

NSCA COACHES CONFERENCE

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CHARLOTTE
N. CAROLINA

 **NSCA**[®]
NATIONAL STRENGTH AND
CONDITIONING ASSOCIATION



Mental Toughness

What is it?

How do we train it?

A Strength Coaches
Perspective

Matt Nein, MS, CSCS*D, RSCC*D



Mihai C. Art

What is Mental Toughness? What Mental Toughness is NOT?

“Never let an athlete shut down on you—that is a sure sign of a soft athlete. Do not let your athletes know you are trying to make them tougher. Tell them they need to toughen up.” (a)

“Mental toughness is usually something you’re born with or develop very early in life due to your surroundings” (b)

“Another method to develop mental toughness in the weight room is to construct a workout routine where there is non-stop movement for a certain amount of time: sets without rest or water breaks.” (a)

“It’s hard to take a wuss and make him a hardcore no matter what you do.”

Physical Toughness?

What is Mental Toughness?

1957 – Raymond Cattell suggested it was a personality trait – Tough Mindedness

2001 – Fourie & Potgieter identified 12 main components of mental toughness

Motivation Level, Coping Skills, Confidence Maintenance, Cognitive Skill, Discipline and Goal Directedness, Competitiveness, Possession of prerequisite physical and mental requirements, team unity, preparation skills, psychological hardiness, religious convictions, and ethics. (1)

2002 – Jones, Hanton et al. Mental toughness is having or developed psychological edge that enables you to:

1. Generally, cope better than your opponents with the many demands that sport places on the performer.
2. Specifically, be more consistent and better than your opponents in remaining determined, focused, confident, and in control under pressure. (2)

What is Mental Toughness Con't?

2002 – Jones, Hanton et al. – Key Attributes to becoming mentally tough

- a. Self-belief in achieving goals
- b. Recover from set back with determination to succeed
- c. Self-belief in abilities
- d. High motivation
- e. Fully focused on task
- f. Regain psychological control
- g. Overcome emotional or physical pain
- h. Accept and cope with anxiety
- i. Thriving under pressure
- j. Not be affected by good or bad performances
- k. Fully focused when distraction present
- l. Switch focus on and off

