

ATTITUDE PROFILE

Profile of a good attitude	Profile of a bad attitude
<ul style="list-style-type: none"> • Self-confident • Positive • Enthusiastic, cheerful, fun • Follow rules because it is important to the team • Confronts teammates and coaches with suggestions for problems • Is committed to team • Is coachable • Does not gossip • Supports teammates on and off the court • Is helpful and caring • Confident in self, team, and coaches • Pushes hard to improve • Trains to work hard on own • Self-disciplined • Gives 100% in practice • Leads by example • Is honest and reliable • Is appreciative • Has pride in team • Respects teammates • Respects coaches • Respects officials • Is cooperative • Has self-control Is sensitive • Does not dwell on mistake 	<ul style="list-style-type: none"> • God's gift to volleyball • Finds fault with everything • Is gloomy and unhappy • Follows rules only if they have to • Complains but does not do anything to work out problems • Is loyal to self • Always has an excuse • Talks behind other's back • Is concerned more for own success • Cares mainly about self • Confident in self but does not believe in others • Poor practice habits • Trains only in practice • Undisciplined • Lazy practice attitude • Poor example • Dishonest and unreliable • Unappreciative • No pride in team • Does not respect teammates • Does not respect coach • Does not respect officials • Disagrees with everything • Loss of control emotionally • Overly sensitive • Dwells on errors

ITEMS THAT DO NOT TAKE TALENT

- Concentration/Focus
- Punctuality
- Mental Toughness
- Enthusiasm
- Communication
- Great Effort/Hustle
- No Missed Homework
- Awareness
- Practice with Speed
- Handle Daily Responsibilities
- Get or Keep in Good Shape
- Attitude
- Rest and Diet
- Good Social Habits
- Poise and Patience
- Toughness
- Sound Technique
- Unselfishness