

# **SPORTS PSYCHOLOGY for KIDS**

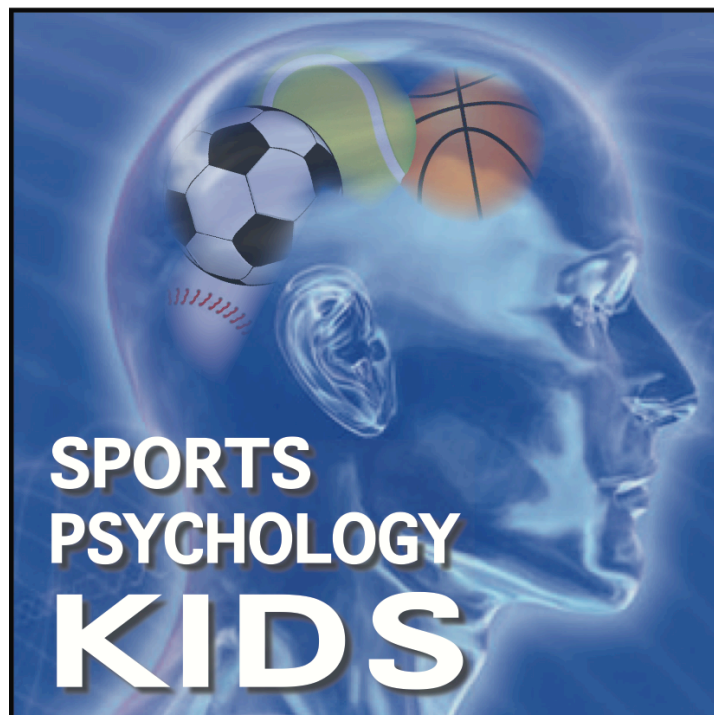
*The NEW Frontier:*

**NOW For ALL  
Performance Anxieties**

**ATHLETICS - ARTS - ACADEMICS**

With the same Great Habits:

Focus, Optimism, Resilience, Perseverance, Respect  
and a Positive Can-Do Attitude



*We teach "COOL and CALM"*

**Your child will be:**

**"Gaining Emotional Wisdom - *Sooner*"**

**The NEW Frontier in Performance  
Enhancement and Anxiety for all kinds:  
uses the fundamentals of  
Sports Psychology for KIDS**

Most performance anxiety in the three A's:  
**Athletics, Arts, Academics**  
come from the  
heavy emphasis and focus on just the skill  
development, technique and the technical side of  
development.

In fact for the past umpty ump years the push  
has been to get better technique, technical  
equipment and Hi Tech evaluations and  
assessments of skill performance.

Poor performance is often wrongly blamed for  
the results of Athletes, Artists and Academicians  
students

While one could argue that an athlete or student  
has to be able to perform some kind of  
consistent movement or function to be able to

even be ready for the Tactical, Physical and Psychological aspects of developing the complete Athlete, student (read person).

This is true for a shorter time than most coaches, teachers and leaders seem to realize. Or maybe they realize but are unsure of how to go to the next level.

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## **The Secret Benefit of Cross Training**

Cross training has long been recognized as a way of staying fit for your main endeavor and its has recently been recognized that cross training even has greater benefits as a way of practicing the component skills that have similar roots and elements and bio-mechanics as the base or original sport, academic and art activity

A favorite example is in the Karate Kid where Mr. Miaggi taught the techniques of Karate through the famous scene of "Wax on - Wax Off" while shining up his old Chevy. One skill was building the other.

Moreover, if you were practicing baseball or

tennis, you were not only strengthening the same muscles, becoming cardio-vascularly fit and physically flexible in a way that would transfer over to say ice hockey, or golf, but further, you would additionally be practicing a very similar hip rotation and eye hand coordination that all those sports have in common.

Those benefits are surely enough to convince any coach to feel good about prescribing another sport to his or her young athlete, to keep sharp in the off season or even the off day.

