Dealing with Frustration-The Mental Side

Delice Coffey
Basketball Psychology Articles

Frustration is a very hard emotion to deal with no matter what part of life it is in. Whether it is in basketball, relationships, or your job; frustration can cause lots of mental and behavioral changes. These changes and emotions must be dealt with in an appropriate and mature manner in order to be success in basketball and in life. One way to effectively deal with frustration is through mental game coaching.

It is easy to become frustrated when a teammate is not getting the ball to you when you are wide open for a shot or you feel like you are out there on your own in the mental game of basketball, frustration can easily arise in this arena. Basketball psychology is something that is very real and can be very helpful. When frustration arises on the basketball court, mentally a player can create chaos among the team or even pick up personal fouls for taking his frustration out on a player of the other team.

The mental game of basketball is extremely important. Player's have to be coached to be in synch and when they are out of sorts in their game, they need to know how to mentally handle that situation without creating havoc.

This is where sport psychology for basketball comes into play. If a player is having a continual hard time controlling the mental part of the game and their basketball mental toughness is not strong, then the need to focus on basketball psychology is important. If the coach is trained to handle this type of problem then they can talk to the player(s) and help them learn to be more mentally tough; handling their frustration.

To deal with frustration on the basketball court a player needs to learn to let plays go. If a play falls apart or the player is wide open for a shot and his teammate doesn't see him then he/she needs to learn how to let that play or possession go and move on to the next play of the game. It's about letting go. Players have to learn how to be mentally tough enough to let go of a blown play and move on quickly to the next play.

Additionally, if a player's frustration is building he/she needs to be taken out of the game until they can regain their composure. Mentally and emotionally, if a player is unable to let go of a blown play or possession and move on to the next play then his/her frustrations will build up and cause more problems. This is when regaining composure quickly and being mental toughness counts.

Over time through sports psychology for basketball players can learn better how to handle their frustrations on the court and not let them interfere with their game and the team's cohesiveness.

Match the following definitions with the Word:

Behavioral changes	Great destruction or devastation
Success	To deal with
Foul	Change the manner of behaving
Handle	The idea of being able to push past failures
Havoc	The favorable resulto f something attempted
Mentally tough	Contrary to the rules

Say True or false

1. You learn how to deal with frustration only if you are an adult. True False
2. Only a doctor can help managing anger and frustration. True False
3. A coach can be trained to help players to handle frustration. True False
4. To help a player regain composture it's important to take him Out of the game for a while. True False