

## Commitment

Commitment is your word that you are *all* in. Not most of you or even 95% of you – but all 100% of you is in! Commitment is a choice you make. The dictionary defines commitment as a promise or a pledge to bind or obligate. In soccer commitment is your personal promise to give your very best on **every play**.

### Understanding Commitment:

Commitment is more than just showing up; it's being totally into your work, ready to compete and perform at your highest level. According to ESPN analyst Jay Bilas, with commitment comes responsibility...the responsibility to play hard on every play. You may not always be the most talented player on the court, but there is no reason why any player should ever outwork you (Bilas, 2013).

It's about being relentless in your pursuit of the ball or your willingness to make the long and hard overlapping run knowing you still have to get back on defense. Commitment is a form of mental toughness. You're going to have days when you don't feel good or when you are tired. On those days, it's just as important to give 100% in everything you do.

### Connection to Soccer:

Commitment in soccer is extremely important on two levels. At the most basic level commitment is a very personal thing. It's a question every great athlete must ask him or herself. Am I committed to becoming a great soccer player? If the answer is yes, then the hard work begins.

It takes real commitment to:

- Train everyday with complete focus and effort.
- Push through the pain to train your body to be able to give 100% in *every practice* and *every game*.
- Be mentally ready, even when you are tired.
- Make it to every practice.

At a deeper level, commitment is not about you at all, it's about your teammates. The military is a fine example of self-sacrifice and commitment. Every soldier serves selflessly; putting the mission first. The military has a philosophy which is adapt and overcome. No matter what the situation, a soldier is expected to use all available resources to adapt to the situation, work the problem, and overcome any obstacles to complete the mission (Bilas, 2013). That's making a true commitment to the team. How good could your soccer team be if you had the same philosophy – *to use all available resources to adapt and overcome the opponent?*

## How to Develop Commitment:

The following things will help you strengthen your commitment to becoming a great player. Make the decision to:

1. Commit 100% to doing all that you can do to become a great soccer player – all in!
2. Commit fully to the team’s goals - to the mission.
3. Commit to giving 100% effort on every play.
4. Commit to getting every 50 – 50 ball.
5. Commit to reflection and self-regulation.

## Corresponding Behaviors That Lead to Developing Commitment

Positive Character Strength	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Overall Score
<b>Commitment</b>								
1. I show commitment by being present and ready in all practices and games (all in!)								
2. I show commitment by putting the team’s goals first and being unselfish in my play.								

Rate yourself every day for both of the behaviors for Commitment. 5 means you did really well and a 1 means that you just need to work harder on that behavior. Rate yourself with the most appropriate number.

### SCALE

- 1 = Very much unlike me
- 2 = Unlike me
- 3 = Somewhat like me
- 4 = Like me
- 5 = Very much like me

## Self-Reflection

How did it go?
What went well?
What do you need to improve?