

# YouthFirst

## Parents Learning about Youth Sports

### Motivation is the Key to Success:

If you get an opportunity ask any person who is successful in whatever he or she does and what motivate them, and most of the time the answer will be goals. Goal setting is extremely important to motivation and success. So then after hearing what people said to you, what motivates you? Why are you in this sport? If you are participating in this sport because that's what your parents want, you may find it

very difficult to motivate yourself. Sure, it's possible to succeed with someone else providing the motivation for you (extrinsic motivation). But motivation that comes from within really makes the difference (again intrinsic motivation).

Certainly, you need some intelligence, knowledge base, game skills, but if you don't have motivation, you won't get far. So be very smart in what you do, and try as

much as possible to intrinsically motivate yourself. Interest is an important motivator for young athletes. So is a desire to learn. When you put these two things together, you create success. To be very successful you have to have a love of the sport you play and have trust in yourself, motivate yourself without any bodies help and that's the key to life. So set realistic goals for yourself and you will be able to motivate yourself a lot easier.



### Teamwork Helps Build Motivation:

Young athletes it's very important to remember that you can motivate one another. By communicating with one another you can make a very successful environment. Working together is the key to team and also motivation. For instance, some coaches usually split their players into drill groups and score them as a team rather than as individuals. These training ses-

sions help build team morale and make the players feel they have invested in one another. Each player has a responsibility to the team, that play must understand their assignment and take care of it, and also keep in touch of the other players. Basically you share the short-term goals of improving attitudes and basic skills with the long-term bene-

fit of overall improved performance. So having teamwork helps improve skills and motivation. And also not only is it important to communicate with your team and work together with them, you need also to work together with your coach as well, because your coach is guiding you to success.

## Developing A Winning Attitude: Setting Goals

Having a winning attitude is the best motivator no matter what anybody says. If you athletes believe you can get to their goals, then you will try even harder and increase your likelihood to success.

Having a positive coach and athlete relationship lays the groundwork for this attitude, and setting a clean goal for you helps establish that motivation you need and also help establish a good relationship as well. Your coach or anybody should help you set your long-term goals and encourage you to achieve them through a process of

short-term goals. The short-term goals you keep achieving to get to the long-term will help keep motivation at high levels, because this will give you an ongoing sense of



achievement. Once you begin developing a sense of accomplishment, you will be motivated to try even harder and also have a great deal of success. So if you have a chance, write down a goal and an obstacle

you wish to anticipate reaching. Then identify the steps to take and the short-term achievements leading to that goal, and you will be fine.

Here is an example of a goal you can do. If you were to run track and field and you were running against someone faster than you, you would go and set yourself set short-term goals to increase speed. Each tenth of a second improvement in speed will motivate you to try even harder. If you increase your speed enough, you will come up with a win and that will be your long-term goal.

## Motivational Tips to Help Success:

**SMILE** - Smiling is a real good thing to do to release the happy side of you, which should encourage you from within to do something positive. There are so many things in the world that can make you smile, smiling and preparing yourself for game time is important.

**RELAX** - Always try to settle down so you don't make yourself

stress out and not motivated. Rushing around makes it easier for you to burn yourself out, it's best to do little amounts over a long period of time rather than trying to do it all at once. It's very hard to keep yourself motivated for a game if you cannot relax for it. Do everything in your power to keep you from getting tired.

**THINK** - It's your fu-

ture at stake here, and without becoming pushed into too much pressure, you have the key to motivation, self-fulfillment. If you are doing something for yourself, you will do it well, that's what we call intrinsic motivation and that really critical in life because if you are intrinsically motivated at all times then you will love your

sport for a really long time and perform well all the time.

**QUOTES** - If you have any nice favorite quote in your head, use them to keep you focus and feeling good and maybe also helping another team member out. And those are a few steps in helping yourself motivate you for a game, or anything, keep an open mind.