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# FIVE IMPORTANT TIPS TO HELP NOVICE ATHLETES IN SPORTS CONFIDENCE

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A connection between confidence and sports performance has approximately been discussed among either coaches or novice athletes. Having sports confidence means having self-confidence, which is your belief in your ability to accomplish a physical skill or task required in your sport. According to Vealey [2008], sports confidence can be identified as a belief or degree of certainty that athletes have about their ability to be successful in sport. New athletes sometimes feel nervous, unsettled, or under more pressure to play their best before or during competition. Other than that, they are held back because they lack confidence, have doubts, and try to perform perfectly. Athletes who have this kind of attitude are the ones who may underperform.

Hence, below are five important tips to help the novice athletes to gain sports confidence:



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## SURRENDER YOUR ANXIETY

When new athletes have a competitive event coming up, they can experience sports performance anxiety. It can come in the form of freaked-out, nervousness, or even panic, which can distract with decision-making and performance. Novice athletes can focus their energy and awareness on execution by practising mindfulness and meditation, and so, these distractions will fade away.

## CONSISTENCY IN TRAINING

Great athletes understand the importance of training. Nothing beats constant training for boosting confidence and skills. A skilled coach will assist novice athletes in setting goals, developing action plans, and ensuring adequate preparation to build confidence prior to a game or competition. Furthermore, because it is familiar, regularity in training makes athletes feel more at ease and helps to reduce their stress levels.

## AVOID COMPARISON

It is common for rookie athletes to compare their performance to that of others, which can be damaging to their confidence and performance. Thus, comparing to the other athletes is the mental act of placing the achievements, experiences, and self-worth alongside others [Vealey et al., 2017]. This comparison trap often leads to a person imagining others' experiences as being far superior to their own. Therefore, the new athletes are taught not to compare themselves in order to enhance their confidence.

## PERFORM UNDER PRESSURE

One of the most crucial skills that novice athletes must learn is how to remain calm and perform well under pressure even in the most chaotic situations. When performing, every athlete feels pressure. For example, the less prepared the athletes, the more pressure they will feel. No athlete is immune to pressure, but the pressure can make them perform better or worse.

## DO NOT AIM FOR PERFECTION

Novice athletes have to put in mind that they do not have to be perfect to perform their best. They are humans and humans cannot be perfect. They are permitted to make errors and must learn to accept them. They have to always remember not to judge the quality of their techniques and performances.

In conclusion, novice athletes should remember that the ultimate goal of sports confidence is to develop a strong and resilient belief in their athletic ability so that they can give their best effort, perform at their highest level, and believe that they can achieve their goals in the most important competitions of their lives.

## References

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