

Developing leadership skills through soccer

[Science](#), [Social Science](#)



The Impact of Soccer Each has their niche and click in high school. High school is a time of experimentation where we decide what is right and what is not for us. I was able to try out many different kinds of activities, but one that has stuck with me my entire life was soccer. I started out as a player taking orders and learning from previous captains to developing my own leadership styles which allowed me to lead the team effectively. Even though it is traditionally a European sport and may not be the most popular sport in the United States, I think that it has helped me grow to be a better student and a better man. As a teenager, most of our free time is spent with our friends or doing something. It is important to find something outside of school to do because it keeps you not only healthy, but also socially and mentally healthy. Hobbies and school activities help facilitate this and soccer specifically drew my interest. Not only was I able to keep a high physical readiness, it also made me a much better student academically. With the long and repetitive practices, I had to prioritize and schedule my work so that I can exceed academically without having soccer interfere with my studies. Also, sometimes I was able to make connections between academia and playing soccer especially in the social sciences and leadership. As a leader, the experience and growth as the team captain has influenced multiple aspects of my life. I had to manage plays as well as help keep up team morality. I delegated tasks to different teammates as well as passed on orders from the coach. In addition, I was able to focus on team and personal development. This included not only soccer skills and game tactics, but also the development of the individual as a whole with their actions and personality. My teammates became my brothers and help instilled the trust

that I have come to depend on both on and off the field as well. The sport of soccer helped me develop overall as a better individual. It taught me how to be a good sport and to accept defeat as a part of the learning process. I was able to develop my athletic, leadership, and academic skills simultaneously while enhancing my social skills. I made friends that I know I will continue to be friends with. Even though I need further development in all aspects of being a man, soccer is what allowed me to take the first steps into adulthood. Without soccer, I would not be the man that I have developed into today.