

# **LAX GOALIE**

# **BOUNCE BACK STRONGER**

# **WORKBOOK**



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# UNDERSTANDING FAILURE

## Definition of failure:

- A lack of success
- Could be allowing goals, missed clears, or perceived mistakes

## Mistakes are inevitable!

- Consider the high speed of the game
- Shot attempts on goal

Even the best of the best make mistakes!  
Let's start to normalize it!



# EMOTIONAL RESPONSES TO FAILURE

Failure/making mistakes leads to increased **VULNERABILITY**

- Shame
- Disappointment
- Sadness
- Worry
- Anger
- Embarrassment



# SELF-REFLECTION

3 GOOD THING HAPPENED TODAY

**WHAT ARE SOME  
LESSONS I'VE LEARNED  
FROM MISTAKES?**

**HOW DO I NORMALLY  
RESPOND TO  
MISTAKES/FAILURE?**



3 GOOD THINGS HAPPENED TODAY

# THE PSYCHOLOGY OF FAILURE

- **Developing Resilience**
  - ***Growth Mindset*** vs. ***Fixed Mindset***
  - How does your mindset affect your ability to bounce back after a tough moment?



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3 GOOD THINGS HAPPENED TODAY

# GROWTH MINDSET VS. FIXED MINDSET

Growth Mindset	Fixed Mindset
Failure is an opportunity to grow	Failure is my limit
My effort & attitude determines my ability	I'm either good at it or not
Challenges help me grow	My abilities don't change
Feedback is constructive	I don't like being challenged
I am inspired by the success of others	Feedback is personal

# SELF-REFLECTION QUESTION

3 GOOD THINGS HAPPENED TODAY

**HOW DOES MY MINDSET IMPACT MY ABILITY TO BOUNCE BACK AFTER A TOUGH MOMENT?**



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# LEARNING OPPORTUNITIES IN FAILURE

What can you control in the moment?

Body positioning,  
focus on  
fundamentals

What is out of your control?

