

Cardinal Football Traits



“Creating a Cardinal”

How We are Going to Climb the Success Ladder

- *Our attitude in the offseason through the weight room and field house*
 - *We will not be outworked*
 - *We will develop our team both physically and mentally through the weight room*
- *Developing Leadership in the Offseason*
 - *Target certain leaders on our team and put them in leadership situations.*
 - *Develop leadership communication skills*
- *Successfully win the 9 critical situations*
 - *What it takes to win the game*
- *Be Enthusiastic*
- *Be a 6 second competitor – Effort*
- *Know your job and do your job*
- *Strive to go 1-0*
 - *All of your energy, focus and concentration on that one play.*
 - *After it is over, you have 100% to focus on the next play*

Win at Everything You Do

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