

Mental Skills

Agenda

Confidence is key

- Developing a positive mindset
- Focus on the controllable
- Task vs Outcome focus

Confidence



Performance Attitude

- 80%+ on and off field
- Character vs Competence
- Preparation for training & games

Attitude



Mind Gym

- Establishing Daily Habits
- Goal setting – Short, Medium, Long
- Self Reflection – Analyzing Performance

Mind Gym



MENTAL SKILLS

www.bramptonsc.com



HOME PROGRAM

STRONGER

TOGETHER



DEVELOPING A POSITIVE MINDSET

SELF TALK

“What I think is how I feel
& Act”

GROWTH MINDSET

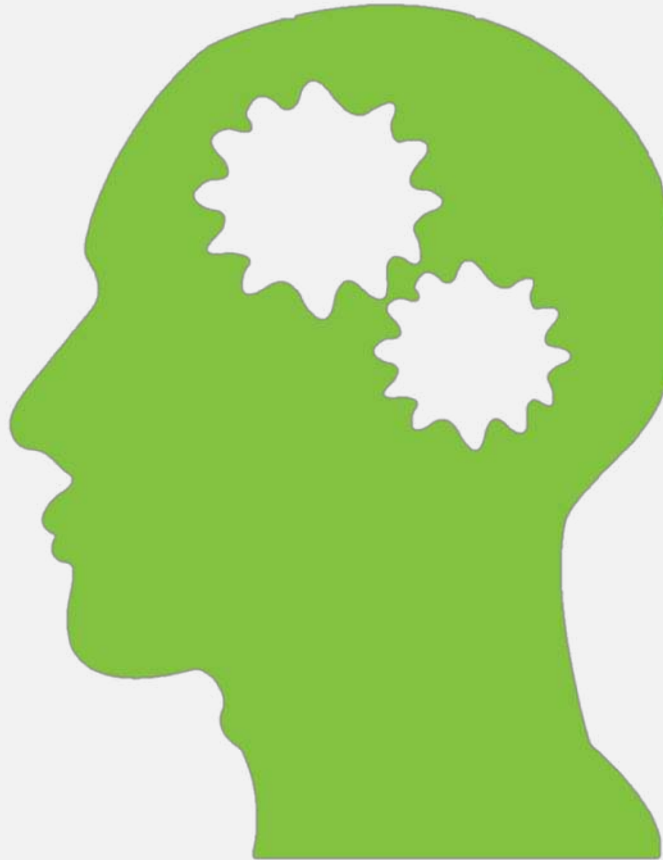
“Embrace Opportunity”

HELPFUL BEHAVIOURS

“Prepare – Reflect – Set Goals”

CURIOSITY

“Be Brave – I Can/We Can”

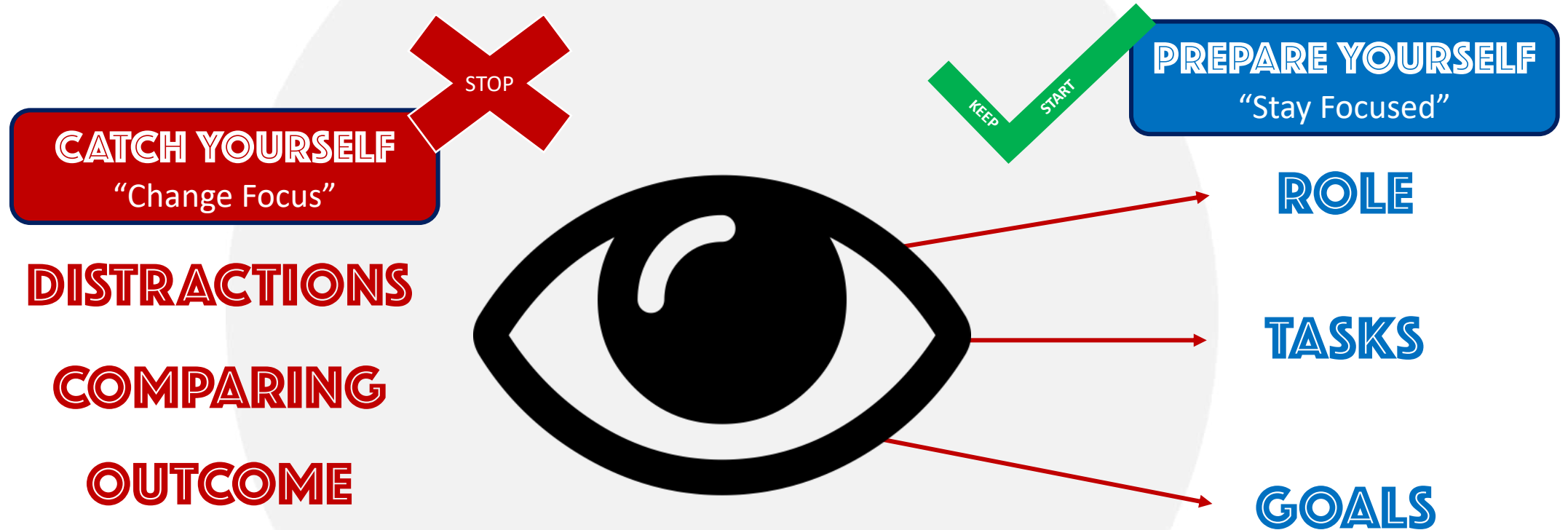


CONFIDENCE IS KEY

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FOCUS ON THE CONTROLLABLE



CONFIDENCE IS KEY

www.bramptonsc.com



What makes you feel
and be confident?



