

# **Running After Soccer to Improve Endurance**

I was very determined during middle school to improve my endurance and soccer skills. I would run and train for another hour after soccer practice, always pushing myself to beat my last time or my last juggling record.

I remember one time specifically that I got so mad at myself that I couldn't beat my juggling record that I kicked the soccer ball through my neighbor's garage window. I learned from then on that I needed to control my anger and not get so frustrated with myself. In the end the hard work paid off because I was able to pass 1,000 juggles.

Today I am able to play at the collegiate level and I still have the passion I have for soccer today. I used to get very frustrated with myself when I couldn't do a drill right, but I have learned that there is no use beating yourself up over one drill. By realizing that frustration is not the key to overcoming obstacles I have become a better player both physically and mentally. I also now have a little family at Clark composed of 25 other amazing girls, my teammates. They always support both on and off the field and I respect them for that.

## **Insights:**

That dedication to soccer carried over to other parts of my life as well. Those long hours after soccer practices taught me that in the end, hard work pays off. I can play in college now because of the long hours I spent practicing.