



Coaching Notes from Coaching Culture Episode 62: Improving Mental Health with Mental Toughness Coach Dr. Rob Bell

For more on Dr. Rob Bell go to <https://drrobbell.com/>

Mental Health= Mental Strength

Need to engage and discuss with athletes the stigma around mental health.

#1 Struggle- Handling Adversity

Stay Consistent in Mental Training

Intentional Activities

- What did we do well today?
- What did we learn in today's practice?
- How are we getting better as a team?
- Discuss: How will we respond in adversity?
- Before/ After Practice: Appreciate a teammate before and after every practice.

Do we value them as people, not just what they do?

Check in On Athletes Consistently

Struggles in Confidence

- Flank it!
- "It's not a confidence issue. You are focused on the wrong things, focus on different things."

Journals

- Essential to mental training!
- Teach them to coach themselves.

We only make change when we experience enough pain that the pain of not changing is greater than the pain to change.

Team What Went Well

- Debrief together 15 that went well!
- 2 Areas for Growth

Weekly reflection as a coaching staff and captains. What does my team need right now?

4 Different Areas

1. Motivation- What keeps us from being motivated?
2. Confidence
3. Focus
4. Growth Mindset- Can we let go of mistakes?

Activity

- Speaking into each other's struggle!

Performance Identity Trap- We need to feel safe to take risks and make mistakes!

Player triangles before and after practice to share and connect with each other, while also doing some mental training after practice.

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