

The 5Cs:

Five essential mental skills
for young footballers



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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

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

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

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

Describes how motivated a player is

A committed player:

- consistently gives high effort at training sessions and in 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

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

Confidence

Commitment

Control

Concentration

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

Communication

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