



## The COMPLETE Player

Mental and emotional readiness is need along with the physical skills

### The Demands of Soccer:

- Requires both endurance and explosive energy
- Has ever changing patterns of play; a continual unfolding of problems
- Is aggressive and intimidating
- Can be injury threatening
- May be decided in one defining moment for or against
- Makes enormous demands on concentration and responsibility
- Has clear winners and losers
- Is instantly evaluated and judged upon

### The Complete Player – Mental Skills

- Highly motivated and welcomes challenge
- Strong self-concept;
- Great confidence in all situations; positive self-talker
- Can change negatives into positives. This is key to championship teams. The U.S. women have an “in” list and an “out’ list. Things they want to think about; things they don’t want to think about.
- Can handle the “dips” and recover from mistakes
- Has mental toughness; can be trusted to stay disciplined. Approaches every game as it is a battle. This is an excellent habit.
- Constantly self-references and adapts; a learning player. The key to building character is for players to take ownership of their pluses and minuses and then be able to take ownership of their own progress.
- Brave enough to want the ball – and make things happen even when the team is losing
- Copes with criticism – fair or unfair
- Clever enough to care of your body. Can find time to relax and recover in equal amounts
- Has the games – playing and social intelligence to be part of the team performance. Understands the need for social cohesion within the team

- Never loses the enjoyment and fun part of playing soccer. When all other incentives are considered, love of the game still remains the key to player commitment.

*Soccer player are ordinary people with ordinary problem who are extraordinary for an entire GAME.*

### **The Complete Player – Social Management**

- Emotion and execution go hand and hand – for players and coaches
- Must teach emotional aspects of performance:
  - Preparation for emotional surges – no surprises
  - Self-Control – thoughts controlling feelings/mental toughness
  - Energy control – stay in the high, positive zone
- Insulate players from distractions; maintain focus
- Communications/counseling is important in allowing personal feelings to be raised and discussed
- Reaction to errors key; never make one mistake into two
- Teach players to stay in the now, avoid quilt of the past or the hopes of the future

### **Relationships**

- Good relationships are based on:
  - Regular communication
  - Openness
  - Trust – must share feeling's
  - A good slice of humor
  - Transition skills

### **Physical Readiness – (Look good, feel good, play good)**

- No doubts about fitness, strength, energy
- No lifestyle problems – diet, rest recovery

*The harder we prepare, the harder it is to surrender*

### **Personal Responsibility**

- Personal and team goals to be achieved
- Good work ethic and prepare well
- Courage to face the challenge; break out of the “comfort zone”
- Commitment – “excellence is a choice”
- Willingness to keep learning
- Coping skills; deal with change, pressure, criticism
- Resilience; can change negatives into positives
- Accountability; accepts ownership of the outcome

*“The greatest quality of the greatest player is humility”*

### **Game Significance**

- The psychology of results
  - Last 3 games – W-W-W – confidence (potential for complacency)
  - Last 3 games – L – L – L – anxiety (potential to choke)

- Similar experiences are a key factor
- Beating the environment – familiarization and routine
- Leader in the locker room/field
- Embrace and enjoy the challenge – NO FEAR
- Good habits, consistency of performance – “*1<sup>st</sup> you make your habits, then your habits make you*”
- Focus on the process, not the outcome