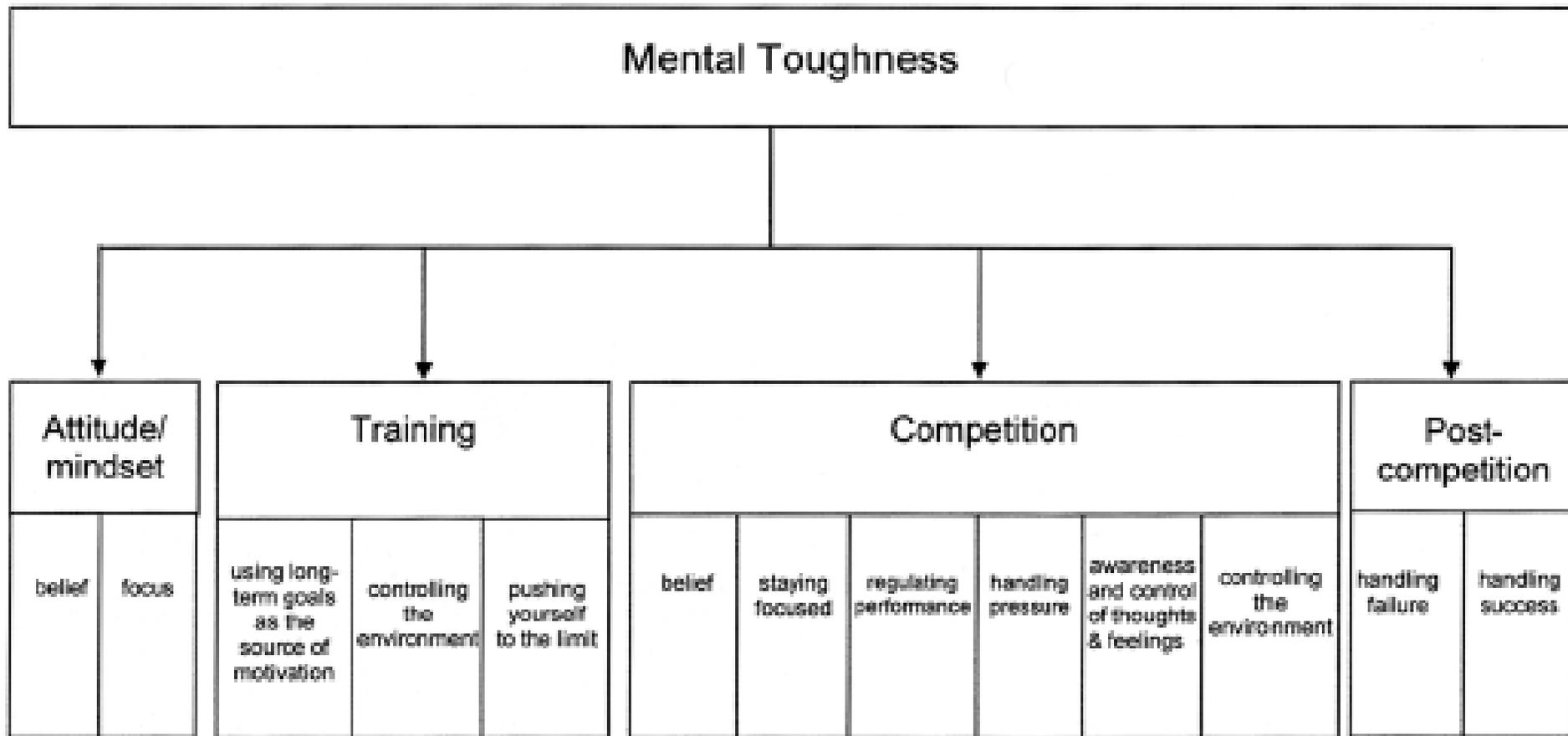


Figure 1 — Mental-toughness framework.

2007 – Jones, Hanton, Connaughton: A Framework of Mental Toughness in the World's Best Performers

Mental Toughness Defined

Dr. Pat Ivey, Dr. Rick McGuire and Dr. Amber Lattner (3)

Mentally Tough Athlete:

An Individual who is **MOTIVATED,**
PREPARED, FOCUSED and
EMOTIONALLY STABLE

Mental Toughness Defined

got grit?

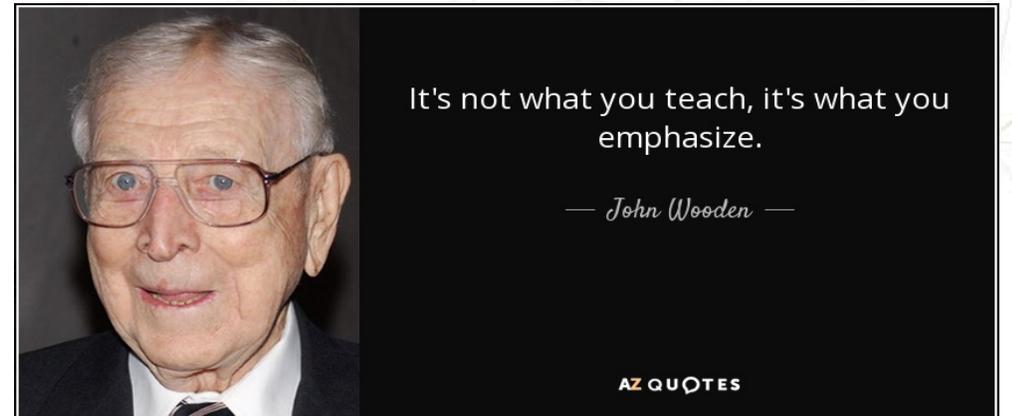
Often referred to as **GRIT**

Perseverance and passion to achieve
long-term goals

Angela Duckworth

Developing Mental Toughness

1. Servant Leadership
2. Pillars of Mental Toughness
3. Infuse the Psychological Characteristics of Developing Excellence
4. Analyze Need & Intentional Development
 - a. Don't Just Teach – EMPHASIZE!
5. Assess Mental Toughness or GRIT



Servant Leadership

- Serve others and put their needs first

- **Listening:** Listening intently to what others are saying, as well as understanding their meaning
- **Empathy:** Understanding people's intentions and perspective
- **Healing:** Supporting people emotionally, mentally, and physically
- **Self-awareness:** Looking inside and being able to be introspective
- **Persuasion:** Using influence and persuasion to move mountains and get people's willing cooperation
- **Conceptualization:** Visualizing the big picture and being able to move beyond day-to-day realities
- **Foresight:** Knowing what will happen in the future by learning from the past
- **Stewardship:** Taking responsibility for the actions and performance of your team
- **Commitment to team growth:** Committing to teaching and training staff and allowing them to learn
- **Community building:** Building a sense of oneness and wholeness in the organization

Hammermeister et al. 2008

- College Athletes who perceived their coach as a servant leader
 - Higher Intrinsic Motivation
 - More Mentally Tough
 - More Satisfied w/ Experience

Rieke et al. 2008

- High School B-ball athletes who perceived their coach as a servant leader
 - Higher Intrinsic Motivation
 - More Mentally Tough
 - More Satisfied w/ Experience
 - Perform Better

Pillars of Mental Toughness

1. Awareness
2. Motivation
3. Confidence
4. Intensity Management
5. Attentional Control
6. Emotional Management
7. Mental Rehearsal
8. Routines



Table 4 Psychological Characteristics of Developing Excellence

PCDEs Established in the Literature
(e.g., MacNamara et al., 2006, 2008;
Kamin et al., 2006)

PCDEs Established in This Study

Motivation

Competitiveness

Commitment

Commitment

Goal setting

Vision of what it takes to succeed

Quality practice

Imagery

Imagery

Importance of working on weaknesses

Realistic performance evaluations

Coping under pressure

Coping under pressure

Game awareness

Social skills

Self-belief

Awareness

Physical Awareness: What is going on in your body (tensions, energy, etc.)

