

Developing A Stable Level of Confidence

Soccer at any level is a game of **confidence**. When you have it, you're unstoppable. When **confidence** sinks, you don't perform up to your capabilities. But **confidence** for many soccer players is too fragile or fleeting in our opinion.

Too many soccer players allow their **confidence** to go up or down rapidly based upon immediate results and circumstances during competition. These soccer players have an unstable level of **confidence**, which will slow you down on the field.

When these players perform well, they feel **confident** about their skills. When they perform poorly (or not up to expectations), their **confidence** can dip quickly.

At [Soccer Psychology](#) by [Peak Performance Sports](#), we receive emails from soccer players and parents often about how their **confidence** is shattered after just one bad game, missed penalty kick, or poor performance. When you allow your **confidence** to slump after one or two mistakes, your **confidence** will constantly be changing.

We would argue that fragile **self-confidence** or letting results or circumstances influence your level of **confidence** in the present moment **IS NOT true confidence**.

Real **self-confidence** is stable, long-term, and lasting, even under **adversity** or poor results. Your **self-confidence** should be based on years and months of soccer training, practice and competition.

We know that **confidence** varies for soccer players and that losing **confidence** at times can happen, such as after an injury. When you have **momentum**, you ride a massive wave of **confidence** and can feel superior to the opposition. However, when you struggle to play up to expectations, you can lose some **confidence**.

The key is to create a stable level of confidence that does not fluctuate based on your performance in the last game. Stay **focused** on your next game or practice and draw from all of your years of experience, not just yesterday, to feel **confident**.

3 Strategies to Develop Stable Confidence

1. Use mistakes or mishaps as an opportunity to improve your game instead of being self-critical of your performance, which hurts your soccer **confidence**. When you are overly self-critical of your performance, you cripple your own **confidence**.
2. Always look for opportunities to turn around your performance in a game when not performing well or when down in a game. Just one goal or great play can spark your game and give you the opening to harness **momentum**.
3. We tell our soccer players not to look too far in the past. Don't **focus** on what is in the past that you cannot change. **Refocus** as fast as you can on the next play, practice, or game. **Focus** on doing better in the future without being critical of your game.