



FREE GUIDE

The 5 Things Parents Can Say

To Build Confidence on the Court

Coach Girls Stories

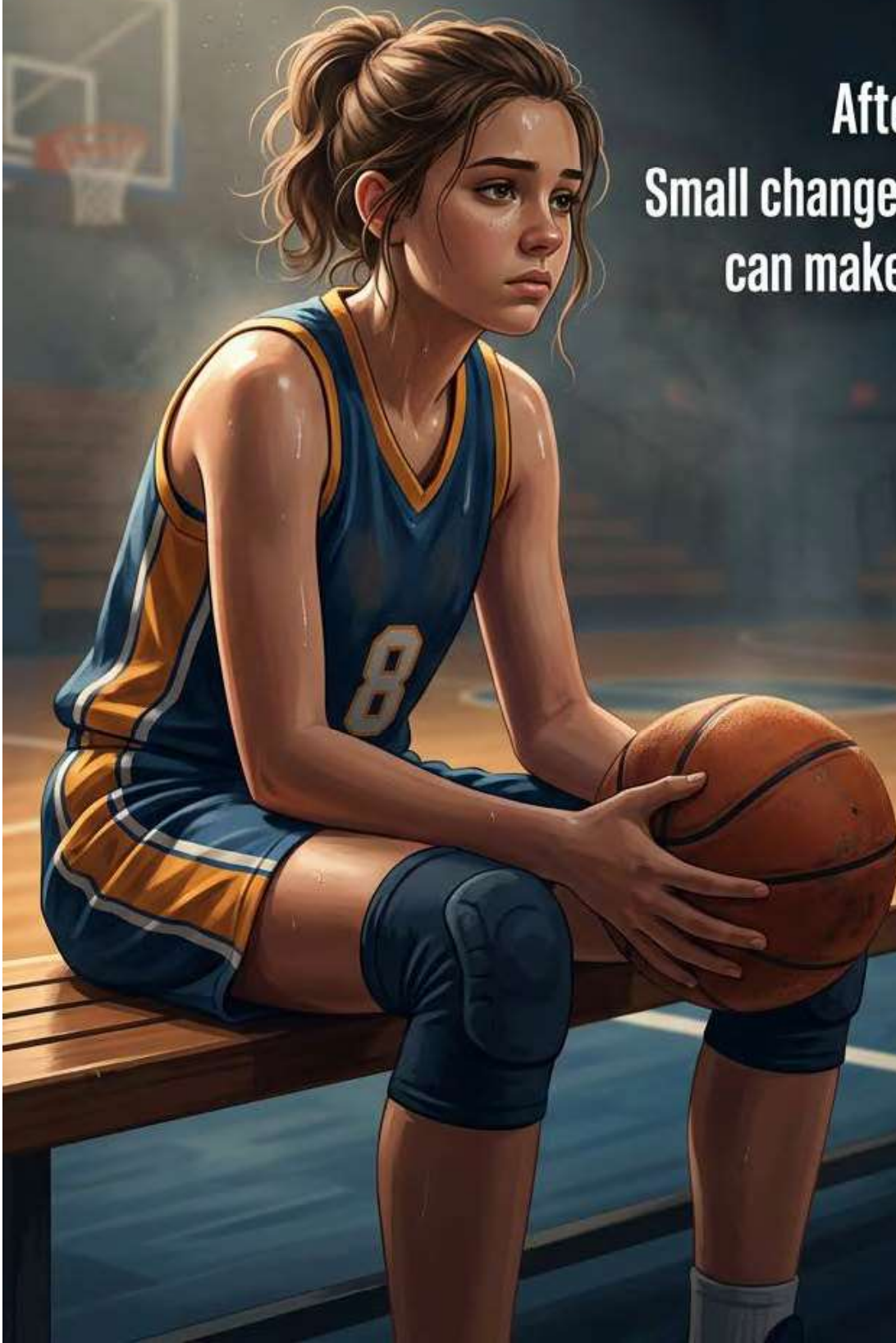
**Confidence isn't lost in the game
It's lost in the moments around it**

The car ride home

After a mistake

After a missed shot

**Small changes in what we say
can make a big difference**



The Shift

Confidence doesn't
come from results

It comes from what
players focus on

Most focus on

**Mistakes
Misses**

Confident players
focus on

**Decisions
Effort**





1 After a Miss

Instead of focusing on the miss

Try this

I love that you took the shot

Build trust in the decision

not fear of the result



2 After a Mistake

Instead of jumping in
with correction

Try this

What did you see there?

