

Sports Psychology: Optimizing Performance in Youth Sailors

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Youth Sport Data

- 35 million
- Boys-66%
- Girls-52%
- Largest population of sport participants
- Peaks at age 12
- Life long effects
 - Personality
 - Psychological development



Motives in Youth Sport

Girls

1. To have fun
2. To stay in shape
3. To get exercise
4. To improve my skills
5. To do something I am good at
6. To learn new skills
7. For the excitement of competition
8. To play as part of a team
9. To make new friends
10. For the challenge

Boys

1. To have fun
2. To do something I am good at
3. To improve my skills
4. For the excitement of competition
5. To stay in shape
6. For the challenge
7. To get exercise
8. To learn new skills
9. To play as part of a team
10. To go to a higher level of competition

More similar than different...

Boys play competitive games more

- *See themselves as more physically skilled*
- *More aggressive and individual achievement*
- *More rules, # of roles, more interdependence*
- *Prefer autocratic, instructive coaching*

Girls play in predominantly male groups more

- More spontaneous, imaginative
- See themselves as less physically skilled
- Prefer democratic, participatory coaching

Why do they leave sport?

- Perception of competence
 - Am I good enough?
 - Relates to other areas
 - Try harder, choose more challenges, experience more positive emotion, worry less
- Stress
 - Fun verse worry
- Goal orientation
 - Ego verse mastery