“I trust myself and my own ability”

Cristiano Ronaldo



"I start early and I stay late,
day after day, year after year.
It took me 17 years and 114
days to become an overnight
success"

Lionel Messi



PASSION
+
CURIOSITY
+
CONFIDENCE
=
**LEARNING &
GROWTH**



**ATTITUDE DRIVES
PERFORMANCE**

**SUSTAINING A
POSITIVE MINDSET**



GRITTY

**DETERMINATION &
PERSISTENCE**

“Nobody is
a 10/10”

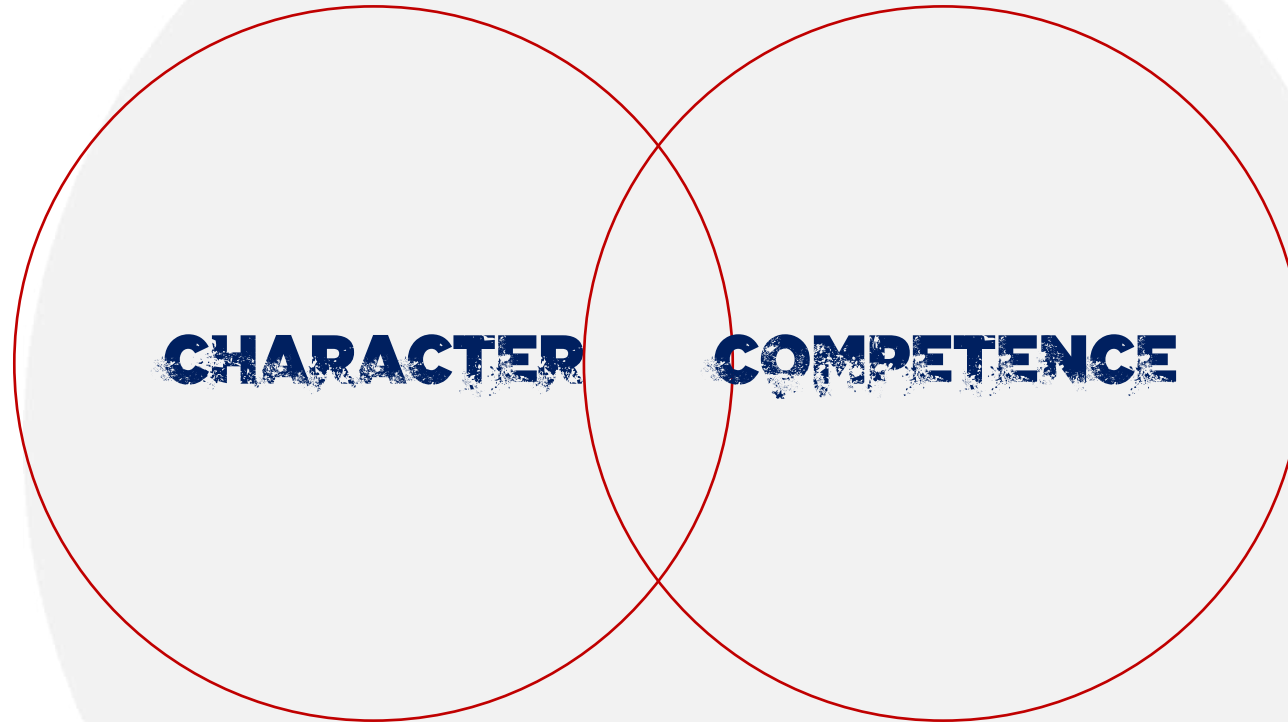




"Be Excellent...
80%+ on/off the
field"



CHARACTER VS COMPETENCE



TRUST HUMILITY TEAMWORK



PERFORMANCE ATTITUDE

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ATTITUDE IS A CHOICE

What is your game plan ?

1. Arrive Early
2. Listen to Music
3. Focused warm up

BEFORE



1. Positive Energy
2. Focus on my tasks
3. Communicate

DURING



1. Cool Down
2. Reflection
3. Recovery & Regeneration

AFTER



PERFORMANCE ATTITUDE

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SV





“First I Prepare,
Then I Succeed”



GOAL SETTING

SHORT TERM – MEDIUM TERM – LONG TERM



MIND GYM

www.bramptonsc.com

OPPONENTS:

MATCH DAY REVIEW

DATE: 28/03/14
(HOME) AWAYTIME: 3pm
RESULT: 2-1

INDIVIDUAL MATCHDAY PLAYING GOALS

- 1 MAKE 85% OF PASSES
- 2 WIN 10 TACKLES
- 3 BE A TEAM PLAYER
- 4 WORK HARD ON CLOSING DOWN

NO. OF HOURS SLEPT PRE-GAME

PRE-GAME NUTRITION:

9 HOURS

1 x BANANA

1 x WHOLE MEAL BREAD

EGG SCRAMBLED

3L WATER

POSITION PLAYED

MIDFIELD (C)

MINUTES PLAYED

45

How nervous were you before the game?

