



## COACHING TIP OF THE WEEK #4

### *Psychology Tips for Lacrosse Athletes*

To excel in any sport, athletes must develop and then continually practice various skills. Initially, athletes spend countless hours developing their physical, technical, and tactical skills required by their particular sport. Lacrosse players typically improve their physical and endurance; work on cradling, shooting and stick skills; and learn defensive and offensive strategies. After an athlete has become competent at these sorts of skills, performance in both practice and competition will be enhanced if psychological skills are used.

Effective use of psychological skills allows an athlete to better access the physical, technical, and tactical skills that he/she has spent years learning and perfecting. Although there are a multitude specialized psychological skills that athletes can learn, there are also many general things that athletes, coaches, and parents of athletes can do to enhance the psychological aspects of sport performance. Continual practice of the following tips will exert a positive impact on the performance of lacrosse players of all ages:

1. Take responsibility for your actions – it is not your coaches', teammates', or parents' fault when something goes right or wrong!
2. Communicate your needs and your likes/dislikes with your coaches, teammates, and parents.
3. Accept the fact that you are human – it is impossible to be perfect all of the time. All practices and games may not be great.
4. Be physically and mentally prepared for all practices and games. Focus your attention on what you can control.
5. Be positive!