

# Why Is Focus Important in Youth Sport?



Focus is an essential skill for young athletes in sports. It can be the deciding factor between success and failure, both on and off the field. Cultivating focus can help young athletes develop mental toughness, discipline, and resilience, which are crucial for achieving their goals and overcoming obstacles.

Distractions are a common challenge in sports that can negatively impact an athlete's performance. However, when young athletes learn to focus, they can tune out distractions, stay present, and maintain a clear vision of their goals. This skill also benefits young athletes in other aspects of their lives, such as developing better study habits, time management skills, and prioritization abilities.

Moreover, focus can be a compelling and emotive force in youth sports, providing athletes with a sense of joy, fulfillment, and purpose. This sense of purpose can drive young athletes to work harder, persevere through setbacks, and ultimately achieve their dreams.

In conclusion, focus is a critical component of youth sports as it unlocks an athlete's full potential both on and off the field. Developing focus enables young athletes to acquire mental skills and emotional resilience, essential for succeeding in sports and life.



# Three Practical Ways to Develop Focus in Youth Athletes

## Set clear goals

When young athletes set specific and achievable goals, they gain clarity about what they want to achieve. This clarity provides a target for focus and can inspire them to work harder. Encourage them to dream big and believe in their abilities, and then help them break down their goals into smaller, more manageable steps. When they see progress towards their goals, they gain a sense of achievement.

Visualization techniques are powerful tools that can help young athletes develop mental toughness and focus. Encourage them to visualize themselves performing well in their sport, overcoming obstacles, and achieving their goals. When they visualize success, they develop a mindset of positivity and resilience that can help them overcome setbacks and stay focused during competition.

## Use visualization techniques

## Practice mindfulness

Mindfulness is a way to be fully present in the moment and cultivate a sense of calm and focus. Encourage young athletes to practice mindfulness by paying attention to their breathing and being aware of their thoughts and emotions. When they practice mindfulness, they can let go of distractions and focus on the task at hand. This practice helps them build mental resilience and develop the ability to stay focused, even in the face of adversity.

# How a CMPC Can Help

A Certified Mental Performance Consultant® (CMPC) can play a significant role in helping youth sport athletes develop focus by implementing the following strategies.



## Goal setting

A CMPC can help young athletes set specific and achievable goals. They can work with athletes to break down their goals into smaller steps and help them stay motivated by celebrating small successes along the way. Additionally, a CMPC can help athletes prioritize their goals and develop a plan for achieving them.

## Visualization techniques

A CMPC can teach young athletes visualization techniques and guide them through the process. They can help athletes create a detailed mental image of themselves performing well and overcoming challenges. Additionally, a CMPC can work with athletes to create personalized visualizations that suit their needs and develop a practice plan to maximize results.

## Mindfulness

A CMPC can teach young athletes mindfulness techniques and help them incorporate mindfulness into their daily routine. They can guide athletes through breathing exercises and teach them how to be present in the moment without judgment. Additionally, a CMPC can help athletes develop a mindful mindset and teach them how to use mindfulness to improve focus and mental toughness.

Overall, a CMPC can provide young athletes with personalized and practical mental skills training that can help them develop focus and achieve their goals in sports and life. By working with a CMPC, young athletes can gain a deeper understanding of their strengths, weaknesses, and mental blocks, and learn how to overcome them to achieve their full potential.