Not at all 1 2 3 4 5 6 **7** 8 9 10 Very

How was your preparation for the game?

Very poor 1 2 3 4 5 **6** 7 8 9 10 Excellent

How much did you enjoy the game?

Not at all 1 2 3 4 5 **6** 7 8 9 10 Very much

WWW.SPORTSPANNER.CO.UK

MATCH DAY REVIEW

What you did well:

FIRST TOUCH WAS MUCH BETTER
COMMUNICATION WITH TEAM MATE

What you will do better:

INCREASE WORK RATE
DO NOT BE LAZY + LON

MATCH DAY RATING (1-5)

| | | | |
|-------------|---|-------------|---|
| Speed | 2 | Finishing | |
| Dribbling | 3 | Vision | 3 |
| Short Pass | 4 | Heading | 2 |
| Long Pass | 4 | Confidence | 3 |
| Endurance | 3 | Work Rate | 2 |
| First Touch | 4 | Weaker Foot | 3 |

Very poor

OVERALL MATCH RATING

1 2 3 4 5 **6** 7 8 9 10 Excellent

WWW.SPORTSPANNER.CO.UK

https://pma.premierleague.com/Sections/Video/Videos.aspx

Coaching & Games Programme Sport Science & Medical Education & Reviews Operations Benchmarks Analysis Recruitment Library System

Update

Wide Players and Forwards (2)
Individual Training Footage
22/03/2018 14:02, Jordan Rowan
Team

In House 17.03.18 (2)
Team Game Footage
17/03/2018 12:56, Jordan Rowan
Team

SAFC u23s vs Everton 11.03.18 (Ball In Play)
Team Game Footage
12/03/2018 12:16, Michael Bush
Team

In house Game 10.03.18 (1)
Team Game Footage
10/03/2018 12:41, Jordan Rowan
Team

In House Game (1st Half) 03.03.18
Team Game Footage
05/03/2018 09:48, Jordan Rowan

Wide Players and Forwards (1)
Individual Training Footage
22/03/2018 14:02, Jordan Rowan
Team

In House 17.03.18 (1)
Team Game Footage
17/03/2018 12:56, Jordan Rowan
Team

In house Game 10.03.18 (2)
Team Game Footage
10/03/2018 12:42, Jordan Rowan
Team

SAFC u23s vs NUFC 07.03.18 (Ball In Play)
Team Game Footage
08/03/2018 16:17, Michael Bush
Team

In House Game (2nd Half) 03.03.18
Team Game Footage
05/03/2018 09:48, Jordan Rowan

DELL

MARCH 2018

27 Tuesday 21:00 Match Game
Seamus (A) 7:30-8:00

28 Wednesday
OFF

Intelligent Sports Frame x Premier League PMA x

Secure | https://pma.premierleague.com/Sections/Personal/coachesDashboard.aspx?fdl=true

Sunderland

Coaching & Games Programme Sport Science & Medical Education & Reviews Operations Benchmarks Analysis Recruitment Library System

Welcome back Paul Logout

Coaches Dashboard

Preparation Competition Review

Team Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------------|---------|-----------|----------|--------|----------|--------|
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| No events/appointments scheduled | | | | | | |

Availability

| C. Allan | J. Hacke | B. Kemp | S. Broth | O. Gimbi | J. Asoro | A. Bale | T. Ewell | J. Ewell | J. Ewell | E. Ewell | E. Ewell | E. Ewell | E. Ewell | E. Ewell | E. Ewell |
|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| Available | Available | Available | Available | Available | Available | Available | Available | Available | Available | Available | Available | Available | Available | Available | Available |

DELL

MARCH 2018

27 Tuesday 21:00 Match Game
Seamus (A) 7:30-8:00

28 Wednesday
OFF

UNDER 9

U9

Teamwork

Good reactions
Unselfish
Encouragement
Communicate

Good advice
Brilliant attitudes
Positive
Never give up

Toby Bell

When I play football, I LOVE...

| Challenge | Goal | Success | Failure |
|---------------------------------------|------|---------|---------|
| Can you keep the ball in your hands? | Yes | No | No |
| Can you pass the ball to a teammate? | Yes | No | No |
| Can you shoot the ball into the goal? | Yes | No | No |

Wesley Robertson

When I play football, I LOVE...

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| Can you keep the ball in your hands? | Yes | No | No |
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Charlie Forsyth

When I play football, I LOVE...

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| Can you shoot the ball into the goal? | Yes | No | No |

Madison Binney

When I play football, I LOVE...

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| Can you shoot the ball into the goal? | Yes | No | No |

Bob Walton

When I play football, I LOVE...

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Alex Lionard

When I play football, I LOVE...

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|---------------------------------------|------|---------|---------|
| Can you keep the ball in your hands? | Yes | No | No |
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| Can you shoot the ball into the goal? | Yes | No | No |

Wale Shakespeare

When I play football, I LOVE...

