

"Confidence is only born of one thing-demonstrated ability. It is not born of anything else. You can't dream up confidence. You can't fabricate it. You have to accomplish before it is genuine."

Bill Parcells (Coach of the New England Patriots)

What is CONFIDENCE and how does a player get it?

Confidence is when you are absolutely sure you can do anything!!

CONFIDENCE

comes from KNOWLEDGE

CONFIDENCE

comes from PREPARATION

CONFIDENCE

comes from PRACTICE