



Why Is A Positive Attitude Important In Football?

How Do Positive Emotions Affect Players' Physical Performance?

- Lower your blood pressure
- Maintain muscle and body relaxation
- Reduce tension throughout the body and within organs
- It gives players energy and helps them push through the pain
- Increase players' physical endurance because negative emotions like anxiety and despair drain your energy

How Do Positive Emotions Affect Players' Mental Health?

- Boost self-esteem
- Maintain a desire to win
- Relieve the subsequent symptoms of depression and anxiety
- Remain calm, centered, and focused on the task rather than flustered
- Assist in maintaining a positive, pleasant attitude toward opponents, officials, and coaches rather than becoming hostile when things do not go your way.



Positive Match

SB Merriam



Positive Match:

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