



Soccer Stressors and Responses

Key Stressor

Emotionally Intelligent Response

CHANGE

The life of a soccer player is one of almost constant change. Instead of feeling alarm, players must convert change into a new challenge and respond in a positive manner

FEAR

Players should understand that fear is a survival mechanism common to all people. Fear of failure helps prevent complacency. Players must learn to manage it constructively, providing the energy to meet the challenge of performance.

DISTRACTIONS

The bigger the game, the bigger the side show. Players must manage this assault on their emotions and have the mental strength to get past distractions. They should strive to build a reputation of being able to play well anywhere, anytime and in any conditions.

GUILT

Mistakes in soccer are usually followed by a surge of guilt and energy that players often use negatively, making one mistake into two. Players have to acknowledge that they will make mistakes in the game. They must accept each mistake as it happens, learn to let go of the guilt, and recover a positive attitude.

ANGER

Anger is a part of players' arousal mechanism in preparing to compete. Players can use the mobilized energy positively for assertive and expression play, or they can use it negatively and lose control. We ask BSC players to be like boxers
ANGRY BUT NEVER LOSING THEIR TEMPER.

“Fire in the belly, ice in the head”

LIVE THE GAME!

