

COACHES CORNER

WEEK 5 SUMMARY

Magellan Mentality

WEEK 5 Core Message

Resilience is leadership in motion.

Your players don't just need better skills, they need better responses. The way they think, move, and react under pressure defines their development.

KEY COACHING POINTS

1. Self-Talk → Performance

- Negative thoughts create hesitation
- Train simple cues: **“Next play”** / **“Reset”**
- Focus players on the *next action*

2. Body Language Matters

- Head down = doubt
- Strong posture = readiness
- Coach the behavior:
“Show me strong body language”

3. Emotional Regulation

- Players lose control when pressure rises
- Teach quick reset:
 - Breathe
 - Reset body
 - Re-engage

4. Handling Mistakes

- Mistakes are normal
- The issue = poor response after

Key cue: “Win the next action”

5. Leadership = Behavior

- Communication in tough moments
- Positive response after mistakes
- Energy that lifts teammates

What you reward becomes your culture

PRACTICAL TOOLS

Pre Training (5 min)

- Breathe
- Focus cue
- Body language check
- Set intention

Halftime Reset

- Calm → Clarity → Confidence → Challenge

FINAL THOUGHT

Your team rises to their mentality—not your tactics.

