

# Developing Mental Toughness In A Positive Way

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# What Is Mental Toughness?

- \* The ability to work through adversity without ‘cracking’ or ‘folding’ under the pressure and still being able to perform at an optimal level!
- \* “Fighters First”. Your athletes will never maximize their athletic potential without loving to compete and scrap!
- \* I grew up in a different era with different motivational techniques. I am fortunate to have been a wrestler and wrestling coach.
- \* Harry Houska 9<sup>th</sup> grade football coach story.

# How to Develop Mental Toughness In Your Athletes In a Positive Way

- \* Give your athletes challenges every day!
- \* Expect nothing but “great effort” and excellence in all they do.
- \* Give them “manageable portions” of challenges.
- \* Expect their best but give out compliments like candy! Read: “How To Win Friends and Influence People”
- \* Have your athletes “master the tough things” so as to build confidence to work through all adversities!
- \* Use humor to help develop toughness-Mike Newman rope climbing story!

# Density Training

- \* Getting athletes to “Live In The Moment” and give their best effort on every repetition!
- \* Mandating manageable portions of challenges and adversities.
- \* Providing adequate rest between sets in order to come back to perform at a high level but not too much rest so as not to lose focus.