Mental Awareness: Thoughts

Mindset: Patterned way of thinking about a situation or circumstance that often influences our reaction to our ability to engage in that situation.

Emotional Awareness: Thoughts precede emotions however we typically see emotions show 1st – Emotional Management

Situational Awareness: What is going on around me

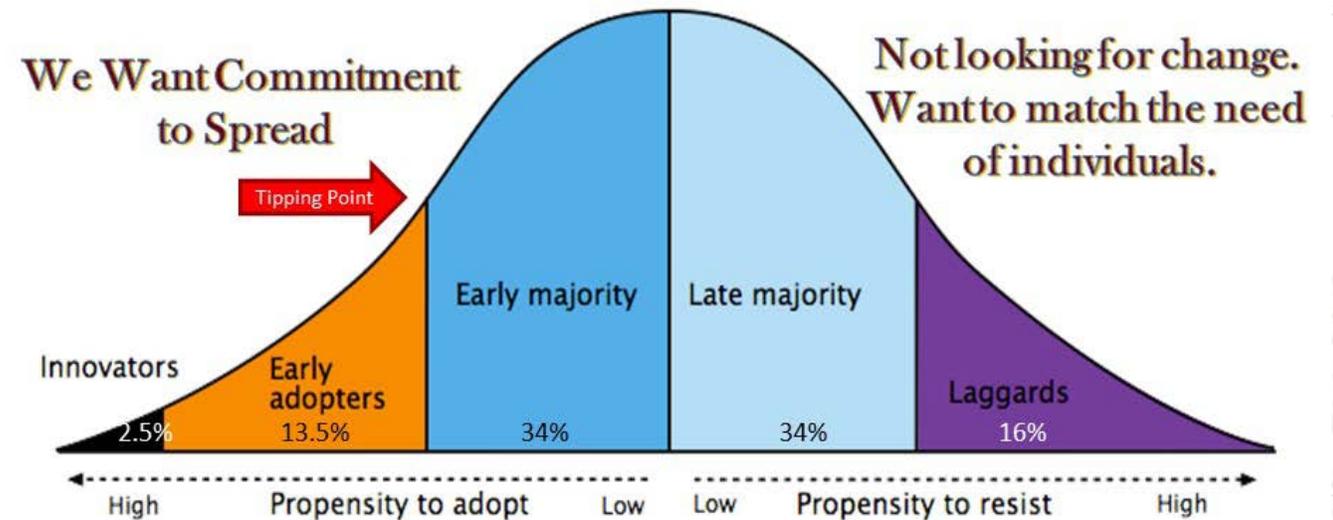
Develop a Fascination

Want to

Vs

Have to

Diffusion of Innovation



Diffusion scholars believe any population or social network can be broken down into five segments, for any given innovation.

$$E + R = O$$

Event + Response = Outcome

Event Sheets

Positive (Good Body Language) ^{40%} Effort Evident
 Forward
 Attitude Encourage Focus Teaches
 High Energy, Enthusiasm Electric Work ^{Early}
 Commitment Accountable

 Poor Body Language Criticism (why) Not Listening Late
 Sarcasm Argue Excuse Flame Pushing Distraction
 Complains Poor Communication Neg. Attitude
 Process Response-Play 2

Event	Above the Line Response	Below the Line Response
Bus Trip		
Travel		
Preparation		
Game		
Playing Time		
Huddles / Halftime		
Sideline / Box		
Parents		
Post Game Film		
Recovery		

Motivation

Intrinsic Drive – Why Do You Play the Game

Internal Motivation – What Motivates You Daily

Approach – What is your mindset before the session begins?

VALUES

- Great ATTITUDE
 - United ENTHUSIASM
 - Lavish ENERGY
 - Lasting EFFORT
- = SUCCESS



Name: _____

Field Hockey: 2

1. Why do you play the game?

2. What motivates you?

Legacy: A national champion who gave her all/110% every game, practice & lift. A motivational leader.

Teams Greater Purpose:

