

PRACTICE

Building Character Through Soccer



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Patience:

State of endurance and perseverance under difficult circumstances

Synonyms: even tempered, long-suffering, diligence, composure

Patience Story

Patience in Sport is more than just a virtue, it is a necessary trait for high performance for the majority of high-level athletes. Soccer specifically takes years of deliberate training to gain the skills necessary to perform at the top level. No talented soccer player was born with their ability. They crafted it over many years and perfected their technique through hard work and perseverance.

Every week there are examples of young prodigies that are shared via social media: A 5-year-old violinist with incredible skill; a 12 year-old college graduate; a 13 year-old soccer phenom whose talent exceeds their years. These stories are very rare and usually the subjects of the story have difficulty maintaining their advantage as they age. Most top talents come from obscurity and achieve success later in their sport life. In the book *Late Bloomers: the Power of Patience in a World Obsessed with Early Achievement*, Rich Karlgaard doesn't focus on young achievers but makes a case that the premise of early blooming as a required ingredient for future success is flawed. "Some people are naturally gifted, I have nothing against them – In fact I applaud them. The problem arises when we think that's the path that is appropriate for all kids".

In sports, we are drawn to stories of players overcoming adversity and making it on the big stage. Those stories aren't as rare as you think. Michael Jordan not making his varsity high school basketball team, Carmelo Anthony getting cut for being too small, Leo Messi for being short and slow. Careers that almost never were; except for the fact that those players stuck with it and persevered.

Soccer training requires years of practice and players that enjoy the experience and competition, have a dream, explore and tweak their talent and stick with it will continue to improve. Don't worry if you are not the best player on your team or in your club, focus on the day to day and keep putting in the work. Patience and drive will get you to your destination.

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Follow Up Questions:

Describe your long-term goals and what you need to do daily to achieve them?

Why is patience important in handling and working through adversity?

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Describe a time when you have had to demonstrate patience in dealing with a setback or challenge?

Explain how patience can help in achieving long term goals.
