Motivation

Motivation is an aspect of Sports Psychology

Definition: A force, stimulus, or influence: INCENTIVE or DRIVE

Motivation is part of Maslow’s Heirarchy of Needs.
- We first have the motivation to meet our Basic Needs such as food, oxygen and safety.
- Next we have the motivation to meet our Psychological needs. This is the need to belong and have feeling of accomplishment.
- Finally also have the motivation to achieve our full potential including the activities that we do.

There are 2 types of Motivation:
- Extrinsic and Intrinsic
  - Extrinsic- There is an External force. It’s the “carrot and stick” theory. This is where we focus on Performance goals.
  - Intrinsic- There is an Internal force. It’s the “renewable resource” theory. Here we focus on Learning Goals.

Positive Aspects of Motivation
- Helps players believe in themselves
- Encourages everyone to do their best
- Helps players set short term and long term goals
- Get players to work hard
- Aim for a goal or goals

Negative Aspects of Motivation
- Yelling
• Use of put-downs
• Violence
• Saying something negative
• Tying to get your players to fight through the pain/injuries

-Analyze the movies

Go over the W.S. with the “20 Motivational Tips on Building a Commitment to Excellence”

W.S. with Quotes from some famous Coaches.