

The background is a light gray with a pattern of faint, white line-art icons related to football, including arrows, circles, and plus signs. Overlaid on this are several text elements: 'QB' in red, 'METHOOD' in white, and 'FOOTBALL TOUGHNESS' in large black letters with a red outline. Below the main title is the subtitle 'A GUIDE FOR QUARTERBACKS' in smaller black text.

# FOOTBALL TOUGHNESS

A GUIDE FOR QUARTERBACKS

# Dealing With Adversity

Adversity, it happens in life and in sports. Wherever, whenever, you need to do your best to deal with it. One method is to be prepared for it, anticipate it. You should never be surprised by adversity. Because as we all know, “stuff” happens!” So deal with it. Easily said. But how do we deal with it? Being part of a true team helps. A real team will realize that they and the individuals on the team cannot be perfect. However we will all work together to support each other when we are down and cheer each other on when we are up.

It is the coaches' job to teach you the skills, techniques, and strategy of the game. Coaches are also responsible to motivate you, in the game, but also in life. In the game most coaches will be upset at you when you make a mistake. This mistake is usually a mental error where you forget your assignment or lost focus on the objective. It could also be due to lack of effort. Either way, coaches will be upset at you, as you should be with yourself, as your teammates may be, and they will let you know it. This should motivate you to never repeat this mistake. However, you may, and the coach will be there to “chew you out” as the need may be.

# HOOD

## Dealing With Your Coaches Part 1

Coaches will not, and should not, yell at you if you are trying your best and simply can't make the play. We all can't be perfect. If you are a proven player who is trying your best, you are probably hardest on yourself. So that is when the coach will try to lift you up, they know you are capable of getting the job done. And when you make achievements, as you will, coaches joy comes from being the first to give you a hug or a high five, while being the loudest to cheer for you. Coaches recognize how hard you have worked and how much you have put into doing what you do.

# HOOD

## Dealing With Your Coaches Part 2

If a coach was to always take it easy on you or to only tell you how good you are doing, they would not be doing their job and thus they would be failing you. We all need “tough love” in order to become our best. Once you realize this you will realize the coach is only mad at you because he knows you can do better. Coaches should never make it personal. It is only when coaches stop coaching you that they have given up on you.

# HOOD

## Dealing With Your Coaches Part 3

## Dealing With Other Players

No one is perfect, in life, or on the playing field. And the last thing we need is teammates second-guessing each other. We can't complain about each other, as we are all together. In general, coaches have a self interest in playing the best players, if someone else could have done it better, then they should be out there. As teammates, we must hold each other accountable to maintaining the standard. There should be no surprises when our teammates are disappointed in us. The standard applies equally to all team members and we must be fair to avoid fracturing into cliques. When we have small groups forming who resent each other we lose the team bond. Stay together. Only together can we reach our goals. For the team is, "together everyone achieves more."

**“Do you love football?” Coaches will ask you this over and over again. You should strain to play this game because you enjoy it. There are so many great aspects to playing football. The personal challenge, the team camaraderie, the ups and downs of the game, the physical fitness, and so on. Football has been likened to a game of chess where we are all different pieces with different abilities. It involves the most players on a team, the most strategy, and the most preparation. It also has the least amount of game play. It has the shortest games and the fewest games in a season. Football is a game of mistakes where the victor is usually the team that executes the best. To do this you have to be totally committed and focused. You cannot do this if you are unhappy being here and simply going through the motions. Football is too difficult a task if you do not have sincere love for the game.**

# **HOOD**

## **Enjoying The Game**

# Handling Your Nerves

Too many players get handicapped because they can't deal with their pre-game nerves. This results in the classic "choke." You need to understand that being nervous is natural. What is upcoming is a great challenge. And biologically when we are challenged we are programmed to "fight or flee." This means you can fight and do your best or you can flee by quitting and refusing to put yourself at risk. When you are nervous you need to realize this is a good thing. You are nervous because you want to do your best!!! That's natural! We all feel / have felt that way. Tap into it and take this nervous energy and use it. Nerves provide energy that allow players to play up to their potential. This nervous energy rising up in you lets you know that you are about to light the fuse that explodes you into game mode where you leave everything you have on the field.

Practices performance equals game reality. We need to practice in order to play to our utmost potential. There are many sayings and coaches who know that “you play like you practice,” and, “practice like champions.” You cannot play like a champion if your practice is mediocre. You will go into games flat and unprepared for the challenges of game speed and collisions. We need to work on execution. Our assignments, responsibilities, strategy, timing, and completion of each play. We need to work on the transitions of the game. If one player is not aware punt team is on we could get the kick blocked. That’s why we practice every situation so you will not be caught off guard on game day. To ensure good practices use the following list as a road map.

# HODD

## Have Productive Practices Part 1

1. Be on time
2. Have all your gear on and in proper order
3. Come with enthusiasm, it's contagious, be the disease
4. Have urgency. Run to each drill.
5. Know your role. Are you an excellent team leader or follower?
6. Do what the coaches tell you. If you have questions that require long explanations, wait till an appropriate time. However, don't look stupid because you are too afraid to ask.

Now is the time to make sure.

7. Help out. Be willing to move equipment and setup the drills.
8. Respect your help. Be kind and courteous to staff. Let them know they are appreciated with a simple "thank you."

# HOOD

## Have Productive Practices Part 2

## Embrace The Competition

Games can be stressful. If you can't deal with the competition to your best ability it can bring your performance down. Understand the nature of competition. We have opponents in order to challenge us and to help us rise to the highest achievements we hope our potential can reach. If we only had mediocre potential we would never feel the exhilaration of meeting these challenges. We want to be the best, the best we can be, and this can only be achieved by playing other teams who commit to being their best. So don't be intimidated or feel dragged down because they are so good. The better they are the bigger the opportunity for improvement, win or lose. Remember, "respect everyone, and fear no one."

To enjoy the game and get the most out of it, while also being a good person and player, you **MUST** always hold the utmost respect for every person involved in the game, such as in this list;

1. Your opponents
2. The referees
3. Team support
4. History of the game
5. The fans, from both sides
6. Your teammates
7. Your coaches
8. Your loved ones who allow you to play and make sacrifices for you
9. Your teachers, who make accommodations for competition
10. The administrations and operations staff

# HOOD

## Respect The Game