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| Can you shoot the ball into the goal? | Yes | No | No |

Mackenzie Nesbitt

When I play football, I LOVE...

| Challenge | Goal | Success | Failure |
|---------------------------------------|------|---------|---------|
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| Can you pass the ball to a teammate? | Yes | No | No |
| Can you shoot the ball into the goal? | Yes | No | No |

Tom Procter

When I play football, I LOVE...

| Challenge | Goal | Success | Failure |
|---------------------------------------|------|---------|---------|
| Can you keep the ball in your hands? | Yes | No | No |
| Can you pass the ball to a teammate? | Yes | No | No |
| Can you shoot the ball into the goal? | Yes | No | No |

Ethan Longstaff

When I play football, I LOVE...

| Challenge | Goal | Success | Failure |
|---------------------------------------|------|---------|---------|
| Can you keep the ball in your hands? | Yes | No | No |
| Can you pass the ball to a teammate? | Yes | No | No |
| Can you shoot the ball into the goal? | Yes | No | No |

Attitude

Physical

Decision Making

Coachability

Speed

Stamina

Agility

Passing

Technique

RUN

Jack Weldon

When I play football, I LOVE...

| Challenge | Goal | Success | Failure |
|---------------------------------------|------|---------|---------|
| Can you keep the ball in your hands? | Yes | No | No |
| Can you pass the ball to a teammate? | Yes | No | No |
| Can you shoot the ball into the goal? | Yes | No | No |

Barley Bewick

When I play football, I LOVE...

| Challenge | Goal | Success | Failure |
|---------------------------------------|------|---------|---------|
| Can you keep the ball in your hands? | Yes | No | No |
| Can you pass the ball to a teammate? | Yes | No | No |
| Can you shoot the ball into the goal? | Yes | No | No |

Jay Brown

When I play football, I LOVE...

| Challenge | Goal | Success | Failure |
|---------------------------------------|------|---------|---------|
| Can you keep the ball in your hands? | Yes | No | No |
| Can you pass the ball to a teammate? | Yes | No | No |
| Can you shoot the ball into the goal? | Yes | No | No |

Jojo Gunn

When I play football, I LOVE...

| Challenge | Goal | Success | Failure |
|---------------------------------------|------|---------|---------|
| Can you keep the ball in your hands? | Yes | No | No |
| Can you pass the ball to a teammate? | Yes | No | No |
| Can you shoot the ball into the goal? | Yes | No | No |

21/08/2

STATEMENT

to beat, by
ness,
ge to make
stronger

21/08/

STRENGTHS STATEMENT



Impact the game by using my attitude, reading of the game, and ability to defend one vs one to beat my opponent on a consistent basis

on and courage to make

Impact the game by using my attitude, reading of the game, and ability to defend one vs one to beat my opponent on a consistent basis

PERFORMANCE

COMMITTING TO DEFENDING

BEING OVERLY AGGRESSIVE

OVER COVERING

COMMUNICATING INEFFECTIVELY

STUPID

OVER DONE

PERFORMANCE

| | | |
|-------------------------------|------------------------------|--------------------------------|
| NO CHARACTER ON THE PITCH | WINNING BATTLES CONSISTENTLY | OVERCOMMITTING TO DEFENDING |
| BEING HESITANT WITH DEFENDING | COMMUNICATING EFFECTIVELY | LOSING DETAIL IN POSITIONING |
| BEING TOO EASILY BEATEN | READING THE GAME EFFECTIVELY | BECOMING OVERCONFIDENT |
| NOT COMMUNICATING | ADAPTING TO THE OPPONENT | BEING RASH AND OVERLY PHYSICAL |
| UNCOMMITTED | DOMINANT | RECKLESS |
| UNDER DONE | OPTIMAL | OVER DONE |

PERFORMANCE

I WILL PRACTICE...

**POSITIVE SELF
TALK**

**SELF
REFLECTION**



GOAL SETTING

**ESTABLISH MY
PERSONAL GAME
PLAN**

Kahoot!

<https://www.kahoot.it>

RESILIENCE

We Bend, but We don't Break!

Cross Energy Leadership Work Shop



Stratos Kalpakidis – M.B.A-CPC-ELI MP

exc6eed

Agenda

1. Start with “Why?”
2. What does it happens today?
3. What are our options?
4. Adjust effectively
5. Create your new VISION
6. Work with small projects
7. Stay Strong & Happy!



Start with Why?



Understand the 6 Dimensions of Wellness

Our ENVIRONMENTAL dimension is connected with the micro and macro environment we live our lives. When we take care of the environment we take care of ourselves!

Our SPIRITUAL dimension is connected with the level of connection we have with our Higher Self. The most common way to connect with our Higher Self is through meditation.

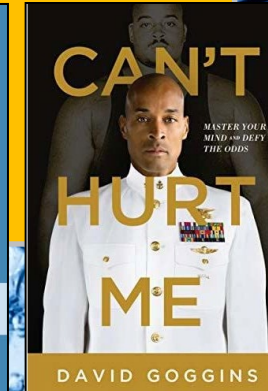
Our EMOTIONAL dimension is connected with the level of the emotional connection we have first of all with ourselves and then with the people around us. When we love ourselves we are able to give love and to the others.

Our SOCIAL dimension is connected with the level of connection and contribution with the community we live.



Our MENTAL dimension is connected with our level of awareness. The higher the level of our awareness the stronger our MENTAL ability.

Our PHYSICAL dimension is connected with our level of fitness. The better our fitness the better our body can support all the other levels of being.