Motivation

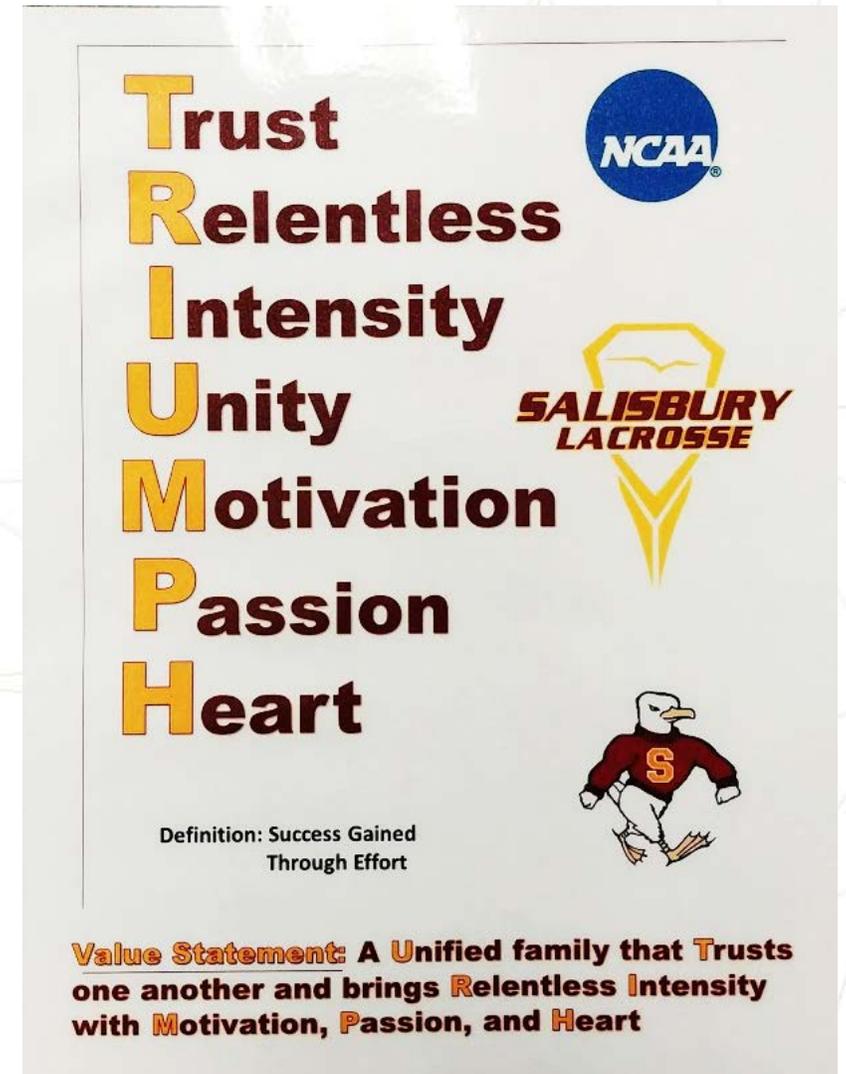
Vision: (The Long Term Plan)

To become a true CHAMPION

An athlete that embraces the process and passionately commits to becoming the best teammate and team daily.

Mission: (Daily Objective to Reach the Vision)

Enthusiastically generate a positive mindset extracting a level of effort that when compounded together creates unparalleled excellence.



The graphic features a vertical list of seven words: Trust, Relentless, Intensity, Unity, Motivation, Passion, and Heart. The words 'Trust', 'Unity', 'Motivation', and 'Heart' are in yellow, while 'Relentless', 'Intensity', and 'Passion' are in dark red. To the right of the text are three logos: the NCAA logo at the top, the Salisbury Lacrosse logo in the middle, and a cartoon duck mascot wearing a red jersey with a yellow 'S' at the bottom. Below the logos is the definition: 'Definition: Success Gained Through Effort'. At the bottom of the graphic is the value statement: 'Value Statement: A Unified family that Trusts one another and brings Relentless Intensity with Motivation, Passion, and Heart'.

Trust
Relentless
Intensity
Unity
Motivation
Passion
Heart

NCAA

SALISBURY
LACROSSE

Definition: Success Gained
Through Effort

Value Statement: A Unified family that Trusts one another and brings Relentless Intensity with Motivation, Passion, and Heart

Standards

Lifting:

- Follow Program
- Lift 4 Sessions per week
- 2 Other Lifts w/ Teammate
- Positive Mindset
- 35 team body contacts
- SU Gear

Conditioning:

- 4 times/week
- 1 extra w/ teammate

Nutrition:

- H2O Bottle
- Breakfast & Lunch Daily
- Eat w/ Boys 1x/week

Recovery:

- 8hrs sleep per night
- Lax Ballroll 2 x per week

Game:

- 5 x wk wall ball
- 4 x wk team shooting

Weekly Commitment Tracker

	Resistant	Reluctant	Existent	Compliant	Committed	Compelled	Obsessed
Monday							
Lifting							
Conditioning							
Nutrition							
Sleep/Rest/Rec							
Playing the Game							
Tuesday							
Conditioning							
Nutrition							
Sleep/Rest/Rec							
Playing the Game							
Wednesday							
Lifting							
Conditioning							
Nutrition							
Sleep/Rest/Rec							
Playing the Game							
Thursday							
Conditioning							
Nutrition							
Sleep/Rest/Rec							
Playing the Game							
Friday							
Lifting							
Conditioning							
Nutrition							
Sleep/Rest/Rec							
Playing the Game							

Name: _____

Date: _____

To Be Committed, We Must Meet Standard!

