

The 5 Cs: >>>>>>>

Five Essential Mental Skills for Young Footballers

Can you recognise your player's 5 C strengths and development areas from reading the player descriptions?

Confidence

DESCRIBES A PLAYER'S SELF-BELIEF IN THEIR SKILLS AND ABILITY TO ACHIEVE GOALS

A confident player:

- wants the ball when the team are losing or under pressure
- maintains positive body language at all times, even after mistakes
- displays inventive or creative play, rather than playing cautiously
- is opportunity-focused and uses positive self-talk to lead themselves forward through setbacks and challenges

Commitment

DESCRIBES HOW MOTIVATED A PLAYER IS

A committed player:

- consistently gives high effort at training sessions and games
- feels a sense of achievement from learning new skills and mastering tasks
- believes that practice and hard work leads to improvement
- takes on difficult challenges
- is not afraid to make mistakes

Control

DESCRIBES HOW WELL A PLAYER CAN CONTROL AND MANAGE THEIR EMOTIONS

A player with excellent control:

- feels engaged with energy yet composed before games
- keeps calm under pressure and helps to keep teammates focused
- recovers quickly from mistakes or setbacks in a game, by putting energy into the next important task
- does not dwell on disappointing performances

Concentration

DESCRIBES A PLAYER'S ABILITY TO FOCUS THEIR ATTENTION ON THE RIGHT THING AT THE RIGHT TIME

A player with excellent concentration:

- is not easily distracted from their identified roles on the pitch, and never lets complacency set in
- stays focused on what is relevant to their position
- is aware of movements of teammates and use of space
- refocuses with their 'head up' after mistakes, goals and setbacks

How do you think coaches can help players improve their 5 C performance?

Communication

DESCRIBES HOW EFFECTIVELY A PLAYER LISTENS, ACKNOWLEDGES AND TALKS TO COACHES AND TEAMMATES (VERBALLY AND NON-VERBALLY)

A player with excellent communication:

- encourages, motivates and composes teammates
- listens to coaches and teammates' instructions
- shows respectful body language to coach, teammates and officials

Can you think of any professional footballers who are 5 C role models?