

TEACHING RESOURCES FOR FAMILIES



Pablo Fornals says: “If you are passionate and give 100% things can be good or bad but nobody can say you didn’t try. If I do something, I want to do my best”

Ekkono questions:

What is the value of effort in sport?

What is the importance of effort in sport?



Pablo Fornals, Spain
He won the Eurocopa sub 21 with Spain in 2019

The value of: the value of effort

Ekkono considers effort to be the force or motivation to achieve an end. The effort is not innate but is learned and depends on motivation. Effort in sport is essential when we want to achieve maximum performance.