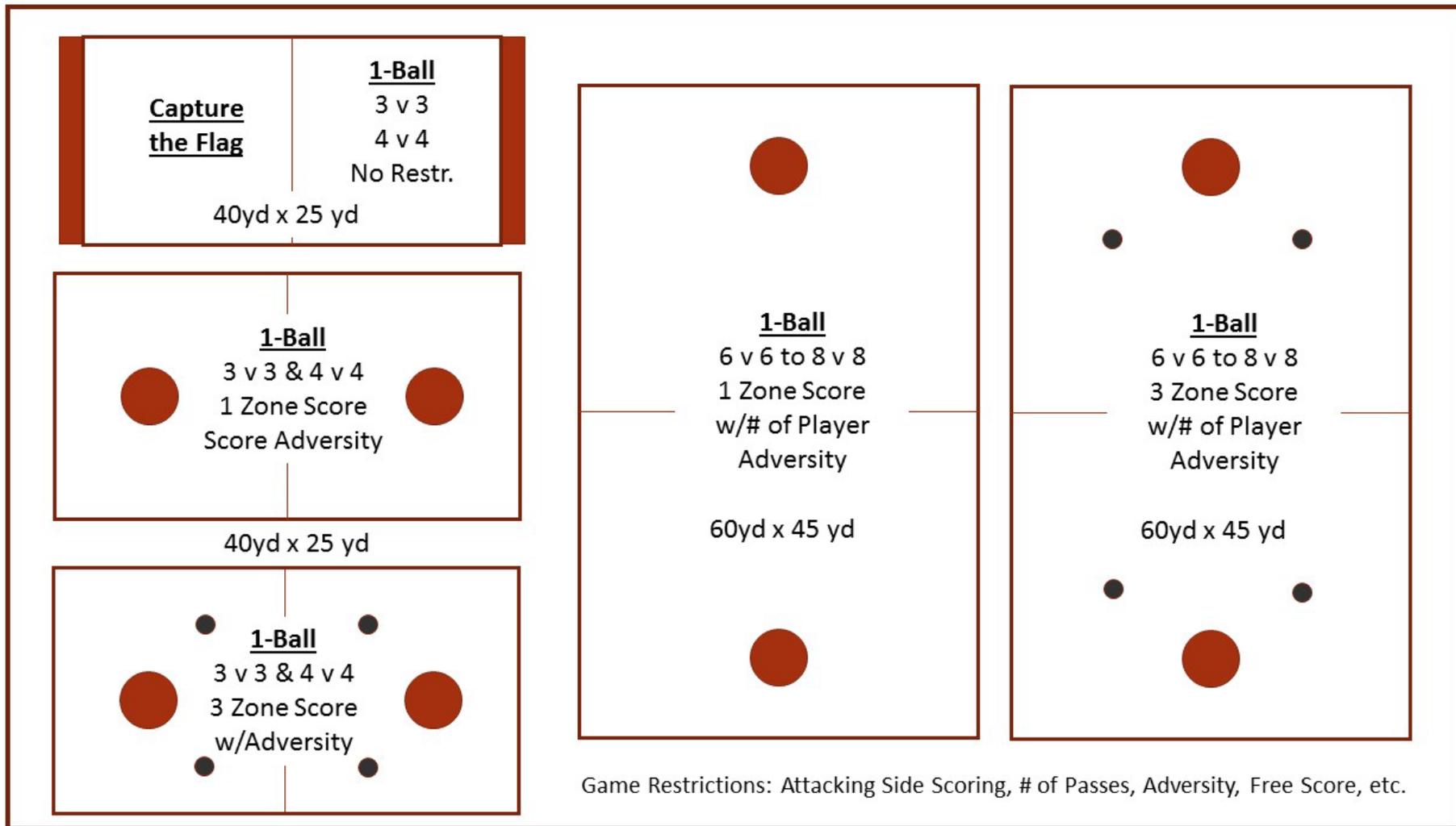
Commitment Goals:



Mental Preparation

Games Model

1. Technical
2. Game Insight
3. Communication
4. Lacrosse Fitness
5. Mental Prep
 - a. Mindset
 - b. Adversity
 - c. Pressure
 - d. Focus
 - e. Accountability



Physical Preparation

Games Model

Games Model

1. Technical
2. Game Insight
3. Communication
4. Lacrosse Fitness
5. Mental Prep
 - a. Mindset
 - b. Adversity
 - c. Pressure
 - d. Focus
 - e. Accountability

Table 2
Methodology for the main forms of endurance training for soccer and appropriate soccer drills

Training type	Appropriate training load							Soccer drill examples	
	Intensity			Duration					
	%HR	RPE	Lactate, mmol/L	Total work, min	Rep duration	Reps	Rest	Drill	Reference
Lactate threshold	80–90	Quite hard	3–6	30–60	6–30 min	1–8	<1 min rest	5 × 5	(7,18,19,25,28)
								6 × 6	(18,19,25)
								7 × 7	(6)
								8 × 8	(18,19,30)
Vo ₂ max	90–95	Stressful	6–12	12–35	3–6 min	4–8	0.5–1 rest ratio	3 × 3	(2,18,20,25)
								4 × 4	(14,18,19,28)
Anaerobic	>85	Maximal	>10	4–16	20 s to 3 min	2–4 sets of 4–8	1–4 rest ratio	2 × 2	(1,19,27)
								3 × 3 possess	(17)

%HR = percent heart rate; RPE = rating of perceived exertion; Reps = repetitions.

Training loads adapted from Bompa (5).

