

Mental toughness

TOUGHNESS: strong and durable; not easily broken; difficult to deal with. The amount of energy a material can absorb before rupturing.

<i>A TEAM WITHOUT Mental Toughness Will...</i>		<i>A TEAM WITH Mental Toughness Will...</i>
<ol style="list-style-type: none">1) QUILTS when it looks like they can't win.2) Fakes the severity of an injury to get out of the game or practice.3) Blames their teammates when it starts getting tough.4) Begins doing "their own thing" if they are getting beat.5) Practices with little intensity.6) Displays poor body language and walk with the "losers limp."7) Points the finger at others and make excuses.	<p style="text-align: center;">"I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion.'"</p> <p style="text-align: center;"><i>Muhammad Ali</i></p>	<ol style="list-style-type: none">1) NEVER QUILTS in the face of adversity.2) Fights through pain to finish what they started.3) Does their job and encourage their teammates when it gets tough.4) Believes in the ability of the team to fight back.5) Demands intensity from themselves and teammates in practice.6) Shows no outward signs of pressure or defeat.7) Is accountable and accept responsibility.
		