

PATIENCE

Date: ___/___/___

A farmer purchased some bamboo seeds. He fertilized the ground, planted the seeds, watered, and cared for them the entire growing season. Nothing appeared above the ground after one year. The next year he irrigated, fertilized, and cared for the seeds again. Still through the growing season, nothing happened. This would continue for the next two years. For four years, the farmer spent every growing season taking care of these seeds that produced nothing.

In the fifth year, the growing season came, and that seed that had produced nothing for four years, started to sprout. Not only did the seed sprout, but the Chinese Bamboo seed grew more than 80 feet tall in that one year.

On the surface, it appeared that the seed was doing nothing for four years. However, underneath the ground something spectacular was happening. The seed was building a root system to be able to handle the growth it would produce outwardly during the fifth year. Without laying a foundation, the bamboo would never have reached its potential. If the farmer would have been impatient and decided to dig up the seed to see what was happening, the bamboo would have never fully developed (The Chinese Bamboo Story).

Many times in life and in sports, people give up because of impatience. A player goes through offseason training, summer workouts, two-a-days, and practice. The player may not be seeing instant results, or he may be faced with adversity and instead of being patient, he digs up the seed, and he never has a chance to reach its full potential.

Michael Jordan was cut from his high school basketball team. If he dug up the seed, we wouldn't know him as the greatest basketball player of all-time.

Right now you have the ability to care for your seed. During your high school years you must do everything possible to build a foundation that can handle the massive improvements you are capable of. Sports can foster that building process better than anything else can. You can't even fathom the heights that you will reach if you continue to stick with it and be patient.

QUOTE: *"The heights by great men reached and kept were not attained by sudden flight. But they, while their companions slept, toiled ever upward through the night."*

—Henry Longfellow

OBSERVATION

- 1) What did the farmer do to take care of the seeds?
- 2) How many years did it take before the bamboo broke ground?
- 3) What was happening under the ground?
- 4) Why is it important that you stick with it?

OVERTIME

Go to afootballjourney.com and view video about the marshmallow test.

APPLICATION

- 1) What is something that you regret quitting?
- 2) When has being patient paid off for you?
- 3) What heights do you want to reach in sports and life?

DID YOU KNOW?

A great way to improve your skills when you are alone is to video tape yourself performing a skill, and then watch the video in slow motion to see areas where you can improve and become more efficient.