Physical Preparation

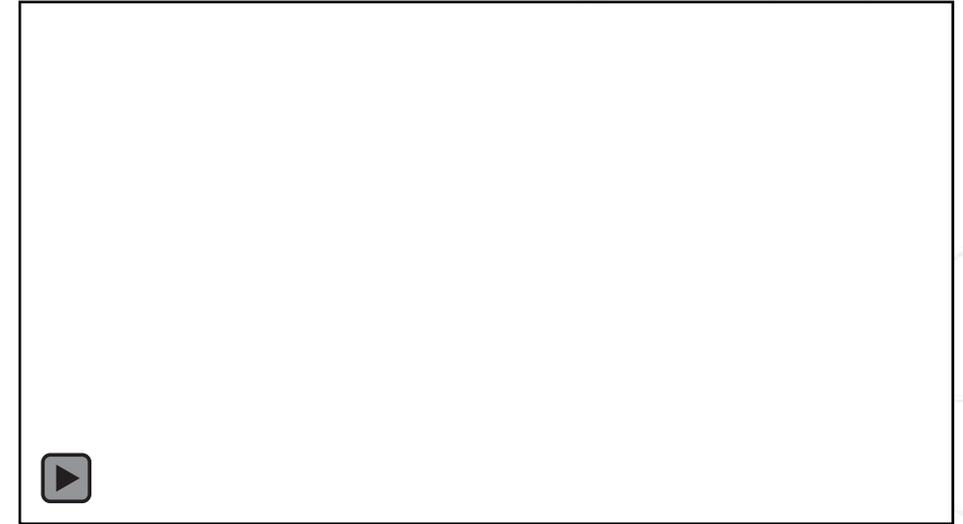
Games Model

Games Model

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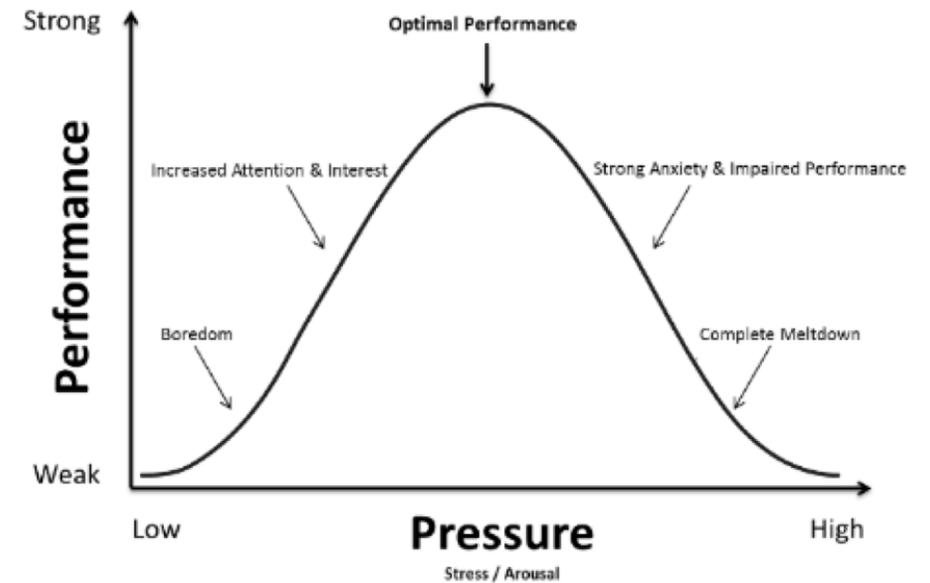
Soccer drill	Small	Medium	Large
3-a-side	12 × 20 m	15 × 25 m	18 × 30 m
4-a-side	16 × 24 m	20 × 30 m	24 × 36 m
5-a-side	20 × 28 m	25 × 35 m	30 × 42 m
6-a-side	24 × 32 m	30 × 40 m	36 × 48 m
1-a-side possession	5 × 10 m	10 × 15 m	15 × 20 m
2-a-side possession	10 × 15 m	15 × 20 m	20 × 25 m
3-a-side possession	15 × 20 m	20 × 25 m	25 × 30 m
4-a-side possession	20 × 25 m	25 × 30 m	30 × 35 m
5-a-side possession	25 × 30 m	30 × 35 m	35 × 40 m

