

# Team Talk: Player Performance



## What factors into Player Performance?

Player performance depends on factors such as sleep, nutrition, hard-work, skill, talent, and most importantly mentality.

Mentality depends on many things... first we will talk about the mindset you create YOURSELF. An open mindset v a closed mindset. Open Mindset players believe that everything is happening for a reason and ultimately, they will get better at the end of it. These players “trust the process”, care, and train at max intensity. Closed mindset players believe that everything is against them and easily throw in the towel. They easily make up excuses to why they shouldn’t work hard and why they shouldn’t even care or try. Other factors that affect mentality are things going on in our personal lives such as school/work/home/relationships/etc.,

**#1:** As players we need to stop being so quick to speak negatively about others because you don’t know what’s going on in their life off the field.

How do we deal with opinions and comments of others? We all have ups and downs in life and no matter what-people will always have opinions/comments about you either positively or negatively. What matters the most is how YOU come out and whether you prove to YOURSELF that these opinions/comments are true or not. Example: “Henry doesn’t defend, and everyone knows that. Henry has two choices: 1. Accept that he doesn’t defend or 2. Work harder on his defensive side.”

**#2:** Athletes NEED Discipline. You need your body to be at the best state as possible to perform your best. You’ll be exposed to vapes, late nights, drugs, bad eating habits such as always drinking soda or always having desert every night after dinner. Many of these things are temporary satisfactions that you can maybe get away with once but ultimately it will add up and show physically, mentally, and even on the field. Example: “A starter is now getting out worked in his position by another player and later on the Coach is notified that he hasn’t been sleeping enough since season started.”

**#3:** Talent is NEVER enough to be a successful athlete... and even to have a career in any field. We see this through many talented players not playing anymore. These players either lost their passion or didn’t want to put in the hard-work necessary to maintain that level of talent. Talented players often find themselves in a place that their character can’t keep them there. Stay humble and stay working hard. Example: One-season wonders

**#4:** Soccer is NOT your identity. When challenges come it's tough to handle. Maybe now you're on the bench, not playing anymore/ have limited playing time, or dealing with injuries. All these bring emotions that are difficult to manage. Players will start to make up things in their mind and say that the coach doesn't like them. Then they seek temporary satisfaction and distractions instead of hard work. You are more than just a player. Identity isn't in what we do. You don't have to be mad, sad, etc., You're already enough and you're blessed to be playing and that's what God sees inside you. Example: "Luke had a bad game and was benched the rest of the match. Instead of going to his usual post-game dinner spot with his family, he isolates himself and sits in disappointment feeling like he's not enough & failed the team. Luke now has the following options: 1. Accept what happened can happen to any player and go back to working hard or 2. Continue to be disappointed and start skipping training for video games."

**#5:** Submit yourself to authority. Players that do not respect authority figures end up not having a team or being wanted on a team. The way we submit to authority is the way we submit to the Lord. Respect, listen, and understand authority figures like Parents, Teachers, Coaches, other elders.

**#6:** Success is not given, and talent doesn't equal success. Just because God desires success doesn't mean what is for you won't pass you by. The enemy can easily come in and disrupt destiny. You have to be sharp on all aspects of being a human being.

**#7:** The way you do something is the way you do everything. Focus on yourself. YOU are responsible to cultivate your talent/gift and to maximize your potential. What a man sows, he shall reap. If you're lazy then you will be a lazy player and have bad outcomes. If you are always 110% in training, then you will always be 110% in matches and have good outcomes. "So, whether you eat or drink or whatever you do, do it all for the glory of God." -1 Corinthians 10:31

Challenge #1 Now YOU have the power to be slow to judge. If you see someone going through something whether it's on or off the field, you can pray with them or for them privately or even say something positive and uplifting.

Challenge #2 Now YOU have the power to be a better person/athlete on and off the field. Focus on your mentality, discipline, hard work, authority figures, handle ups and downs correctly, and do everything at 110%.

Our goal is to create God Honoring young men and ultimately prepare them for Life Beyond Soccer. "Train up a child in the way he should go and when he is old, he will not depart from it." Proverbs 22:6