

GROWTH HAPPENS THROUGH MISTAKES.



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Players develop confidence by:

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-  MAKING DECISIONS
-  FAILING SAFELY
-  AND TRYING AGAIN.

Especially in younger age groups, constant correction can sometimes create **hesitation** or **fear** of making mistakes. While instruction is important, so is allowing players opportunities to **problem-solve** and **experiment** within the game.



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A confident player is usually not a player who never makes mistakes. It's often a player who feels safe continuing after mistakes.

One great reminder for coaches:

Try to notice effort, bravery, creativity, and decision-making — not just successful outcomes.

A great short resource on growth mindset and learning:

Carol Dweck – [The Power of Believing You Can Improve](#)

Challenge:

Try praising one “good attempt” or brave decision during each session/game - even if the play itself didn't work out.