Build awareness
not fear



3



When They Hesitate

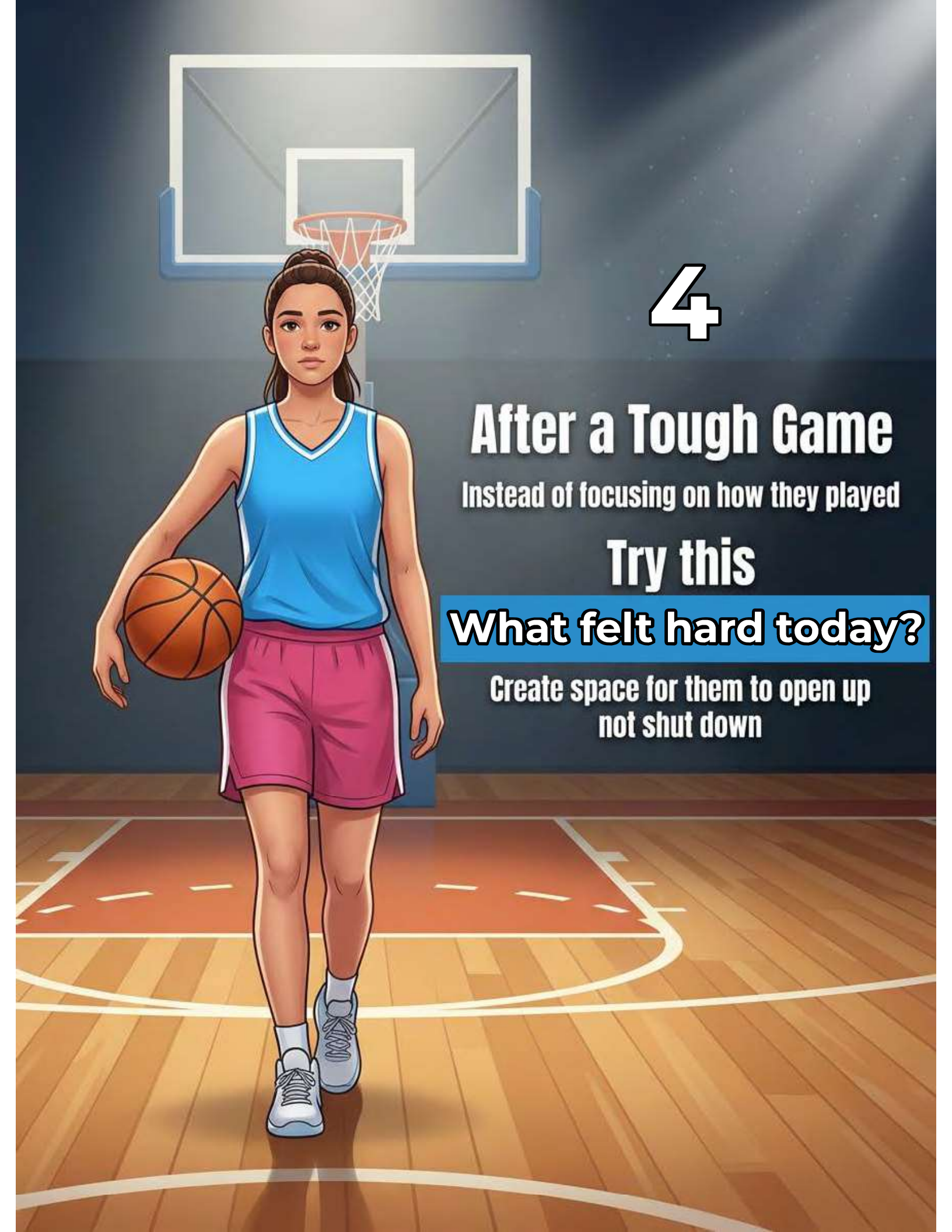
**Instead of
telling them
to be more
aggressive**

Try this

**Next time
you see that**

go

**Give them
something
clear, not
something
vague**



4

After a Tough Game

Instead of focusing on how they played

Try this

What felt hard today?