Performance

Some stories

**Mental
Resilience**

Confidence

Summoning motivation and desire

Effectively dealing with adversity and failure

Overcoming pain and hardship

Managing pressure and emotions

Staying focused

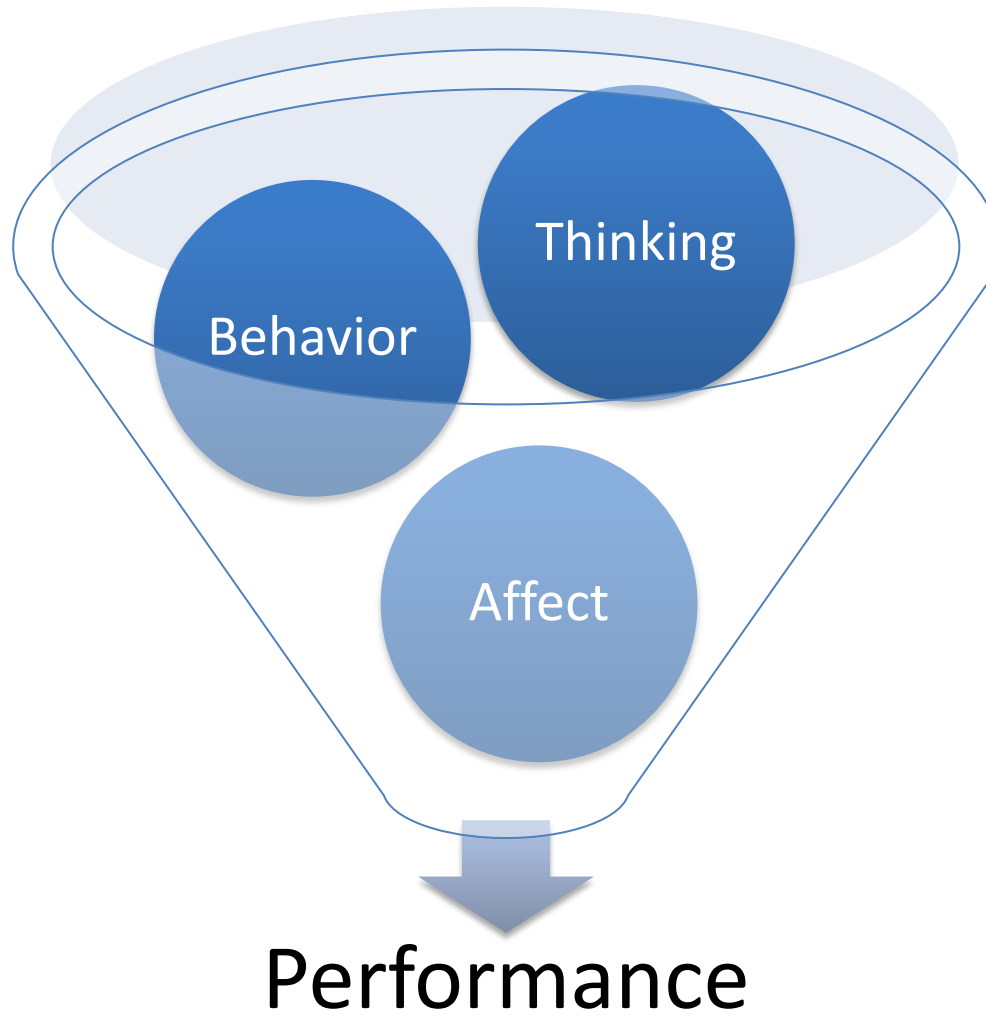
Finding balance and perspective

Behavioral Signature



If...Then...

Situation

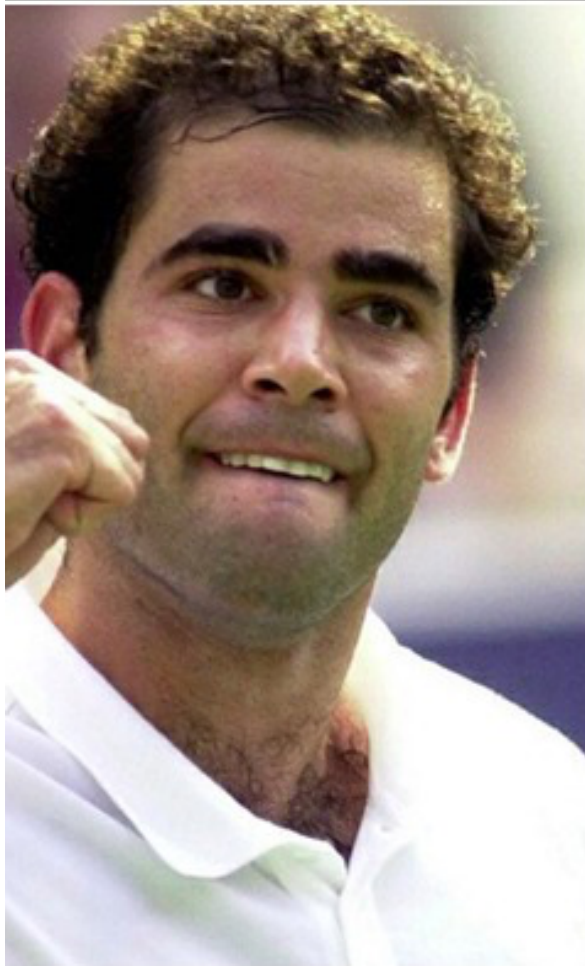




Behavioral Signature



Outcome is the Enemy



By putting pressure on myself to develop a great game, I had less pressure to win. These days, I tell kids that the way I grew up, it wasn't about winning. It was about playing well, about playing the "right" way. That approach helped me enjoy the game and develop mine to its maximum potential.

— *Pete Sampras* —

AZ QUOTES

Coaching Philosophy

A set of **values, governing principles and beliefs**, which determine why you do **what you do and how you behave** in the context of your coaching role.

Why it is important?

- Coaching role is based on
 - Experience
 - Knowledge
 - Values
 - Opinions
 - Beliefs
 - May be unconscious
- Provides clarity about what's important to you
- Consistent message
- No surprises



4 Guidelines

- Know yourself
- Know your resources/environment
- Know your athletes
- Keep it visible



Do's and Don'ts

- Do implement effective instruction, demonstrations
- Do keep practices active and fun
- Don't let kids stand around or wait in long lines
- Do provide time for children to make friends
- Don't overemphasize time on drills
- Do incorporate variety, change of pace
- Do allow children to compete
- Don't define winning as only beating others, but as achieving one's own goals/performance
 - For your sailors and YOU

Questions

Your Opinion Matters

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Thank you for attending this session

