



# *The 3 Elements of Cardinal Effort*

***Burst*** Noticeably changing speed at the moment of recognition. A good burst comes with a good body lean.

***Speed*** Moving at the top speed that you can achieve.

***Finish*** Completing every play with a sense of urgency through the whistle.

***All 11 on 11 periods and 7 on 7 periods will have a whistle! Evaluate on film these three points on each play.***

- 1. If any of these elements are missing then you are not meeting the expectations of a Cardinal***
- 2. If any of these elements are missing:***

***It is a LOAF!***

***LOAFING = Being a traitor, playing for the other team***

***We can only control ourselves. Effort is a choice. Make the choice to give constant effort on each play and it will become a habit.***

***Tough, Hard Nosed, Aggressive, Fundamental Football played with fanatical effort for as long as it takes to win, and LEAVE NO DOUBT***