Exercise#1

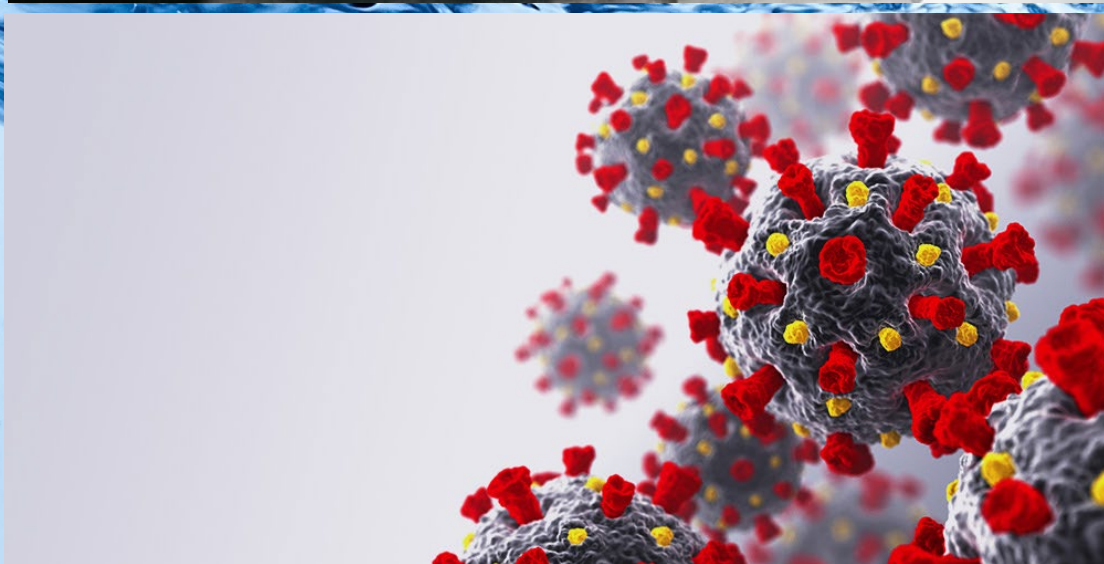
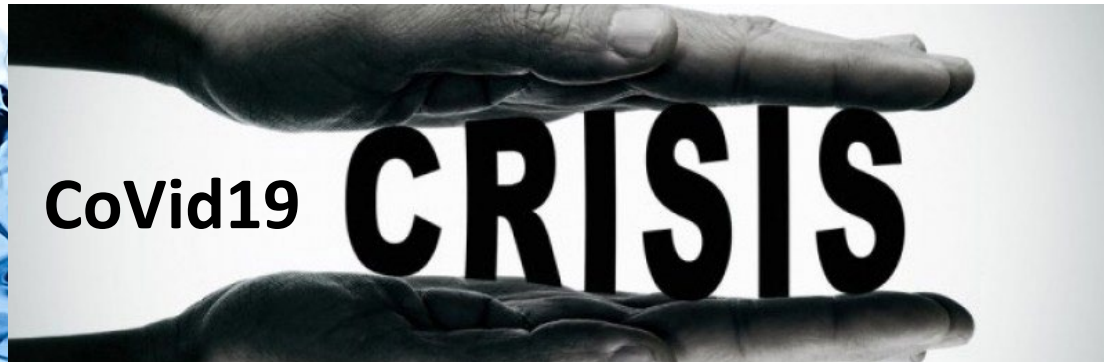
Using a scale from 1 to 10 rate in which level you live daily each of the 6 dimensions of Wellness...
1 is the lower and 10 is the highest



what do we experienced today?



what do we experienced today?



KPIΣH

TERMINOLOGY: "the view that one has taken of a subject as a result of a logical process, energy or effect"

what do we experienced today?



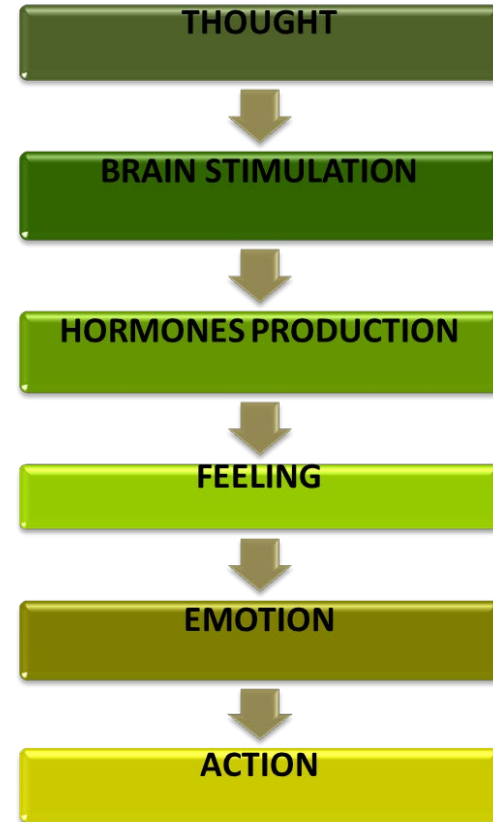
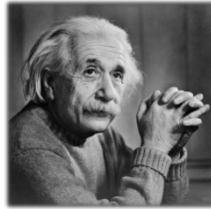
will either

Break You

or

MAKE YOU

What are our options?