Create space for them to open up
not shut down



5

POST GAME

Start with

I loved watching you play

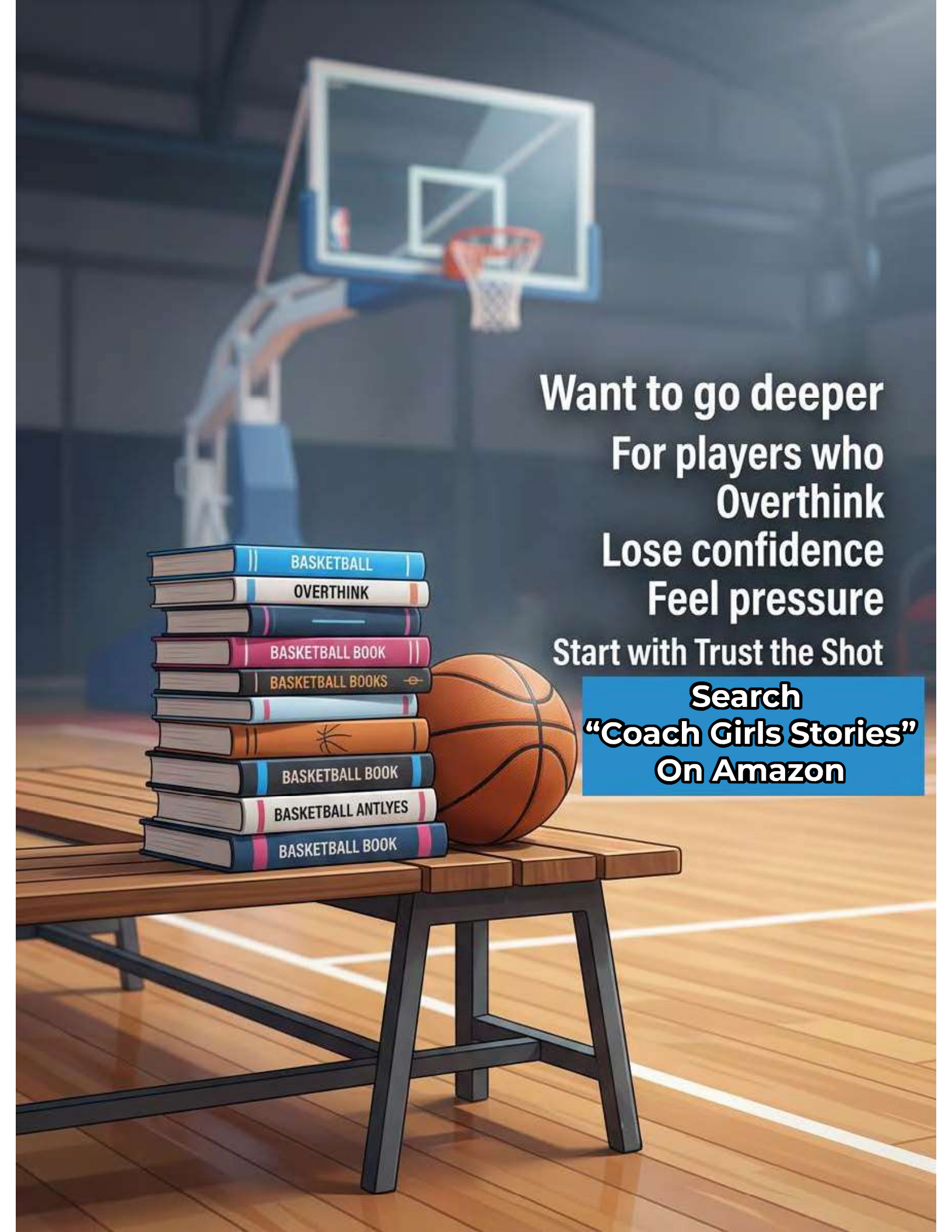
Separate identity
from performance



**This is how
confidence is built**

Not through pressure
Not through correction

**Through clarity
and belief**



Want to go deeper
For players who
Overthink
Lose confidence
Feel pressure
Start with Trust the Shot

Search
"Coach Girls Stories"
On Amazon