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- Yes, you believe in your skills, but...
 - ▶ For how long?
 - Always with the same conviction?
 - What can get you to stop believing?
 - Do you bounce back quickly from adversity?
 - Would you like to have consistently high confidence in your skills?
- We will try to address all of these issues

INITIAL CONSIDERATIONS

- The belief each athlete has in his or her abilities, which will then help organize behavior to reach the desired performance level.
 - Generates improvement drive
 - Positive emotional response.
 - Concentration level.
 - Choice of immediate goals.
 - Accurate decision-making.
 - Determination in the execution of the task.
 - Perseverance and commitment to effort.
- And above all, greater satisfaction for having given it a real try.

CONFIDENCE AND SELF-EFFICACY

- Emotional response.
 - Confidence reduces stress and distractions
- Choice of behaviors.
 - Challenge and motivation when faced with realistic and possible tasks
- Effort and persistence.
 - Strong, constant and brave behavior.
- Self-confident thought pattern.
 - Self-affirmation in "special moments"
- Special energy (Generates endorphins).
 - ▶ Self-motivation, attraction to difficult challenges.

- Personal Achievements.
 - Past successful experiences.
 - Mastery experiences.
 - Difficult situations overcome in practice.
- Daily improvements make us feel more competent every day and that reinforces selfefficacy, thus:
 - Improvement is the pathway to our goals.

- Vicarious experiences.
 - If others can do it so can you, you just have to put the effort required.
 - Watching other athletes performing successfully can increase one's sense of competency.
 - ▶ Learning from the right models increases the perception of competency and reinforces self-confidence.

- Verbal Persuasion.
 - ▶ The coach impacts it with his or her talks, as long as it is within the realm of the possible.
 - ▶ Teammates can also generate an increase in selfefficacy with their comments and support.
 - Comments for the social environment can also, at times, impact self-efficacy, mainly the negative ones.
- All of it can happen if:
 - Persuasion is within the real limits of competency.

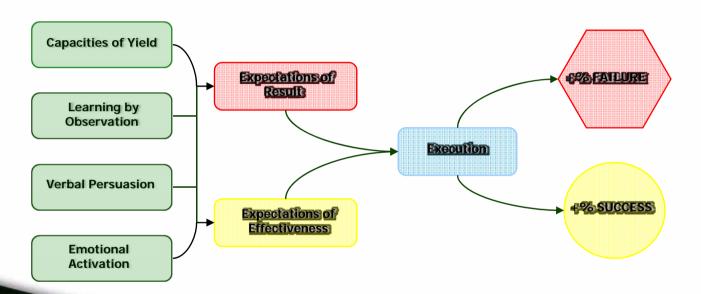
- Physiological Signals.
 - Sensations related to emotional response.
 - Optimal activation for performance.
 - Anticipation of the satisfaction generated by the goals one wants to achieve balances the emotional response.
 - ▶ Tolerance of fatigue and minor discomfort.
 - ▶ Helps keep self-confidence intact.
- All of this can be achieved with:
 - ▶ The global competition plan (GCP)

SOURCES OF SELF-EFFICACY (4)

- In the pathway to achieving a goal we must distinguish between two related things that have a very different impact on performance.
 - Outcome expectancies:
 - ▶ Related to the probability of a certain behavior or system producing the desired result.
 - ▶ Focusing on the consequences of the behavior (If I do X, I will reach Y).
 - **▶** Efficacy expectancies:
 - Is the belief in our own capacity to do what needs to be done to reach the desired outcome.
 - Focused on the behavior (Am I capable of doing X?)

THINGS YOU NEED TO KNOW

Relationship between perceived self-efficacy variables and athletic success.



- It is impossible to perform above one's limits. But we do not know what these limits are. Therefore let's prepare for the maximum achievement and aim for what we want.
- Many athletes pay close attention to the number of unsuccessful attempts, ignoring the fact that to achieve something the most important thing is the confidence you have in the next attempt.

THINKING SELF-EFFICACY

- ▶ The previous statements are based on scientific knowledge and the experience of excellent elite level athletes, but that is the end of our work.
- ▶ To convince you?
 - It's up to you.