

THE WARRIOR ATHLETE

THE WARRIOR MINDSET - COURSE OUTLINE

Learning Objectives

- Help Athletes find their Compass/Why
- Teach Athletes to use a Growth Mindset
- Help Athletes Compete with Confidence

Mental Toughness

- Introduction to The Warrior Mindset
- Define Your Purpose, Know Your Why
- Fixed Mindset vs. Growth Mindset
- Embrace Discomfort/Frustration
- Seek Continuous Improvement
- Set Small Steps Towards Goals
- Play Aggressive with Shark Mentality
- Quickly forget mistakes with Goldfish Mentality
- Use Mindset Loops to Perform at your best

Playing with Confidence

- Introduction to Playing with Confidence
- 3 Keys to Playing with Confidence
- Positive Self-Talk & Visualization
- Focus on the Controllables
- Pregame / In-game Routines