

Progressing The Person To Improve The Player



In the world of sports, developing a player's skills and abilities is often the primary focus for coaches and trainers. Countless hours are spent on perfecting the technique, enhancing physical attributes, and understanding the game. However,

there is another crucial aspect of player development that often gets overlooked – progressing the person behind the player.

The Importance of Personal Development

While technical skills and physical qualities are undoubtedly essential, the overall growth and well-being of the person should never be neglected. A player's success on the field or court is influenced not only by their physical abilities but also by their mental and emotional state.



Youth Soccer Development: Progressing the Person to Improve the Player

by John F. Donoghue (Kindle Edition)

★★★★☆ 4.7 out of 5

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Personal development encompasses various areas such as leadership, communication, self-awareness, emotional intelligence, and resilience. Ignoring these aspects can limit the player's potential and hinder their ability to perform consistently at a high level.

Developing Character

One key aspect of progressing the person is focusing on character development. Integrity, discipline, sportsmanship, and respect for oneself and others are all qualities that contribute to a well-rounded individual. These attributes not only enhance the player's performance but also shape them into responsible, resilient, and respected individuals both within their sport and in their personal lives.

Character-building exercises and activities can include team-building exercises, volunteering in the community, establishing personal values and goals, and promoting good sportsmanship. These activities provide players with opportunities to develop fundamental life skills that go beyond their athletic pursuits.

Mental and Emotional Well-being

A player's mental and emotional well-being plays a significant role in their overall performance. The ability to handle pressure, overcome setbacks, and maintain focus in high-pressure situations can be the difference between success and failure.

Mental skills training, such as visualization, goal-setting, positive self-talk, and stress management techniques, can help players develop resilience, focus, and confidence. Additionally, promoting open communication and providing psychological support resources can help players cope with the challenges they face both on and off the field.

Empathy and Teamwork

Understanding the importance of empathy and teamwork is crucial when progressing the person. Sports are inherently team-based, and the ability to collaborate and communicate effectively with teammates is vital for success.

By fostering a team culture that promotes empathy, players learn to understand and support their teammates both on and off the field. They develop strong interpersonal skills, learn to appreciate diversity, and discover the power of collaboration. These attributes not only enhance their relationships within the team but also prepare them for success in various aspects of their lives.

Long-Term Benefits

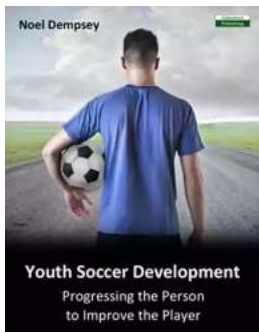
Progressing the person alongside their development as a player brings long-term benefits that extend beyond their playing years. The skills and qualities acquired through personal development are transferable to various life situations, including education, career, and personal relationships.

Players who have undergone comprehensive personal development programs often display exceptional leadership qualities, exceptional problem-solving skills, and an unwavering commitment to personal growth. These attributes make them valuable assets in any field or endeavor they choose to pursue beyond their sports careers.

True player development goes beyond honing technical skills and physical abilities. By progressing the person, coaches, trainers, and mentors lay the foundation for well-rounded, resilient, and successful individuals both on and off the field.

Igniting personal growth, character development, and fostering mental and emotional well-being not only brings immense benefits to the player's performance but also prepares them for a fulfilling and successful life beyond sports. Let us remember that the ultimate goal is not just to create exceptional players but to shape extraordinary human beings.

So, let's prioritize player progression by focusing on the person behind the player!



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In recent times, it has become clear that many aspects of traditional youth football coaching and development need to change. In an ever-changing world, driven by progress in education, societal shifts, the internet and social media, and reduced contact time with actual footballs - coaches need to adapt too.

In "Youth Soccer Development", football coach Noel Dempsey examines where coaching has come from and where it is heading. Offering insights into how English football has developed, coaching methods, 'talent' in youngsters, and how a player's entire environment needs to be considered in coaching programmes - this book offers many touchpoints for coaches who want to advance their thinking and their coaching.

Leaving specific onfield drills and exercises to other books, "Youth Soccer Development" digs deep into 'nature versus nature', players' core beliefs, confidence, motivation, and much more. Advocating that to improve the player, you must improve the person, Dempsey puts forward a case for coaches to be

realistic with their players, ensure that they work positively across all facets of their lives - especially education - and to instill a mindset that leads to players being the best person they can be.

By creating better people you are more likely to create better players.



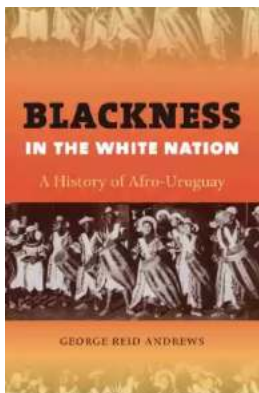
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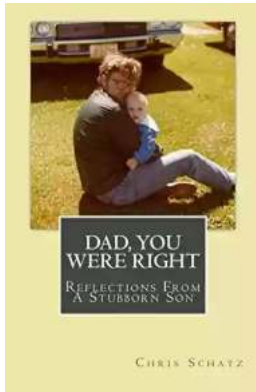
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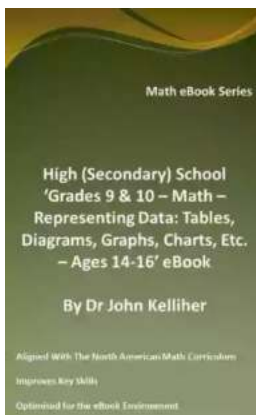
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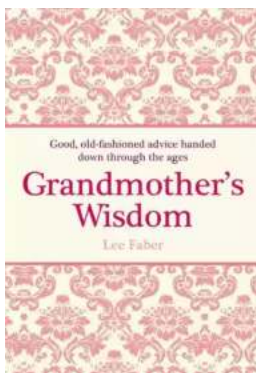
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