

Pyramid of Success: Day 5

Skill

Skill is knowing what to do and being able to execute all of the fundamentals important to a particular task. However, it is more than knowledge and execution. A skillful person usually has a sense of timing and the ability to **quickly** perform the skill. As coaches, we sometimes have to choose between a player with skill and one with physical ability. Almost always the choice will be the player with skill and quickness.

Any measure of competency requires a command of the fundamentals of a given endeavor. The greater the competency the more detailed a person must be in carrying out the fundamentals. Obviously, we can't do much about our height or our I.Q.; however we can affect our brainpower and our physical potential through education, training and practice. We might not become as significant as we aspire to be, but we can become the best we are capable of becoming.

A knowledge of the ability to properly and quickly execute all the fundamentals. Be prepared and cover every little detail.

Team Spirit

When we *willingly* perform a task that we should or must do for the good of the group, our heart isn't completely in it. This light reluctance holds back our teammates. By contrast, when every member of the team **eagerly** performs every task, the group rises to a new level of accomplishment.

Team spirit is the ultimate expression of interdependence. Just as team spirit embraces the element of enthusiasm, it also houses a component of cooperation. But where cooperation makes others better, **team spirit makes the group better.**

Team spirit is consideration, respect and dignity for others. Patriotism is team spirit in its grandest form. Today our team spirit as a nation is being put to the test to see how much we are willing to pay for our freedom.

A genuine consideration for others. An eagerness to sacrifice personal interest of glory for the welfare of others.

Poise

Poise is the composite, or the result of, the previous blocks. When we have poise, we're not acting, faking, or pretending. **We're not trying to be someone that we are not, nor are we attempting to live up to others' expectations.** Therefore, when we are being who we really are, we'll have a greater likelihood of functioning nearer our level of competency. If we have poise, we won't be concerned about what others think. "You're not a poser." We're at ease with ourselves, and as long as we are at ease with ourselves, we're going to function nearer our own ability.

Poise greatly depends upon the two nearby blocks: **self-control and confidence.** The person with poise is quietly in control at all times because he or she is confident. **The confidence comes from thorough preparation and the discipline of self-control usually results in poise.**

Just being yourself. Being at ease in any situation. Never fighting yourself.