

## **What Separates the Good From the Great?**

In addition to good genetics, there are other physical and mental attributes that "great" athletes have in common. These include the following:

- leadership skills
- coachability
- a vast understanding of their sport (both innate and learned)
- an intense work ethic
- a killer instinct
- exceptional read-and-react skills for anticipating their opponent( s)
- standing strength that seems to exceed their weight room strength
- phenomenal speed
- coordinated agility
- a fluid body capable of advanced skill execution
- passion
- emotional stability
- mental toughness
- a positive attitude
- realistic goals
- focus
- effort
- persistence
- a competitive nature



# The Iceberg Illusion

Success is an iceberg



**SUCCESS!**

WHAT PEOPLE SEE



Persistence



WHAT PEOPLE DON'T SEE



Failure



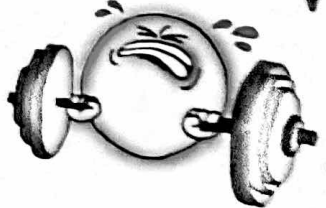
Dedication



Sacrifice



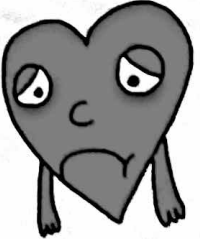
Hard work



Discipline



Disappointment



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