



## TAKING CHARGE: Self-Confidence

Self-confidence involves believing that you can be successful in an activity. If you think you'll succeed, you have more confidence than if you're unsure about how well you'll do. You're more likely to participate in an activity if your self-confidence is high. An important component of physical literacy is moving with confidence in a variety of activities and environments (e.g., land, air, water, snow).

Tony rarely takes part in any physical activity. He went through an awkward stage in his pre-teen years and thinks that people laugh at the way he runs: "My arms and legs don't seem to work together when I run. I think I look foolish."

Mei, on the other hand, loves any kind of physical activity. Every day, she shoots baskets or rides her bike, and she is a member of multiple teams. Even though she excels in sport, she would like to socialize more, but she feels shy around strangers: "I can't think of anything witty or even halfway intelligent to say. When I try to talk, I get tongue-tied. It's easier for me to just avoid talking."



Tony and Mei both lack self-confidence but in two different situations. Tony wants to participate in physical activity, and Mei wants to socialize; but they both avoid situations in which they might get involved because they feel uncomfortable. Both need

to find a way to build their self-confidence so they can succeed in these situations.

### For Discussion

For different reasons, people like Tony may avoid trying new activities or may quit an activity prematurely. People like Mei who lack confidence in social situations may avoid them. What are some reasons that people lack self-confidence? How can they increase their self-confidence? What advice can you give Tony to get him to try new activities and stick with them? What advice can you give Mei to help her be more comfortable in social situations? Also consider the guidelines presented in the Self-Management feature when answering the discussion questions.



## SELF-MANAGEMENT: Skills for Building Self-Confidence

A recent study of teenagers found that one of the best indicators of who will be physically active is self-confidence. A person is self-confident if he or she thinks *I can do that* rather than *I don't think I can*. Some people are not very confident when it comes to physical activity because they think they are not very good at it or that others are better than they are. Does it surprise you to learn that self-confident people are not always the best performers and that some good performers lack self-confidence? In fact, research involving teenagers in schools shows that all students can find some type of activity in which they can be successful, regardless of physical ability. In addition, people who think they can succeed in activity are nearly twice as likely to be active as people who don't think they can succeed.

Building self-confidence is a self-management skill that you can learn. You may want to assess your self-confidence using the worksheet supplied by your teacher. Then, if necessary, you can use the following guidelines to improve your self-confidence.

- **Learn a new way of thinking.** One major reason some people lack self-confidence is that they think their own success depends on how they compare with others. Practicing a new way of thinking means setting your own standards of success rather than comparing yourself with others. These guidelines are designed to help you build self-confidence by developing a new way of thinking.

- **Set your own personal standards for success.** Assess yourself and set standards for success related to your own improvement. Comparing yourself with others is not necessary for your success, and it can contribute to low self-confidence.
- **Avoid competition if it causes you a problem.** Some people like to compete, but others don't. If competition makes you feel less confident in a physical activity, try to find noncompetitive activities (such as walking, jogging, and swimming) that allow you to feel good about yourself.
- **Set small goals that you're sure to reach.** Setting goals that are a bit

higher than your current level is a good idea, but don't set them too high. As you reach one small goal, you can set another. Reaching several small goals builds your self-confidence, whereas not reaching one unrealistic goal can make you less confident.

- **Think and act on positive—not negative—ideas.** When you're involved in a physical activity, think of how you can improve. Talk to yourself about what you did well and what you can practice to improve in the future. Avoid negative self-talk, such as berating yourself for what you didn't do well or referring to yourself in negative terms.



Setting a personal standard of success and getting reinforcement from others can help a person build self-confidence.



## TAKING ACTION: Target Heart Rate Workout

Cardiorespiratory endurance is important for living a long and healthy life. It's also essential for competing, participating in your favourite physical activities, and maintaining a healthy body weight. As you've learned in this chapter, you must do vigorous-intensity physical activity above your threshold of training and in your target zone to build cardiorespiratory endurance. Take action by doing vigorous-intensity activity that fulfills the FIT formula: at least three days each week (addressing "F" for frequency in the FIT formula), in your target heart rate zone (addressing "I" for intensity), and for at least 20 minutes each session (addressing "T" for time). Consider the following tips as you take action by performing a target heart rate workout.

- Determine your target heart rate by using either the percent of



heart rate reserve method or the percent of maximal heart rate method.

- Before choosing vigorous-intensity activities, consider your level of fitness.
- Before doing vigorous-intensity activity, perform a five-minute cardiorespiratory general warm-up.
  - Check your pulse rate or RPE periodically to make sure you're maintaining the intensity of your workout in your target heart rate zone.
  - After your vigorous-intensity workout, perform a cool-down.



Take action by doing a workout that elevates your heart rate into the target zone.



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## GET ACTIVE WITH CANADA SOCCER

### Who We Are

Canada Soccer is a national sport organization responsible for the development and promotion of soccer in Canada. Soccer combines the talents of an individual player with the strength of working together as a unit to achieve success. The cardiorespiratory conditioning required for soccer is virtually unmatched in other sports. Being able to support your teammates on a recovery run in the 90th minute could make the difference between victory and defeat. Most important are the lifestyle benefits of a healthy cardiovascular system that training for playing soccer provides to all participants whether recreational or high performance. Target heart rate workouts will give you an edge on the pitch and in life.

### What We Do

In association with our provincial member associations we provide leadership and direction on

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### Get Involved

Whether you're a fan looking for information on Canada's path to the FIFA World Cup, a potential referee looking to find information on training and registration, a youth player looking to discover the development pathway to strive for the next level, or a budding young coach looking for an opportunity to help develop the younger generation of stars, Canada Soccer can help you fulfill your soccer dreams. Visit [CanadaSoccer.com](http://CanadaSoccer.com).

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