



Growth Mindset & The Big 3 Psychological Needs

Top 5 Tips to Coaching Youth Tennis

- Guide the development of skills by asking open-ended questions (e.g., What about that stroke felt right? What about your day went well?)
- Mindset is a choice. Some days your athletes will be fixed, others they will have a growth and everywhere in between. That is OK!
- Athletic skills are built, not born. They require hard work, effort, and the embrace of challenges as an opportunity to grow. Help athletes build an awareness around when they perform their best and what that looks and feels like.
- As human beings, we all have 3 basic psychological needs which must be fulfilled for us to be mentally well and perform at our own unique highest level:
 - Competence (Feel capable of performing a task)
 - Autonomy (Feel we have a choice in our development)
 - Relatedness (Feel we are a part of a group)
- Rather than focus solely on skills and ability – FOCUS ON VISIBILITY! - Ensure you SEE all athletes and who they are

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