

Do Not Stress Over Your Competition

By: Stan Popovich

Many handball athletes sometimes get anxious when they play against a tough opponent. They get nervous on who they are competing with and they get so worked up that they lose focus on playing their sport. In the end, they make mistakes and end up beating themselves up if they do not win. As a result, here is a list of techniques that a handball player can use to help manage the stress of playing against the competition.

The first step is to learn as much as you can on your opponent. Although this may seem obvious, some athletes may think they already know what they need to know. Remember there is always something to learn about your competition. Read the reports about your opponent and watch him or her performance. Try to figure out an angle on how you can beat your competition. The more you know about your competition the better your chances are you will win. This will also help to reduce your worries in the future.

Do not assume anything about your competition whether they are stronger or weaker than you. Every athlete has his good and bad times and just because you may be facing a stronger opponent does not mean that you will lose. Remember that you and your opponent both have an equal chance of winning. You are both starting from scratch. This should help you to give you confidence going into your next event.

Focus on how you can best strive for perfection in your own event instead of worrying about your opponent. For instance, you are going against the number one athlete in the tournament and you are nervous. Instead of focusing on how good your competition is, focus on your performance. Concentrate on how you can perform your event and how you can best improve on your problem areas.

Realize that you can't win all of the time and that also includes your competition. You may be the best athlete in the world, however you will still sometimes lose. No one can win all of the time. When facing a tough competitor, use this fact to your advantage. Even the best athletes will make some mistakes.

It is not uncommon to get nervous when you go against a better opponent. All you can do is to focus on your skill sets and do the best you can. This will help you in the long run.

BIOGRAPHY

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods" - an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com>