

## TASK

Decide how to change the player's negative thoughts into positive ones

20 minutes to go and we are three-nil down, everything is falling apart, we'll never make it	
I don't know what to do	
I can't keep up with the ball, its moving too quickly for me	
I can't focus	
I won't score that goal	
I should have passed it earlier	

## PROGRESSION

Identify some negative thoughts experienced in other sports and life situations and change them into positive ones

Negative thought	Sport or life situation	Positive thought




Be honest, tell the truth'...  
Do you need some help?  
Look at slide 26 on The Football Academy  
PowerPoint to match the negative thoughts  
with the positive thoughts.



## EXTENSION

Write a letter to an SFC player identifying their possible negative self-talk and provide advice on how to overcome this. As an extra challenge, record your advice as a video or interview.



**Be honest, tell the truth'...**  
**Do you need some help?**  
Look at slide 28 on the PowerPoint  
with some sentence starters and  
key words that you could use in  
your letter