We Have at least 7 different options...

exercise#2

Write down in a piece of paper 3 main thoughts that you have during this period about the CoVid19 crisis...



What are our options?

OPTION#1: I Lose....



Energy
Levels

Core
Thoughts

Core
Emotions

Core
Actions/Results



ENERGY
LEVEL.1

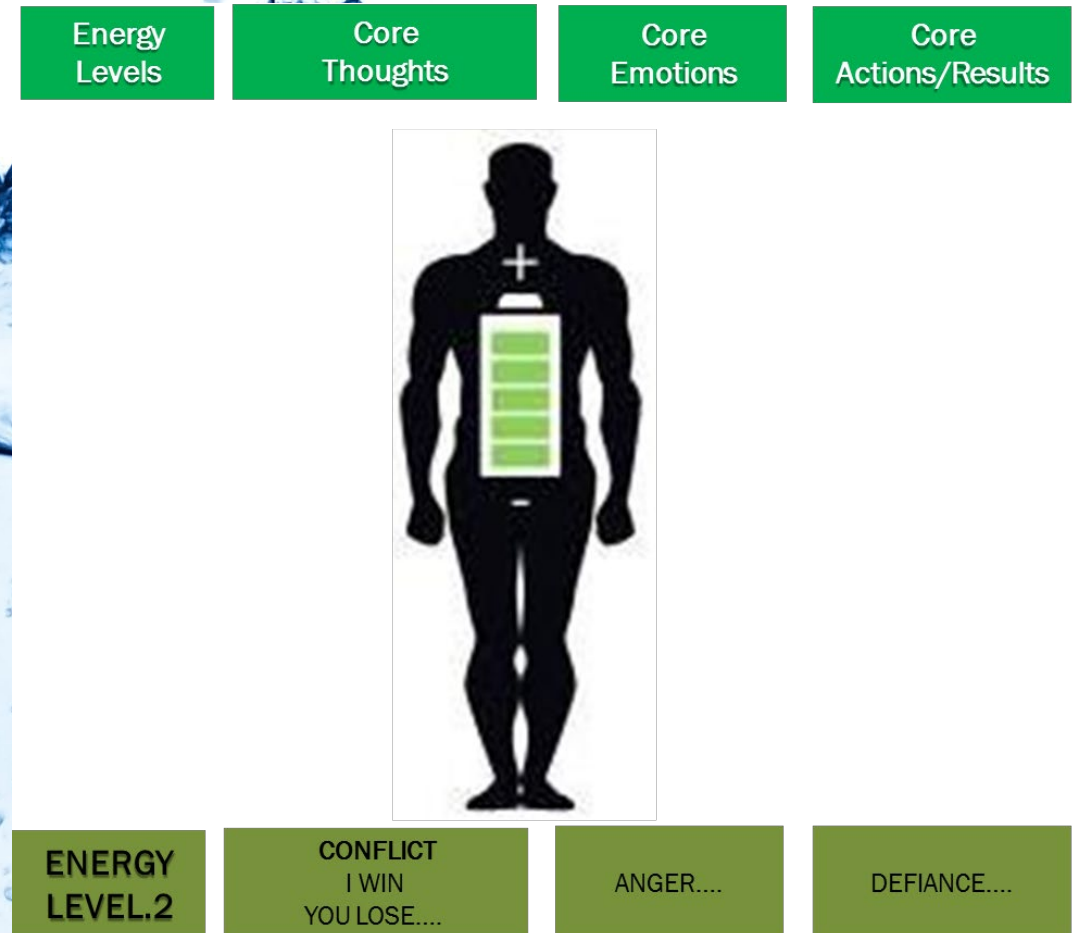
VICTIM
I LOSE....

APATHY....

LETHARGY....

What are our options?

OPTION#2: I Don't know....



What are our options?

OPTION#3: I take Responsibility....



