

MOTIVATION

Think 2 Win Performance
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Motivation is the foundation of all athletic effort and accomplishment. Without desire and determination to improve your sports performances, all of the other mental factors, confidence, intensity, focus, and emotions, are meaningless. To become the best athlete you can be, you must be motivated to do what it takes to maximize your ability and achieve your goals.

Motivation will impact everything that influences your sports performance: physical conditioning, technical and tactical

training, mental preparation, and general lifestyle

**YOU JUST CAN'T BEAT THE PERSON
WHO NEVER GIVES UP.**

including sleep, diet, school or work, and relationships.

Signs of Low Motivation

- A lack of desire to practice as much as you should.
- Less than 100% effort in training.
- Skipping or shortening training.
- Effort that is inconsistent with your goals

TYPES OF MOTIVATION

Intrinsic Motivation

Intrinsically motivated athletes participate in sport for internal reasons, particularly pure enjoyment and satisfaction, and intrinsically motivated athletes typically concentrate on skill improvement and growth.

- Better task-relevant focus
- Fewer changes (ups and downs) in motivation
- Less distraction
- Less stress when mistakes are made
- Increased confidence and self-efficacy
- Greater satisfaction

Extrinsic Motivation

Athletes who are extrinsically motivated participate in sports for external reasons, such as material rewards. Such rewards are central to competitive sports; athletes receive publicity, awards, and money, among other things. Extrinsic rewards, when used correctly, can be beneficial to athletes. However, athletes in highly competitive levels of sport may experience decreases in their intrinsic motivation because of the increasing use of extrinsic rewards offered by the team, media, coaches, and parents.

Extrinsic motivation may also come from social sources, such as not wanting to disappoint, or material rewards, such as trophies and scholarships. Extrinsically motivated athletes tend to focus on the competitive or performance outcome.

- **Extrinsic Motivation is Based on:**
 - External rewards
 - Avoiding punishment or guilt
 - Attention
 - The feeling of "Should" do something
- **Extrinsic Motivation Can Make Athletes Become:**
 - Less interested in training and improving performance
 - Anxious
 - Difficulty coping with failure
 - Less Confident

KEY POINTS



Intrinsic Motivation

Intrinsically motivated athletes participate in sport for internal reasons and typically concentrate on skill improvement and growth.



Extrinsic Motivation

Athletes who are extrinsically motivated participate in sports for external reasons, such as material rewards.



Generate Control

Through control of your behaviour you will develop intrinsic motivation that can be aided by extrinsic rewards.



Create Motivational Cues

Use cues such as pictures, quotes and music to illicit a positive emotional response. Use this response to maintain and increase motivation.

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Extrinsic Rewards: Weakening or Strengthening Intrinsic Motivation

Extrinsic rewards may weaken or strengthen the intrinsic motivation of athletes.

Under the following situations, it is likely that extrinsic rewards will weaken intrinsic motivation:

1. The extrinsic reward controls the behaviours of the athlete (e.g., I'm playing to keep my scholarship, or to keep my pay check).
2. The extrinsic reward provides negative information about the athlete's ability. (e.g., there is only one reward and I didn't get it)
3. The extrinsic reward is not directly connected to a specific behaviour or performance level
4. The extrinsic reward is given for a behaviour that is already intrinsically rewarding.

Extrinsic rewards can also be used to maintain or strengthen intrinsic motivation. If a reward is viewed as informing athletes about their ability in a positive manner, then the rewards will likely foster internal satisfaction and intrinsic motivation.

TIPS TO INCREASE MOTIVATION

What Can You Do To Maintain Or Increase Intrinsic Motivation?

Generating control of your own behaviour even with the presence of extrinsic rewards.

SET GOALS... There are few things more rewarding and motivating than setting a goal, putting effort toward the goal, and achieving the goal. The sense of accomplishment and validation of the effort makes you feel good and motivates you to strive higher. It's valuable to establish clear goals of what you want to accomplish in your sport and how you will achieve those goals. Seeing that your hard work leads to progress and results should motivate you further to realize your goals.

HAVE A TRAINING PARTNER... It's difficult to be highly motivated all of the time on your own. There are going to be some days when you just don't feel like getting out there. Also, no matter how hard you push yourself, you will work that much harder if you have someone pushing you. You can work together to accomplish your goals. The chances are on any given day that one of you will be motivated. Even if you're not very psyched to practice on a particular day, you will still put in the time and effort because your partner is counting on you.

FOCUS ON YOUR GREATEST COMPETITOR... Another way to keep yourself motivated is to focus on your greatest competitor. Identify who your biggest competition is and focus on being better than them.

MOTIVATIONAL CUES... A big part of staying motivated involves generating positive emotions associated with your efforts and achieving your goals. A way to keep those feelings is with motivational cues such as inspirational phrases, photographs and music. If you come across a quote, a picture, or a song that moves you, place it where you can see it regularly, or listening to it with ease. Look or listen periodically and allow yourself to experience the emotions it creates in you. These reminders and the emotions associated with them will inspire and motivate you to continue to work hard toward your goals.

DAILY QUESTIONS... Every day, you should ask yourself two questions. When you get up in the morning, ask, "What can I do today to become the best athlete I can be?" and before you go to sleep, ask, "Did I do everything possible today to become the best athlete I can be?" These two questions will remind you daily of what your goals are and will challenge you to be motivated to become your best.