Defensive  
breakdowns,  
skilled shooters





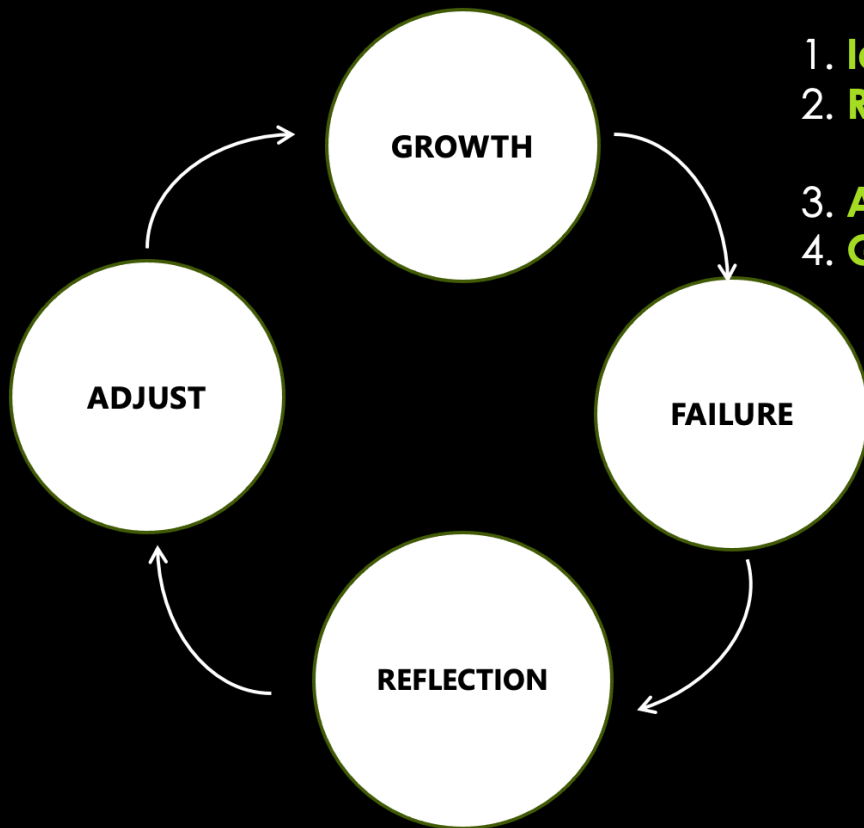
# MY LEVEL OF CONTROL

**THINGS I HAVE  
CONTROL OVER**

**THINGS I HAVE  
NO CONTROL OVER**



# REFRAMING FAILURE AS FEEDBACK



1. **Identify**: What went wrong?
2. **Reflect**: Analyze constructively, not emotionally
3. **Adjust**: Focus on small, action steps
4. **Grow**: Implement changes & proceed



# BUILDING RESILIENCE

Resilience is an athlete's ability to withstand the pressures & adversity they face in the moment while being able to maintain performance

# RESILIENCE STRATEGIES

## 3, 2, 1 Reset Routine:

- Shake it off physically (e.g., tap the goal post)
- Take a deep breath to refocus
- Visualize making the next save

## Focus on the Process:

- Break performance into controllable elements (e.g., tracking the ball, foot positioning, communication)

## Analyze Without Criticizing:

- Post-game reflection on what went well and what to improve



# SELF-REFLECTION QUESTION

3 GOOD THINGS HAPPENED TODAY

**THE RESILIENCE STRATEGY I WILL TRY IS...  
I WILL IMPLEMENT IT WHEN...**



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# STRATEGIES TO REFOCUS

**Power Phrases**

**Breathwork Exercises**

**Physical Anchors**

**Visualization**

**3-Second Rule**



# POSITIVE SELF-TALK

## Identify negative self-talk

- "I'm terrible" after a missed save

## Replace with performance-focused statements

- "I'll focus on watching the ball better next time"

## Goalie specific affirmations

- "I'm prepared for this shot."
- "My team trusts me to lead."
- "Next save is mine."



# NEGATIVE VS. POSITIVE SELF-TALK

Scenario	Negative Self-Talk	Positive Self-Talk
<b>Goal Allowed</b>	"I can't believe I let that in."	"Shake it off. Focus on the next save."
<b>Facing a Skilled Shooter</b>	"They're too good; I don't stand a chance."	"I've saved tough shots before; I can do it."
<b>Game Starts Poorly</b>	"I'm already off my game."	"Reset. There's plenty of time to improve."
<b>Made a Positioning Error</b>	"I always mess up like this."	"Learn from it. Stay sharp next time."
<b>Team Defense Breaks Down</b>	"It's not fair that I have no help."	"I'll do my part to lead and communicate."
<b>Trailing Late in the Game</b>	"We're going to lose anyway."	"One save can turn this around."
<b>Getting Criticized by Coaches</b>	"They think I'm terrible."	"They're helping me improve my game."





# REFRAMING SELF-TALK

## NEGATIVE SELF-TALK


## POSITIVE SELF-TALK




# TEAM CULTURE & SUPPORT

- Goalies are **strong leaders** of the team
  - Open communication with teammates & coaches
  - Encouraging teammates after defensive breakdowns
  - Calling out defensive strategies in a positive tone
- Ways to build trust & rapport:
  - Positive body language (even during tough times)
  - Putting forth consistent effort
  - Setting the example