Energy
Levels

Core
Thoughts

Core
Emotions

Core
Actions/Results



**ENERGY
LEVEL.3**

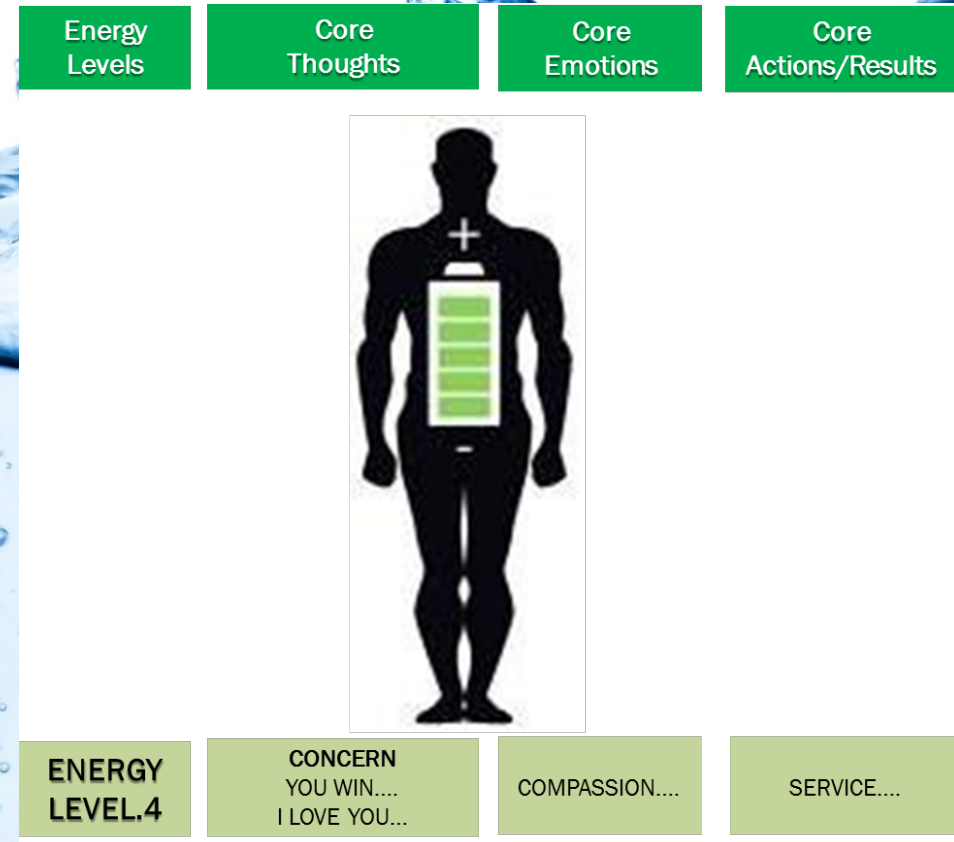
RESPONSIBILITY
I WIN, IF YOU WIN TOO,
THAT'S GREAT....

FORGIVENESS....

COOPERATION....

What are our options?

OPTION#4: I Love to Help!



What are our options?

OPTION#5: I Find Opportunities!!



Energy
Levels

Core
Thoughts

Core
Emotions

Core
Actions/Results

**CHANGE
AHEAD**



**ENERGY
LEVEL.5**

**RECONCILIATION
WE BOTH WIN OR WE
DON'T PLAY**

PEACE....

ACCEPTANCE....

What are our options?

OPTION#6: I Enjoy the New Experience!!!



Energy
Levels

Core
Thoughts

Core
Emotions

Core
Actions/Results

**CHANGE
AHEAD**



**ENERGY
LEVEL.6**

**SYNTHESIS
WE ALWAYS WIN**

JOY....

WISDOM....

What are our options?

OPTION#7: I Create my New Life!!!



Energy
Levels

Core
Thoughts

Core
Emotions

Core
Actions/Results



**ENERGY
LEVEL.7**

NON JUDGMENT
Winning and losing are
illusions

ABSOLUTE
PASSION....

CREATION....

Exercise#3

Connect each of your 3 main thoughts, that you wrote in the previous exercise with the 7 different options we have during this period.
What are the results?



How Our Inner Blocks Drive Our Thoughts...



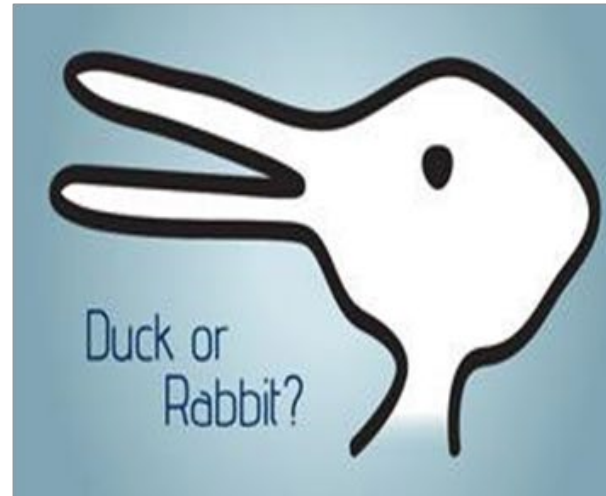
Gremlins



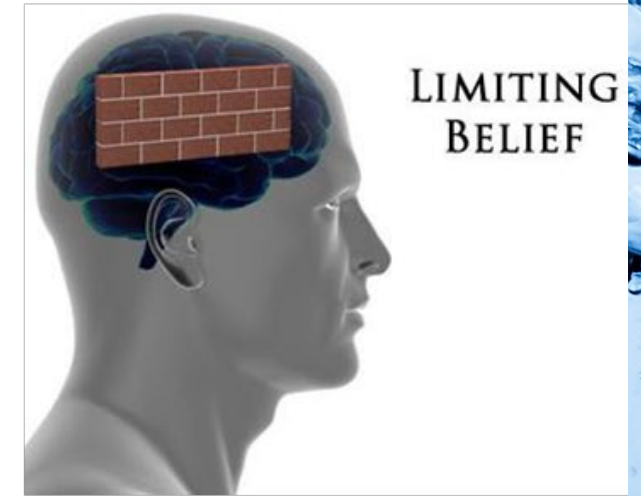
Assumptions



Interpretations



Limiting beliefs



Exercise#4

Recognize the type of the inner blocks behind each of these statements:

1. I can't follow an online study program only by myself.... I tried this in the past and didn't work...
2. I am not good to motivate my self to workout every day.... I need my Coach...
3. It is impossible to keep my fitness by staying home...
4. Coach asked me to work my skills during this period...hmm... most likely he believes that my ball work is bad...



