

# Progressing The Person To Improve The Player



Playing sports is more than just a physical activity; it is a journey of growth and self-improvement. Many athletes focus solely on developing their skills and techniques, forgetting that personal development is equally crucial for long-term success. In this article, we explore the concept of progressing the person to improve the player, highlighting the importance of character development in becoming an exceptional athlete.

## **Understanding the Connection**

Every sportsperson strives to become the best in their field. They invest countless hours refining their techniques, building physical strength, and enhancing their

mental focus. While these factors indeed contribute to their performance, something often overlooked is the direct link between personal growth and athletic success.



## 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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When an athlete progresses as a person, they develop essential qualities that directly impact their performance on the field. These qualities include discipline, perseverance, teamwork, leadership, and emotional intelligence. Without these key traits, even the most technically skilled player will struggle to reach their full potential.

### The Role of Character Development

Character development plays a significant role in an athlete's journey to success. It encompasses various aspects such as building self-awareness, enhancing communication skills, and cultivating a strong work ethic. Developing character goes way beyond merely honing the physical abilities; it involves honing the mind and nurturing a positive attitude.

One of the most critical aspects of character development is self-discipline. Athletes who possess discipline can adhere to training routines, stay focused during competitions, and maintain a healthy lifestyle. It allows them to commit fully to their sport, even when faced with obstacles or setbacks.

Furthermore, emotional intelligence is vital for any athlete aiming to excel. Understanding one's emotions, as well as the emotions of teammates and opponents, allows for effective communication and better teamwork. Athletes who can regulate their emotions can better handle pressure, think strategically, and adapt to various game situations.

## **Progressing as a Person**

To progress as a person, athletes must seek personal growth opportunities beyond their sports practice. They should engage in activities that broaden their horizons, challenge their comfort zones, and cultivate empathy. Here are some strategies to progress as a person:

1. **Continuous Learning:** Athletes should strive to expand their knowledge beyond their sport. This can be through reading books, attending workshops or seminars, or taking online courses. The pursuit of knowledge will not only enhance their understanding of the world but also provide new perspectives and insights that can be applied on and off the field.
2. **Volunteering:** Engaging in community service or volunteering opportunities helps athletes develop empathy, compassion, and leadership skills. Volunteering allows individuals to give back to society while fostering personal growth and building character.
3. **Building Relationships:** Maintaining meaningful relationships with mentors, coaches, teammates, and even opponents can contribute to personal

growth. By surrounding themselves with positive influences, athletes can learn from others' experiences, gain valuable advice, and foster a supportive network.

4. **Embracing Failure:** Resilience is a vital trait for success, both in sports and in life. Athletes should view failure as an opportunity for growth, learning, and improvement. Embracing failure allows individuals to develop a growth mindset, bounce back from setbacks, and constantly strive for improvement.

## Unlocking Success

Progressing the person to improve the player has a profound impact on an athlete's success. It is the combination of technical skill and personal growth that unlocks their true potential.

Character development not only enhances an athlete's abilities on the field but also provides a solid foundation for success in various aspects of life. Athletes who focus on their personal growth will not only become outstanding players but also well-rounded individuals who inspire others through their dedication, leadership, and sportsmanship.

Remember, a truly successful athlete is not only defined by their performance on the field but also by the person they become throughout their journey.



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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.

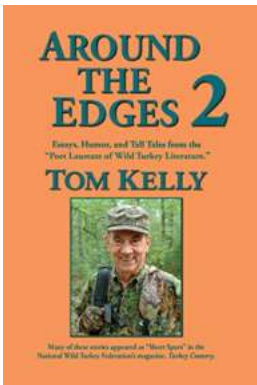
Leaving specific onfield drills and exercises to other books, "Youth Soccer Development" digs deep into 'nature versus nature', players' core beliefs, confidence, motivation, and much more. Advocating that to improve the player, you must improve the person, Dempsey puts forward a case for coaches to be realistic with their players, ensure that they work positively across all facets of their lives - especially education - and to instil 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.



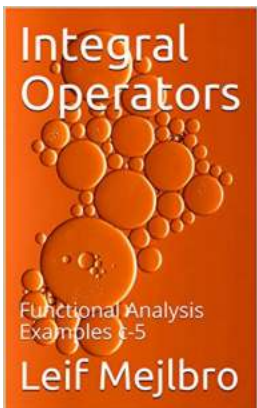
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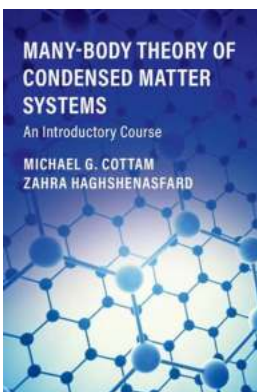
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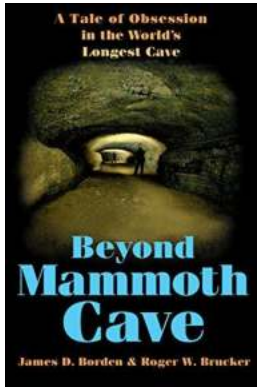
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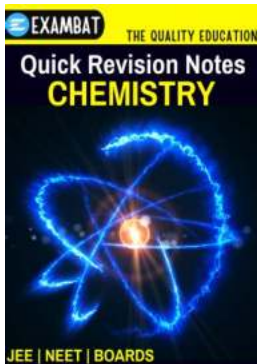
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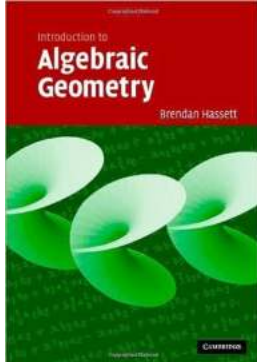
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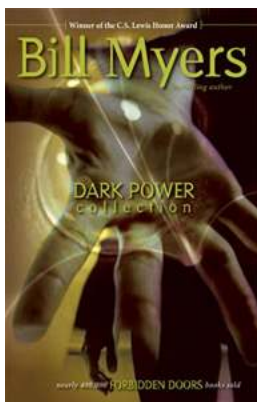
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