

Title:

A Football Player's Perspective - How to Make It to the Next Level of Play

Word Count:

688

Summary:

^The Next Level~ is a phrase commonly thrown around by athletes referring to the ability to pl

Keywords:

football training,football coaching,football players

Article Body:

It was August 2003 and my team at the time, the Pittsburgh Steelers, was holding the first liv
The first team offense and defense took the field first. The offense included Jerome Bettis, H

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1. Play, Practice and Think with 100% Effort. It is as simple as that. You should have
2. Be Able to ^Flip the Switch~ Once the Whistle Blows. This is probably the most menta
3. Dominate. This one word sums up every quality of those who achieve ^The Next Level~.

When I witnessed the explosive power, speed and attitude that my teammates displayed that late

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