

TEACHING RESOURCES FOR FAMILIES



Fernandinho says: “Our mental strength. That’s what has put us over the top”

Ekkono questions:

Why is it important to have mental strength?



The value of: Mental strength

Ekkono thinks that mental strength is essential in football as it enables players to maintain focus and composure under pressure, enhancing their ability to handle stress and adversity.

Fernandinho, Brazil

Won the 2008–09 UEFA Cup