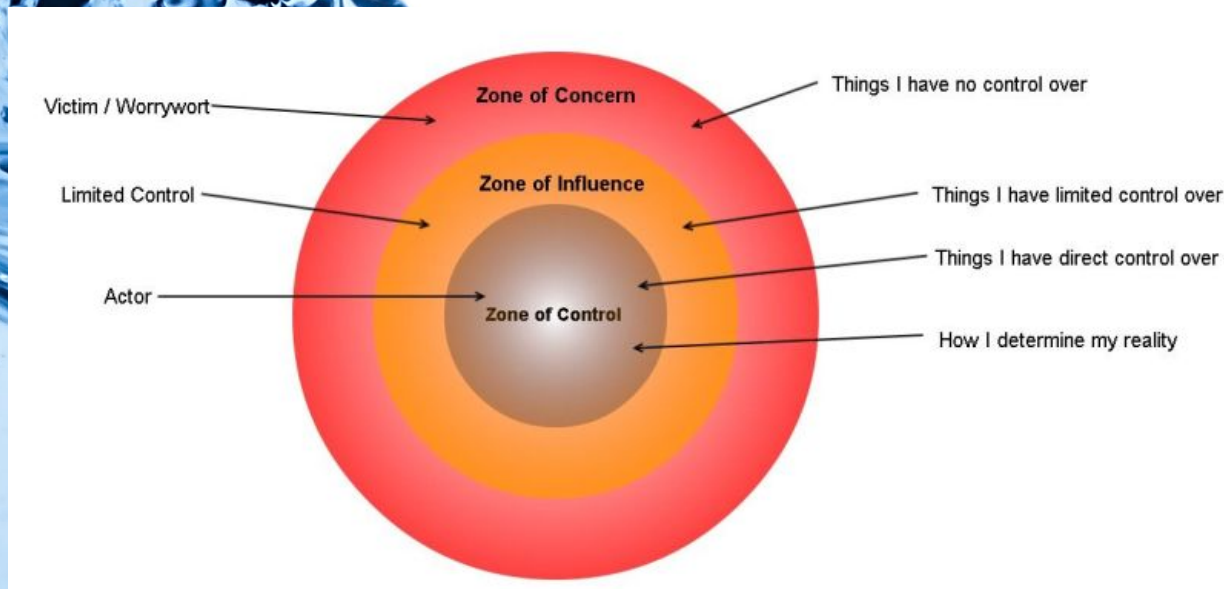


“It is not the most intellectual of the species that survives; it is not the strongest that survives; but the species that survives is the one that is able best to adapt and adjust to the changing environment in which it finds itself.”

Charles Darwin



Adjust Effectively into the New Reality



Move your focus from things that you **CONCERN** about and things that you have no **INFLUENCE**, to things that you **CONTROL**



Exercise#5

Make a list for things that have impact into your daily reality and belong to the zone of CONCERN and the zone of INFLUENCE.

Create a similar list with things that could impact positively your daily reality and belong to the zone of your CONTROL. Connect each of these things to one of the 6 levels of Wellness.



Create your new “I Am”



Our self image create our reality and it is the stronger factor for our happiness and success.
We achieve what we are....



Exercise#6

Close your eyes and visualize for 60sec how do you see yourself with the end of this period...

Write down what you see starting your statement with "I Am.."

Complete the rest of the statement as a homework working together with your family...



Work with small projects



Our new daily reality needs a new daily routine.
A new daily routine that will connect all the 6 levels of wellness....
Small steps, drive big changes...
Small weekly projects, drive our lives forward...
Activity is life!

Exercise#7

Create weekly S.M.A.R.T (Specific-Measurable-Achievable- Relevant- Time bound) goals and connect them with the 6 dimensions of Wellness...



Stay Strong & Happy!

Be Like the Water!

1. Dwelling with the right location

Water naturally flows to the lowest point in the immediate vicinity. This can be the metaphor for a humble person, because the arrogant person is quite the opposite in always seeking the highest, most visible spot.

2. Feeling with great depth

Truly virtuous people are like deep pools of water. Not everything about them is apparent at first glance. They possess such remarkable depth of character that it would take quite some time to really know them.

3. Giving with great kindness

As a river flows across the land, it nurtures all living things that it comes across. All the plants and animals benefit from the water of the river. Once it has done its work, water moves on without waiting for recognition or praise.

4. Speaking with great integrity

Water reflects its surroundings with perfect fidelity when it is calm and undisturbed. In the same way, those who study the Tao have an obligation to reflect the truth with the same degree of accuracy.

5. Governing with great administration

Water administers to all equally. All benefit from water regardless of who they are, because water passes no judgment on anyone, and makes no selection based on some preconceived values.

6. Handling with great capability

The great capability of water comes from great versatility. As it flows toward its destination, it handles all obstacles with the greatest of ease. It can flow to the left or the right, over or under, without slowing down or stopping.

7. Moving with great timing

Water has a heavenly sense of timing that manifests differently, according to season. Thus, summer rain never falls in winter, and winter snow never falls in summer.

Lao Tzu



During this period what matters is not the PERFECTION.
During this period what matters is RESILIENCE and COMPLETION!
We Bend but we Don't Break!
Stay Safe & Healthy!!!

