



FOR ATHLETES

THE HUMAN

PODCAST

STORIES OF MOTIVATION WITHIN
THE FOOTBALL COMMUNITY

HOT READS



EP. 6 OUTREACH

Coach Ryan Karhut, current special teams coordinator and offensive line coach of the Manitoba Bisons shared his experience as an athlete and a coach. He's been the captain of a Vanier championship team, played down in the states, and played in the CFL. As a coach he has covered all age ranges and levels, after starting his coaching career while playing in high school. Coach has a lot to say about what is meaningful in football (the people, not the scores), the importance of growing as an athlete, and prioritizing the relationships with your team mates. As athletes, there is always an opportunity to get better, to motivate each other and bring out the best in one another.

Care about one another. As athletes, magic happens when the team is bought in and wanting to play for each other. Coach Karhut talks about how he still holds connection with his past teammates, years later. Sure, you'll remember big on-the-field moments, but generally, it's the people that are in your football journey that are the big takeaways.

Start with the basics, then continue to grow. There are always way to improve as an athlete. Start with the basics- get confident and comfortable. Everything builds off of the basics, and you can't grow if you don't have those down. Then once you have those down, think outside the box. What can you train off the field or in the off-season? How can you improve your football IQ? Coach Karhut started coaching while still playing in high school and he attributes teaching skills to others as one of the biggest ways he improved as an athlete.

Make the most of your teammates. During COVID and beyond, rely on your teammates. Push one another to get better. Stay competitive with one another- how can you each of you become a bit better? Take pride in your linemate's abilities, and ask them to help you bring up your own level of compete. Your teammates are a great source of motivation, hold each other accountable for gym time, off-season practice, and staying focused when it matters most.

REVIEW THE TAPE

Who has been important in your football journey?

Consider your abilities right now. When you think about the next level you want to play at, what do you need to be able to do? How can you start building those skills now?

Who on your team do you/can you use to push your abilities on and off the field?

RESOURCES

If you're wondering how you can be a better teammate, these resources are a great start!

Click here to learn more about the qualities of a team player

Click here to learn more about what makes a great teammate



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