



## The Footballers World

MIND. FUEL. POWER.

### Confidence-Building Exercises

**Scenario-Based Training** – Practice under pressure in safe environments, e.g. simulate penalty shootouts in training.

### Scenario-Based Learning Exercises

#### 1. **Pressure Penalty Simulation**

- *Setup:* Create a penalty shootout environment with teammates watching, adding time pressure (e.g., “90th minute, score to win”).
- *Goal:* Players practice managing nerves through breathing, visualisation, and positive self-talk before taking the shot.
- *Learning:* Builds composure and confidence under pressure.

#### 2. **Role Reversal Drill,**

- *Setup:* Assign players different on-pitch roles (e.g., defender plays striker).
- *Goal:* Encourage adaptability, communication, and problem-solving in an unfamiliar situation.
- *Learning:* Strengthens resilience and decision-making when things don't go as expected.

#### 3. **Conflict Resolution Scenario**

- *Setup:* Create a role-play where two teammates disagree (e.g., about passing vs. shooting).
- *Goal:* Players practice calm communication, active listening, and respectful resolution.
- *Learning:* Improves confidence in handling interpersonal challenges on and off the field.



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**Feedback Loops** – Swap feedback with teammates. This builds resilience, trust, and adaptability.

### Feedback Loop Exercises

#### 1. Peer-to-Peer Feedback Circles

- *Setup:* After a small-sided game, players form a circle. Each gives one piece of constructive feedback to the person on their right.
- *Goal:* Practice delivering and receiving feedback respectfully.
- *Learning:* Builds adaptability and helps players reframe feedback as a growth tool.

#### 2. Self-Reflection Journaling

- *Setup:* After training, players write down one strength they showed and one area to improve.
- *Goal:* Develop self-awareness and internal feedback.
- *Learning:* Encourages ownership of growth rather than waiting for external validation.

#### 3. Coach-to-Player Reframing Drill

- *Setup:* A coach gives feedback in a deliberately harsh tone. Players then restate the feedback in their own words, stripping away the delivery and focusing only on the message.
- *Goal:* Build resilience when facing tough coaching styles.
- *Learning:* Separates *how* feedback is given from *what* is useful.