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**Soccer Confidence**  
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**Miss Porter's School**

❖ **What is Soccer Confidence?**

- Why is it important to performance
- How to develop it
- How to maintain it
- Differences between confidence and cockiness and how they affect the individual and team performance.

❖ **BELIEF:** An inner belief, self-belief that one can perform a skill and/or movement necessary to be successful in soccer

❖ **Factors that can affect Soccer Confidence**

- **Soccer Related**
  - Positional Change
  - Tactical Change
  - Coaching Changes
  - Mistakes
  - Injury
  - Team performance 'dip'
  - Coach's style of coaching does not fit learning style
- **Emotional/Social**
  - Friends/Family/Girlfriend/Boyfriend
  - Lifestyle (Partying/Amount of sleep/Nutrition)
  - Personal Issues (Academic Work/Amount of additional commitments)
  - Media (Amount of print media/Personal attention/Facebook)

❖ **Why does Soccer Confidence Matter?**

- Disclaimer...Just because you believe you can do something it doesn't mean that you will be successful.
- However...Confidence can become a building block for many other psychological factors (Motivation, Focus, Response to failure)



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### ❖ **How to develop Soccer Confidence**

- Practice is important (You need to experience success within practice to repeat behavior in a game situation)
- Goal setting (You must have a direction and a reason to practice)
- Imagery (See yourself performing well, see yourself reacting positively to a mistake)
- Vicarious Learning (Watching teammates, watch college games, watch professional games – learn by watch others)
- Receive positive feedback (you cannot always control how the coach is going to provide feedback but ensure that you are listening to the feedback without selection, write notes to record what is said for further reflection)
- Know your strengths (You should know your top five strengths)
- Know your fears (Know the factors that could go wrong in a game and prepare your positive reaction to them)
- Develop a pre and post match routine
- Focus on what you can control (work ethic, attitude)
- Work on how you are going to respond to mistakes in the game/practice
- Fake it until you make it (train your mind to be positive – your body/energy will follow)

### ❖ **How to maintain Soccer Confidence**

- Self-reflection
- Write down positive affirmations
- Inspirational quotes
- Imagery training
- Learning to deal with and 'let go' of mistakes, during the game so enable you to move onto the next phase of the game

### ❖ **Difference between Confidence and Arrogance**

- **Confidence**
  - Focused on the process goals(the journey, not just the result)
  - Actions do the talking
  - Stays in the present moment
  - Understands strengths but always trying to improve
- **Arrogance**
  - A lot of talk
  - Results are over valued
  - Negativity impacts on focus and attitude
  - Results focus can decrease internal motivation to practice and aim to achieve the process goals

### ❖ **Dr. Tiffany Jones**

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