

Confidence

2-5 minutes | Grades K-8

Coach cue	Confidence grows when you notice what you can do and take one manageable step toward something harder.
Game scenario	You want to take the next shot, but you're afraid of missing in front of everyone.
Try it	Ask players to name a skill they can already do. Have each choose one small stretch, like trying the shot from a familiar spot.
Huddle question	What could a teammate say that would help you take that next step?

Player check-in

Read each question aloud. Have players vote A, B, or C.

1. Which choice helps build confidence when you're nervous to shoot?

- **A.** Wait until you know it will go in
- **B.** Tell everyone you never get nervous
- **C.** Try one shot from a spot you've practiced

2. Which teammate comment helps confidence grow?

- **A.** Only shoot if you promise to score.
- **B.** I saw you set your feet. I believe you can try again.
- **C.** There's nothing here to be nervous about.

3. You're nervous to try a new move. What's a first step?

- **A.** Try it slowly with a partner
- **B.** Wait until you feel completely ready
- **C.** Let someone else take every turn

4. A teammate says they can't do a drill yet. What could you say?

- **A.** You should already know it
- **B.** Just watch the rest of us
- **C.** Let's practice the first step together

Ask the team	Name one small next step and something you can already do.
At home	What's one thing you do now that used to make you nervous?

Coach answer key **1. C** **2. B** **3. A** **4. C**

One takeaway for our next practice _____