearing Automatic Thoughts
- Wearing Values
- De-Briefing: Which did you believe about your teammate?

Values = Cue Words

- Examples: Leaves on a stream
- Team Culture
- Team Communication

Emotions in Competition

- Competition
 - “striving with”



Emotions in Competition

- Competing Against
 - Thoughts...
 - Emotions...
- Competing With
 - Thoughts...
 - Emotions...

Emotions in Competition

- Competing Against
 - Thoughts...
 - Emotions...
- Competing With
 - Thoughts...
 - Emotions...
- Which of These is Most Consistent With Your Beliefs?