Intensity Management



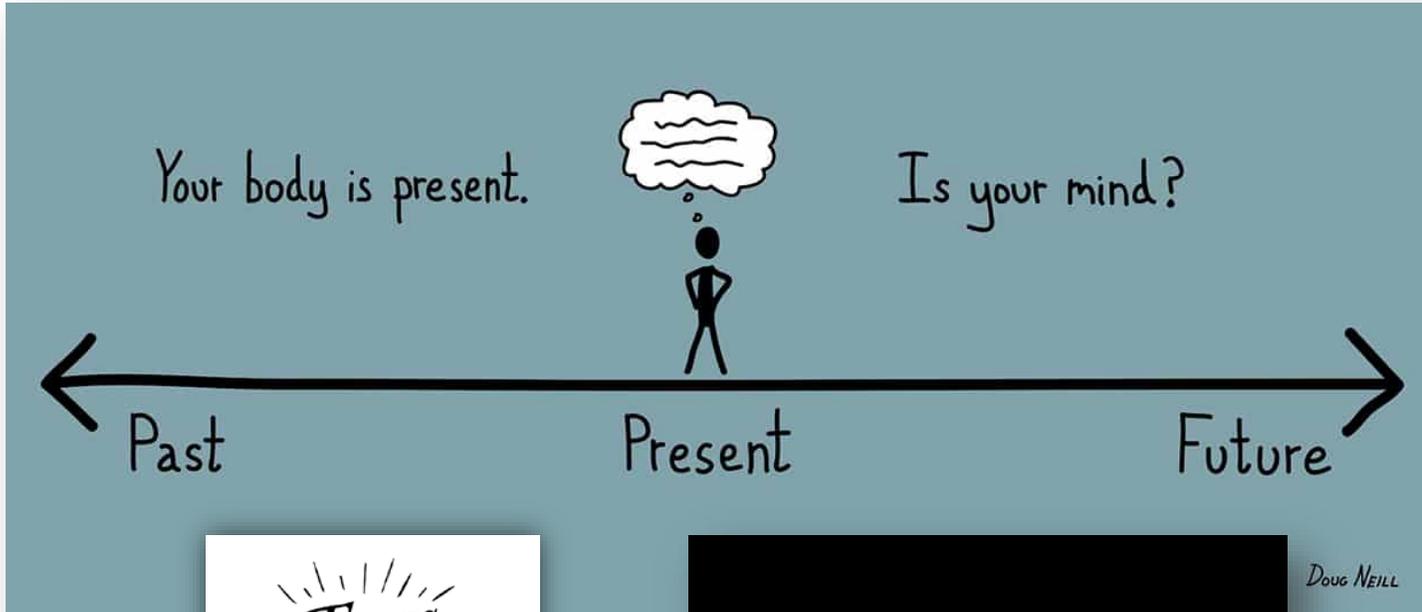
Arousal

What is Optimal?



Attentional Control

Present & Positive



Distraction Control



Emotional Management

NEGATIVE EMOTIONS

Anger
Frustration
Despair
Disgust
Fear



THE Cause ?

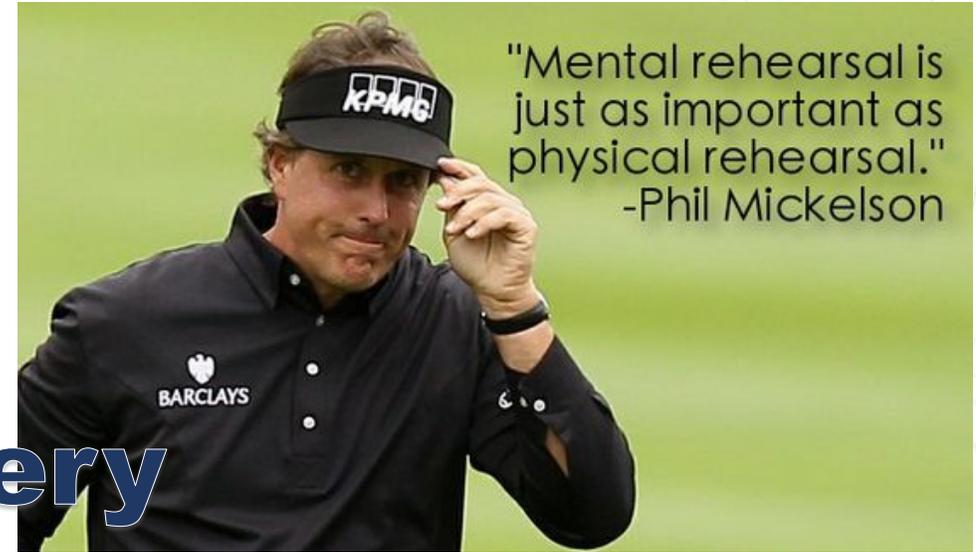
Mental Rehearsal

Impacts

1. Motor Control
2. Attention
3. Perception
4. Planning
5. Memory

Enhances

1. Motivation
2. Confidence
3. Self-Efficacy
4. Motor Performance
5. Flow



Imagery

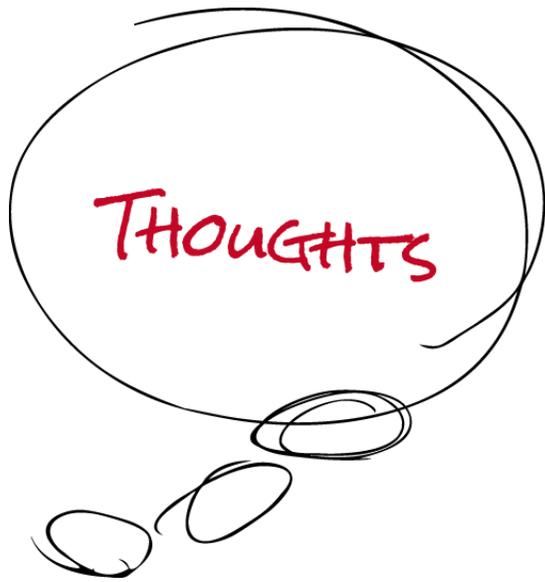
&

Visualization

Sight
Sound
Feel
Taste
Smell

Routines

- Enable athletes to be completely physically, technically, tactically, and mentally ready to perform their best.



