



### **Work Ethic. Commitment. Attitude.**

The Girl's Soccer Program at Oakdale High School will focus on three components:

**Work Ethic-** Everyone at our level does SAG training, practices every day, and workouts on their own. So what separates us from them? How do you close the gap or gain an edge? The answer is with your own personal exceptionally high work rate. Are you a "touch the cone" type of player or do you hold back just a little in training? Give 100% in everything you do in training and outwork everyone including your teammate next to you and you can achieve anything you set your mind to. Work ethic allows for less talented athletes to reach the very highest stages in their sport. Has anyone ever said "you're a grinder" or called you "a work horse"? If not, then there is more of you to give. I suspect the very best players are also the ones who have a 'first in – last to leave' mentality when it comes to practice. The best players also approach practice as a proving ground every day and this cannot be compromised. There are no shortcuts to becoming a great player. An incredible work ethic transfers to success in relationships, friendships, future professions, and quality of life.

**Commitment-** Dedication and sacrifice go hand in hand. In order to achieve our team goals and your individual ones, you will have to make sacrifices. Dedication to your high school team during the season is the only way we have a chance to succeed. Without commitment, we have nothing. There are only two options regarding commitment. You're either in or you're out. There's no such thing as life in-between.

**Attitude-** Unless you lead a charmed life, it all goes wrong from time to time. The difference between the top performers and the rest is how they deal with it. It takes courage but can be learned through having a positive attitude and 'owning' your performance. How quickly can you get over a mistake? How fast can you let something a teammate said go? Can you remain positive and enthusiastic when you're injured? Or when you're losing? Or when the coach is in your ear? The best players can and their approach will right the ship sooner than someone who can't. How you deal with setbacks separates players from the pack?

It works the other way too. Does your attitude change with success? Complacency, lack of drive, and dropping standards can all be potential by-products of winning. When I'm not coaching, I work in the financial industry. There is a line on every mutual fund prospectus that reads: "Past performance is no guarantee for future success." When a player does achieve



success, individually or with the team, they must stay grounded and keep working on their game. The right attitude is everything.

Soccer is a game of highs and lows. Make sure your attitude doesn't go on a roller coaster ride with your team. Be humble and self-deprecating when things are going well. Be optimistic and positive when you run into a hurdle in the game. Be labeled as a player with a "great attitude". No one wants to play with someone labeled anything else.

Even though the majority of players will not grace the World Cup or the professional game, that is not the goal. It is not about becoming the next Alex Morgan or Marta. It is about fulfilling your potential in every area. A player who takes responsibility, prepares well, commits themselves to doing the right things every day, never takes shortcuts, and focuses on getting the best out of today and tomorrow has a great chance of becoming the best player that they can be, ultimately winning the most important game of all.....life.