

# MORRO BAY LADY PIRATES

## ATHLETIC DEVELOPMENT

## MENTAL/EMOTIONAL/GOAL SETTING



**“It is not the mountain we conquer, but ourselves.” Sir Edmund Hillary**

There are nine, specific mental skills that contribute to success in sports. They are all learned and can be improved with instruction and practice. We look to work with student athletes of all ages and ability levels to help them learn and sharpen these important skills.

We believe that mental work is worthwhile because the same mental skills that athletes use in achieving success in sports can be used to achieve success in other areas of their lives.

### A List of the Nine Mental Skills

1. Choose and maintain a positive attitude.
2. Maintain a high level of self-motivation.
3. Set high, realistic goals.
4. Deal effectively with people.
5. Use positive self-talk.
6. Use positive mental imagery.
7. Manage anxiety effectively.
8. Manage emotions effectively
9. Maintain Concentration

These nine mental skills are necessary for performing well in sport as well as in non-sport performance situations.

Many of these skills are learned and can be improved through instruction and practice.

PRIDE athletes practice mental skills.