

MINDSET FACTORS

Attitude is everything. Mindset, next to technical skill acquisition, is the most important factor in becoming the complete player. Mindset can be described as the set of established attitudes or way of thinking that a player possesses. A player with a strong mindset develops faster, deals with pressure more easily, and ultimately ends up performing at a higher level. Essentially, the mindset is the fuel that allows all the other factors of skill, athleticism, and soccer intelligence to be utilized to the maximum effect.

DEVELOPMENT REQUIRES BRAVERY

Learning new skills is never easy, particularly as players get older and more set in their ways. It is an uncomfortable feeling to be placed outside of your comfort zone. Players must possess the mindset to embrace that feeling. BIFC players must be comfortable being uncomfortable because that is the path to player development. Our coaches must embrace that level of risk and be brave. It requires bravery to embrace skill development. This means, for example, exposing players to multiple positions, even if they are not comfortable playing there. It is possible that such coaching decisions may negatively impact the outcome of a game, but if we do not take such risks, we deprive our players of valuable growth opportunities.

“Do not judge me by my successes, judge me by how many times I fell and got back up again”

Nelson Mandela

COMPETITIVE MINDSET

Competitiveness can be an ambiguous word for a young player. What does it mean to be competitive? Being competitive is not simply about hating to lose. Competitive is about someone who is willing to do whatever it takes to train and play to the best of their ability, no matter what the score, no matter what the weather, no matter what the fatigue. It's about mindset.