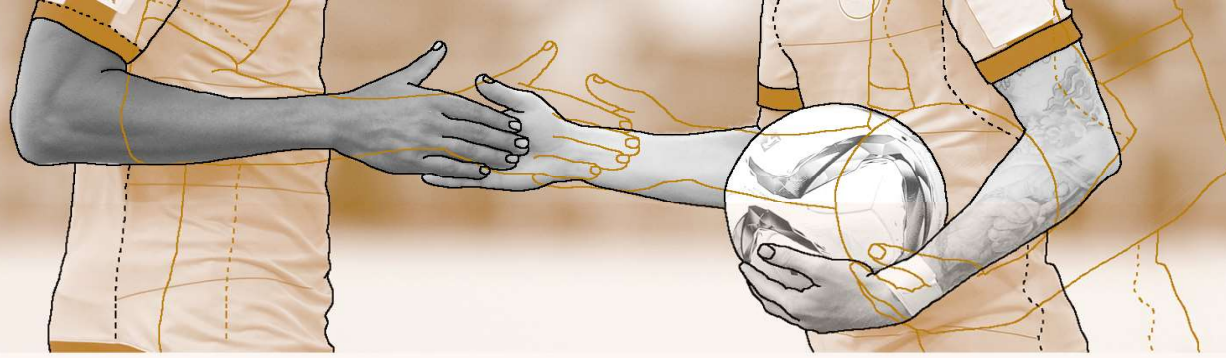


TEACHING RESOURCES FOR FAMILIES



V. Jepson : “Here was not a day I didn’t smile in front of the players. When the pressure is on, that’s key as a leader”

Ekkono questions:

Why is it important to act calmly under pressure?



Vicky Jepson, England

In 2014, Jepson won the FA Women's Development Coach of the Year award

The value of: remaining composed in high-pressure situations

Ekkono believes that maintaining a calm demeanor in soccer is vital for making informed decisions, upholding precision, minimizing errors, facilitating effective communication, managing emotions, and, most importantly, promoting team success. It can often be the defining factor between victory and defeat in critical, high-stakes moments on the field.