



EXERCISE 5



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NAME & DATE: 




"Many fans have addressed me over the years to tell me how much my story has inspired them to keep fighting and get ahead".


Sarah Hagen, United States

She won the German Cup in 2011-12.

I have a good time in training




I have a good time with the teammates



In TRAINING I learned that...

In SCHOOL I learned that...





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At age 15, he was diagnosed with ovarian cancer and underwent a series of surgeries and chemotherapy. She underwent her last surgery on May 6, 2005. She highlights this story of self-improvement above football talent, and we must highlight the concepts of fighting and moving forward, of not surrender and going for what we fight for overcoming adversities.

We can ask them if they know someone in their environment who has gone through a traumatic situation and that, after much struggle, has managed to get ahead.

And some other elite athlete? What do they transmit to us?

• COACH SESSION NOTES:

