

The Four “C’s” of Sport

Concentration: It’s the ability to focus on the task at hand without being distracted by irrelevant stimuli. The better we can do this, the better we can perform.

Confidence: The more comfortable we are with our skills and our ability to call on them as needed, the more confident we are. The more confidence we have the more likely we will be able to play our game successfully.

Competitive Urge: The competitive urge is a valuable trait that helps us grow and improve in skills and strategy. It’s the desire to better ourselves as we go head-to-head with the clock, an opponent or yesterday’s training.

Capacity For Enjoyment: perhaps most important of all, this should be every athlete’s goal as he works out or competes. When the activity is fun, we’re bound to do better, and the better we do, the more we enjoy it. Soccer should not be drudgery – we should always try and make it a positive part of our lives.