So, getting fit ( strength, flexibility, cardio-vascular fitness, agility, quickness, lateral movement, speed of reaction) has been the primary reason to cross train.

However, as far as Sports Psychology KIDS is concerned there is third and heretofore hidden benefit to Cross Training

**Cross Training builds Emotional Wisdom in KIDS by**

*REPS (ReStoring Emotional and Physical Stamina)*

Now we know that when the pressure is on some people are so unnerved that their Amygdala in their brain goes into the panic mode of survival and reacts by making the athlete wanting to Fight, Flee, Freeze or SUBMIT' None of which are good managers of emotions and invariably shows up in interfering with performance.

It is that state of pressure, and how the athlete handles it, is what often determines the outcome of the event.

As we have all experienced over our life time, as certain calmness that we get as we realize that there will always be another day, another opportunity and with practice and time and repetition we learn a bit of Emotional Wisdom. We don't get so unnerved that we can't perform at our best and we know how to "Self medicate with internal dialogue" that helps us overcome, persist, stay positive, enthusiastic in the face of adversity) But is it age or is it ore a function experience that delivers the unmistakable message of "Stay focused and it will be alright, and if it is not then just get up and do it again until it is right)

## **Making Kids (Functionally) Older, Wiser, Cooler and Calmer**

How you ever watched a Baseball game and wonder how much actual time any one player gets to be actively engage in hitting, swinging, running, throwing, catching the ball? In about 2-3 hours of a typical game players rarely get more than a few minutes of interacting with the ball. Thus, the experiences and moments when the brain says "This is it, I have to perform and I don't want to make a mistake" It is in these character building, resilience building, self confidence building moments that we slowly and surely get wiser and eventually more cool and calm.

However, if we had to wait to get cool and calm at the rate of exposure to those moments that , for instance, Baseball games give us, it might take awhile. And maybe never.

### **Cross Training by Keeping Score**

This is the secret to getting the most out of cross training and Sports PsychologyKIDS holds, the best benefits of cross training.

*Competing and the tracking of the score becomes the coach in a way that internally motivates one to become better and better.* It is more than practice, it is participation with a Purpose.

Keep score and everyone concerned will want to beat it.

*"All is ready, if our mind be so" -  
Shakespeare*

Dutch Soccer learned long ago if the kids trained in leagues where the teams were 4 v 4 instead of 11 v 11 , the amount of touches on the ball would be significantly greater and they would become much better, much sooner and much more experienced, even though they would play against opponents of the exact same age.

Every hour of practice gave them a density or purity of experience that had many more moments "facing adversity and overcoming the distracting negative feelings" Wow they got Emotional Wisdom fast. And by the way, they won the World Cup.

So, in order to contrive, create and otherwise

manipulate practice to imitate those moments of emotional growth building, with pressure and the game on the line we cross train but this time we keep score, all the time.

This score keeping pressure creates, in a multitude of arenas, the same rush of the battle to stay "cool and calm" in the face of challenging and draining fears of losing confidence.

However, because we teach by sheer volume of experiences there will be another time, another day, and another game in which to get better and learn to triumph.

## R. E. P. S.

In Cross Training, by keeping score, we flood the mind with **strength building, multiple mental challenge and stress moments.**

We call it **R.E.P.S.** (Restoring Emotional and Physical Stamina). These REPS moments can happen exponentially more often than most experience now. In experiencing these teaching moments or learning moments would be better, we compress the amount *time and times* we can learn to *rise up* to being positive, enthusiastic, reverent, resourceful, resilient and above all the



benefits of being "Cool and Calm" in the face of adversity.

## Emotional Wisdom - Sooner

This is our way of developing kids to have Emotional Wisdom, which is a love for the fun, sacrifice, struggle and effort it takes to be jubilantly triumphant, ....on the way to being successful and winning.

*"Success is a Habit - It is in the way you do everything you do"*

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