# SELF-REFLECTION QUESTIONS

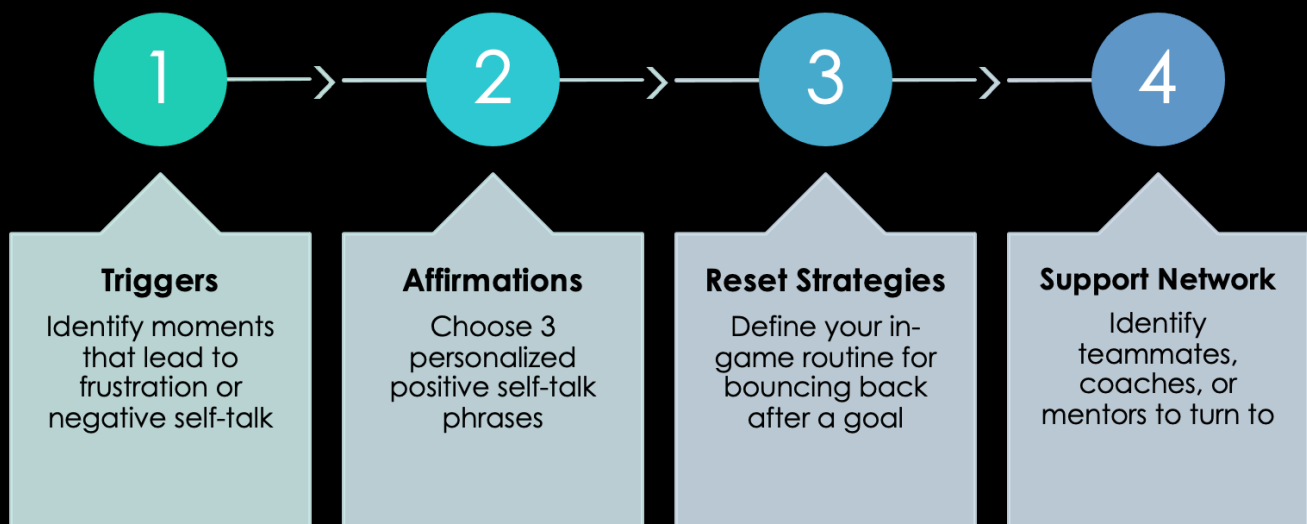
3 GOOD THINGS HAPPENED TODAY

**HOW AM I A LEADER ON MY TEAM?  
WHAT WAYS CAN I BUILD TRUST & RAPPORT  
WITH MY TEAMMATES?**



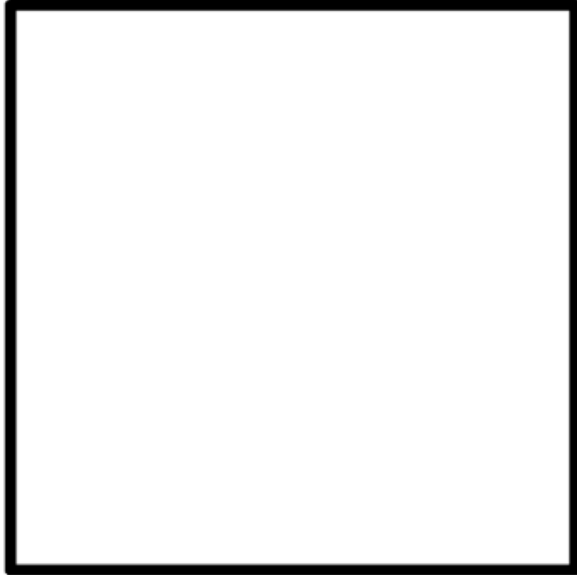
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# CREATING A RESILIENCE PLAN

