

TALKING POINTS

by POSITIVE COACHING ALLIANCE

WEEK THIRTEEN: PRESSURE IS A PRIVILEGE

- Teams that qualify to play in the post-season are usually doing a lot of things right. All season long we've been stressing that a Triple-Impact Competitor®
 - ✓ Focuses on Effort rather than results because effort leads to good results.
 - ✓ Is a sponge who cultivates a Teachable Spirit and soaks up everything possible to learn and get better.
 - ✓ Flushes mistakes to quickly reset and focus on the next play.
 - ✓ Supports others by filling Emotional Tanks.
 - ✓ Honors the Game no matter what happens.
- The teams that play their best in the post-season usually keep doing what they've been doing, so let's keep doing the things that got us here, even more so.
- Tennis great Billie Jean King said: "Pressure is a privilege." She meant that most athletes and teams don't get to play in games where a lot is at stake. She learned to enjoy big games because she remembered all the people who weren't where she was.
- Pressure degrades performance when athletes focus on what-ifs rather than what they need to do – What if I mess up? What if we get beat? What if...
- When you feel yourself getting nervous, refocus away from the what-ifs and on what you need to do next. Stay in the moment so you can respond to what happens next.
- Let the results of the game take care of themselves. You just need to focus on what your job is. If you can do that, you will give your team the best chance to win on the scoreboard.

Discussion Points

- **Can you think of the pressure of playing in a big game as a privilege?**
- **What can you do to prepare yourself so you can give your very best effort and enjoy the privilege of playing in a big game?**

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