

Contingency Plans

Create back-up plans to support successful performances!

Directions: As you go through this worksheet, you will create a contingency, or back-up plan to assist you when faced with adversity. The goal is to think of adversity as an event happening with you, not to you. These moments of adversity and our response to the has the potential to completely change the outcome of a competition. Adversity can come in many forms, such as: inclement weather, field conditions, forgotten clothing or other item, nerves, anxiety, self-doubt, opponents, fans, etc.

What is your sport? _____

What is your plan for success?

What adversities may you face in your upcoming competition?

What is your plan to deal with each of the different adverse situations?

Having a plan to deal with adversity will help athletes to **respond, not react**. This means that when adversity hits, athletes will not have to put effort into that moment to make a decision, they will **already have a plan and just have to initiate it**. This helps to **lower stress and anxiety** around the unknown and allows athletes to **control their controllables**.



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Coach Sheet

The Why: This worksheet is to help athletes navigate through contingency planning. Contingency plans have the ability to help athletes prepare for the unexpected. Preparing for the unexpected allows athletes to respond to adversity, rather than react to it. When responding, the following actions are typically a little more thought out to assist in the activity, whereas reacting is an automatic answer that typically has future implications that will work against the athlete. Coming up with a back-up game plan for when individuals or teams are faced with adverse situations allows athletes to methodically respond to them and come out ahead, or at a minimum, more positively than if they relied on reactions alone.

Learning how to properly plan for adversity will not only assist athletes in the weight room, but will allow athletes to effectively modify their performances and competitions to promote success. These strategies can also be applied to events outside of sport, such as academics, personal, and professional aspirations. As a strength & conditioning coach, we know that our work and relationships with athletes helps them to become a better, more rounded individual. Teaching this skill will help them to be successful and strive for greatness throughout every aspect of their lives.

The How: This is best accomplished using the worksheet or a blank sheet of paper (back of program). The benefit in using the paper and having athletes physically write it down, is that they will remember it better and have something to physically modify as they progress. Since we don't wish for adversity, practicing back-up plans or responses to adverse situations is more difficult to accomplish. Leading athletes through contingency planning has the ability to help them control their anxiety and nerves when going into competition.

1: Consider the sport and the demands

2: Consider the plan for success

3: Consider possible adverse situations that may arise before or during competition/performance

- inclement weather
- poor field conditions
- forgotten clothing or other item
- nerves/anxiety
- self-doubt
- opponents/fans

4: Create a plan to deal with each adverse situation to be ready in the event something happens

The Prompt: No prompt for this sheet. This skill and routine will take some time for athletes to practice and incorporate into their competitions and preparation. Start small, asking their plans before coming to a lift if they didn't have time for lunch, before practice if they've forgotten an important piece of equipment. Have them practice writing contingency plans and modifying them in the weight room and then talk about how they can benefit their sport and other performances. This will be a long-duration skill that will always be evolving, keep having conversations with athletes!