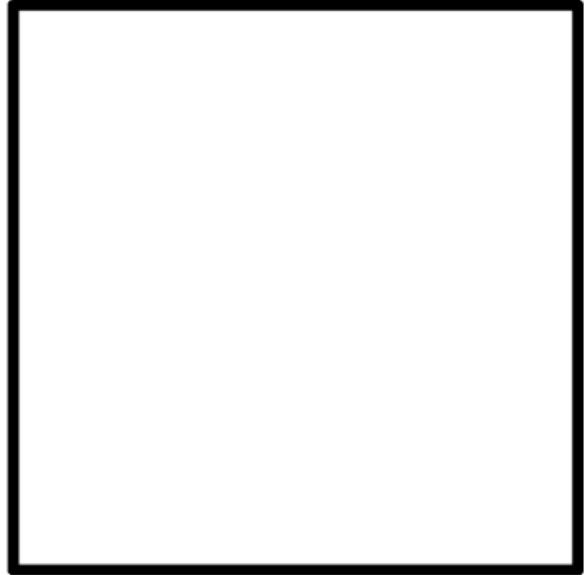


# MY RESILIENCE PLAN

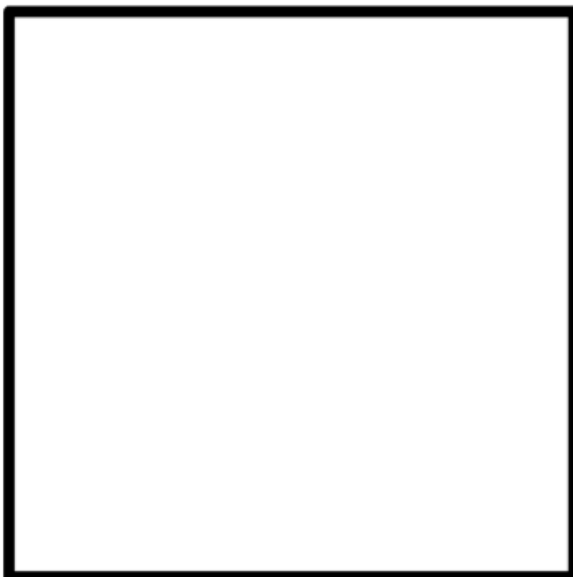
WHAT ARE MY TRIGGERS?



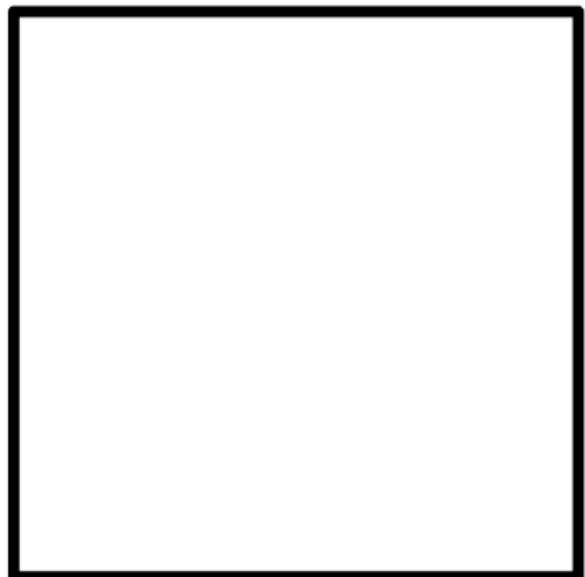
WHAT ARE MY AFFIRMATIONS?



WHAT'S MY ROUTINE FOR BOUNCING BACK?

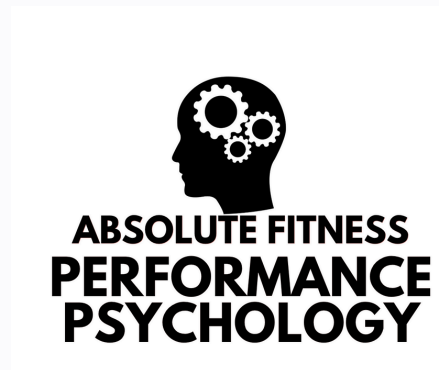


WHO MAKES UP MY SUPPORT NETWORK?



**READY TO TAKE YOUR  
MINDSET TO THE NEXT LEVEL?**

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PERFORMANCE PSYCHOLOGY SESSIONS  
ARE AVAILABLE WITH DR. BULLARD**



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- Former Collegiate Field Hockey Athlete (Ursinus College)
- Member of the NCAA Mental Health Advisory Board
- President NCAA Faculty Athletics Representative Association
- Associate Professor at Rowan University
- Research focus to enhance collegiate student-athlete mental health and to improve mindfulness within injury rehabilitation
- Morgan's Message At-Large Ambassador
- Invited speaker for The Hidden Opponent
- Invited speaker for SiriusXM Mental Health Radio
- Has provided over 4000 hours of individual and team sport psychology sessions for youth athletes, high school athletes, college athletes and endurance athletes



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