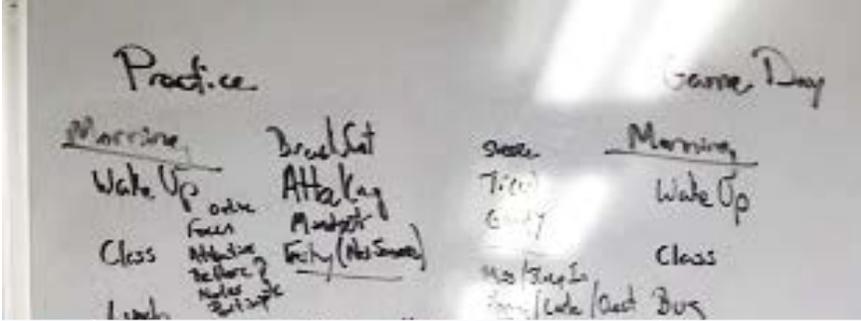
RESPONDING
VS
REACTING



$$E + R = O$$

Event + Response = Outcome

Event Sheets



Pre-Practice	Above the Line Response	Below the Line Response
Locker Room	Early – Focused – Prepared – Routine	Negative Attitude – Goofing Off – Late – Poor Mindset – Unenthusiastic
Court	Same	Same
Film	Focused – Attentive – Notes	No Focus – Sleeping – Phone
Practice	Above the Line Response	Below the Line Response
Court	Compete – Energy – Synergy – Communication – Push Others (M & Phy) – Listen	Lazy – Slow – Bad Teammate – Defensive
Film	Same as Pre-Practice	Same as Pre-Practice

4 RIP 3 by Brian Cain

4 R's = Routine, Recognize,
Release, Refocus

I = Imagery

3 P's = Present, Process,
Positive



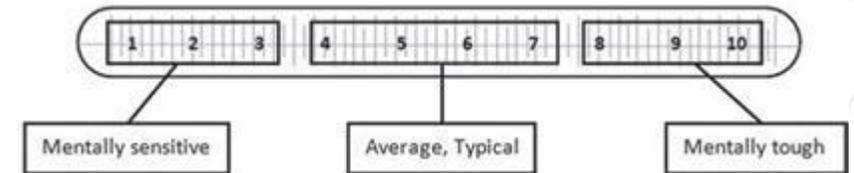
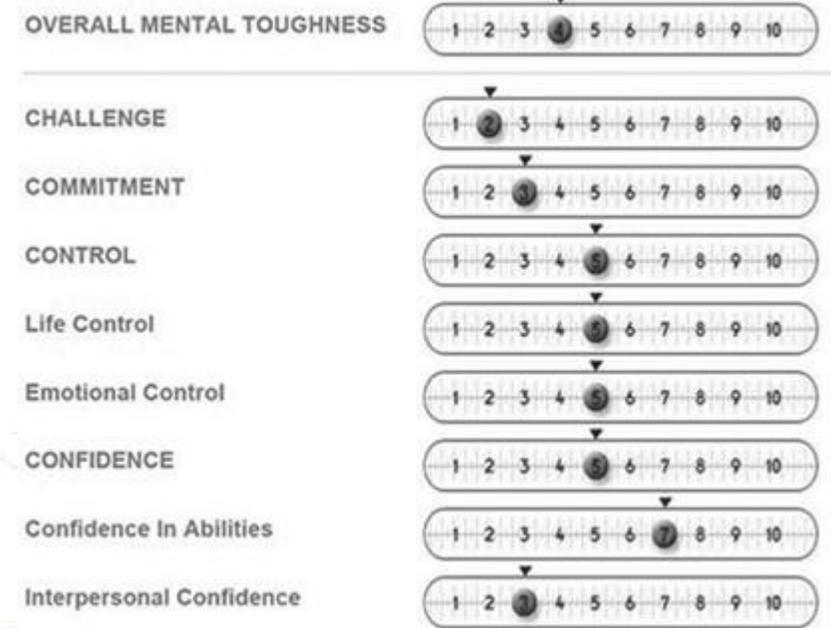
Assessment

12 Item GRIT Scale

Directions for taking the Grit Scale: Please respond to the following 12 items. Be honest – there are no right or wrong answers!

1. I have overcome setbacks to conquer an important challenge.
 - Very much like me
 - Mostly like me
 - Somewhat like me
 - Not much like me
 - Not like me at all
2. New ideas and projects sometimes distract me from previous ones.*
 - Very much like me
 - Mostly like me
 - Somewhat like me
 - Not much like me
 - Not like me at all
3. My interests change from year to year.*
 - Very much like me
 - Mostly like me
 - Somewhat like me
 - Not much like me
 - Not like me at all

MTQ48



MAKE IT INTENTIONAL

THANK YOU!

Questions?

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