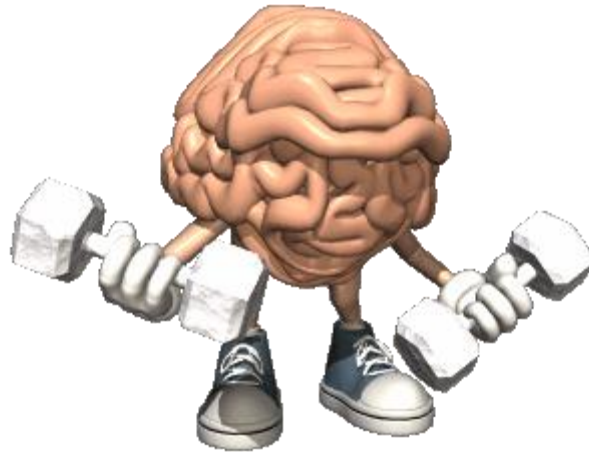




“Mental Skills”

Parents’ Brief



U17 Hurricanes Camp

10 DECEMBER 2017

Wanda Douglas

Mental Skills Coach & Organisational Psychologist

NZ Rugby Union - The 6 Pillars

THE WELL-ROUNDED, SUCCESSFUL ATHLETE

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“Performance Pillars”



**Jakob gets bigger and stronger
in the gym**



**Jakob feels
much more
confident in
his tackling**

**Jakob's nutrition
improves and he
gains lean muscle
mass**

**Jakob
improves
his tackle
technique**

**Jakob's decision-making is
improved – he now trusts
himself to make the tackle**



Sport Psychology and Mental Skills

The study and application of psychological principles of human performance to help players consistently perform in the upper range of their capabilities ...

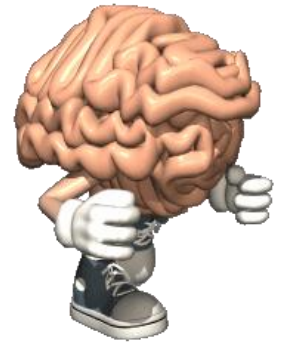
to be **THE BEST THEY CAN BE!**



How Does Mental Skills Training Help?

Mental skills strategies will help players:

- focus
- prepare
- make good decisions
- and therefore, perform at their best



Manage high pressure, stressful situations with confidence and a positive attitude

Build their resilience to deal with setbacks

“Day of the big game” as well as “high performance lifestyle”

The Mental Skills Programme



Performance
Psych Skills

Success Characteristics
(TINE)

Character / Values





1. Character / Values

- ✓ **Character strengths such as integrity, honesty, ethics, perseverance and self reliance**
- ✓ **Respect (for self, team, family, friends, the public, the franchise ...)**
- ✓ **Care for others**
- ✓ **Positive self-esteem**
- ✓ **Accountability**

2. Success Characteristics



3. Performance Psychology Skills

Performance Preparation

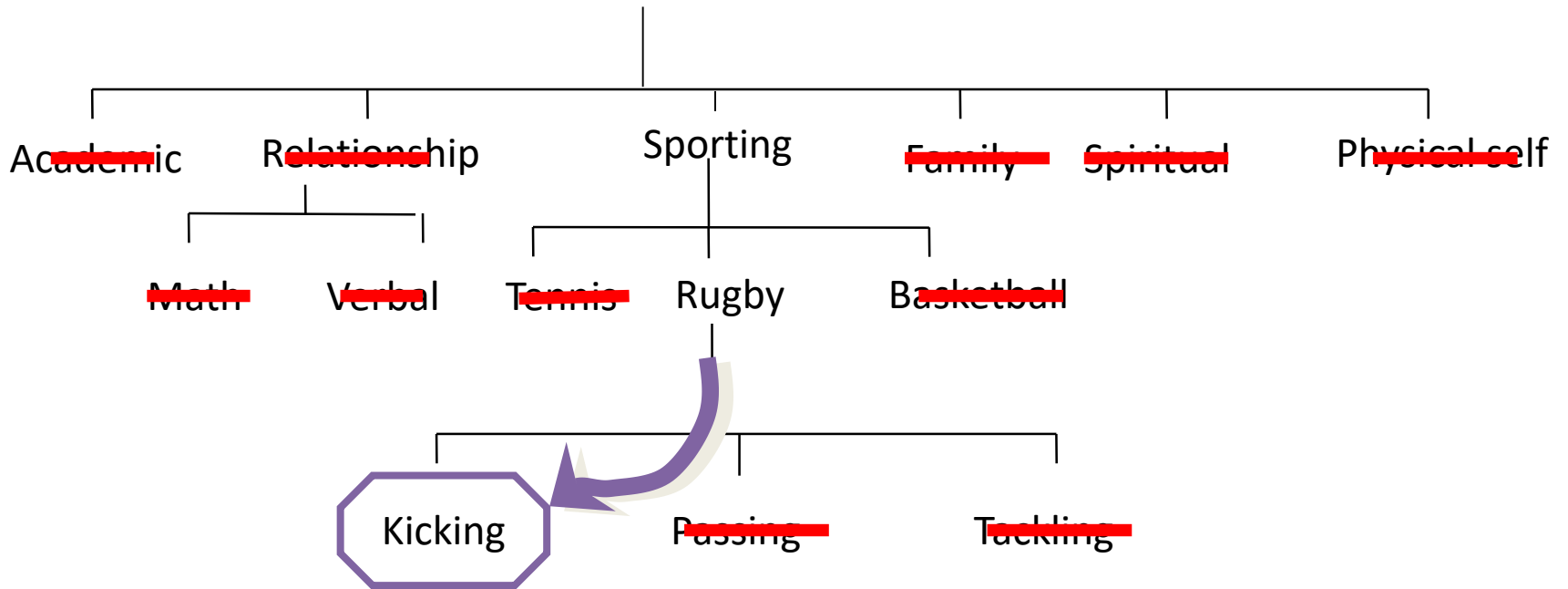
Performance Focus

Performance Review



It Shouldn't Be *All* About Rugby ...

Global Self Concept





How Can Parents Help?

DOs

- Show and communicate unconditional love, **regardless of performance**
- Emphasise hard work
- Nurture and support a competitive attitude, and prepare your player for difficulty
- Stay calm and be supportive when watching your son train / play
- Help him to establish and live by sound values and standards
- Role-model the behaviours we seek in your son

DON'Ts

- Don't pressure him to perform
- Don't reward for success and punish (or withdraw your love) for failure
- Don't confuse your ego with your son's
- Don't criticise, complain or shout at the ref, your son or other players
- Don't get involved in the trainings (unless asked) or try and be a coach (unless it's appropriate)
- Don't allow him to get away with behaviour that reflects poor values and standards



**Thanks for showing your
support today!**



Wanda Douglas

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