

How to Develop Effort:

One simple way to improve effort is to develop a habit of giving your best in all you do every time you step onto a soccer field or Futsal court. All habits start with a cue and then there’s a routine followed by a reward. They cue may be “*stepping onto the field*” and the routine is that you *give 100% effort in every drill or activity*. Imagine the reward of knowing that you gave your very best for the entire practice of game. At the end of each practice or game reflect back and rate yourself on the amount of effort you gave.

Another important factor in being able to give total effort is eating properly and getting the right amount of sleep. To give maximum effort you need a lot of willpower. Both effort and willpower rely on glucose in the bloodstream to supply the brain and muscles with the needed source of energy. When your glucose is low or depleted then willpower and effort will definitely suffer. To have the energy you need:

- Make sure to eat healthy foods and eat a good snack before workouts and matches.
- Get the proper amount of sleep which is at least 8 hours.
- Drink plenty of water and stay away from sugary soda.

Make a commitment to give 100% in all you do, whether it’s on the soccer field, the classroom or at home.

Corresponding Behaviors That Lead to Developing Effort

Positive Character Strength	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Overall Score
Effort								
1. Understands that skills are developed through effort.								
2. Loves the challenge of learning something new.								
3. Gives 100% mental and physical energy to all activities or goals.								

4. Views set-backs or failure as a learning experience and uses the feedback to get better.									
---	--	--	--	--	--	--	--	--	--

SCALE

1 = Very much unlike me

2 = Unlike me

3 = Somewhat like me

4 = Like me

5 = Very much like me

Self Reflection - (Look back at the week)

How did it go?

What went well?

Where can you use feedback to get better?