

For any sport individual that is involved in team sport, there are two words that can bring either joy or misery to you. The words are Playing Time, they are very powerful words which you have partial control over. Your manager has full control over who plays and who doesn't get a game time. This can make or break your season, not to even mention your entire athletic career. Everyone wants playing time, to give to the team and get more rewards and praise. But not everyone is capable of getting this Playing Time consistently. We have an elite select few who are capable of achieving this feat consistently. Many players who do get it, always have this feeling of wanting more than they can get.

As a manager, you will get to see your players willing to do everything and anything just to get consistent playing time. This playing time somehow has lots of positive impact on players as it tends to brighten them with possibilities and opportunities. When given this required playing time, the players feel elated and terrific. But without enough playing time, there is a cloud of darkness that hangs over them. The player might lose the love of the sport and will feel a little bit depressed. A player starved of [sports performance directory](#) playing time tends to lose motivation, and the self confidence drops.

10 Ways to Get Playing Time as a Player

There are various ways and factors to consider when convincing your coach or manager to give you more playing time. This section will discuss ways which a player can convince his or her manager to give him more playing time.

The Best Players: As a player before you are selected, you need to consider if you have the best potential or talent among your peers. Managers pick players based on their talents and how well they do during games. As a player you need to be flexible in your sports while retaining a sharp instinct in your desired position. You should strive hard to be the best in your position and work hard to get more playing time from your manager.

The Best Players By Position: Another method managers use to pick players is based on who is the best in a certain position. This should be a clear indication that you don't need to work all round, you can work on a specific position and be the best individual for the position. As a player, try to beat the other competitors and get more playing time from your manager.

The Best Team: Though this method is disadvantageous for a player who might be the best but have issues with team chemistry. The manager selects his team based on how well they play together. As a player what you have to do is quite simple, try to relate and talk with everyone on the training ground. Get to know them, their style of play and possibly create skill moves with them. From there on, you can start building a bond between yourself and your teammates. You should try to have chemistry with majority of your teammates.

The Process Team: This is the best method for the manager to notice you and give you more playing time. Most of the great athletes in the world have been renowned to be serial hard workers. They spend extra time after practice, get to the training sessions even before anyone gets there. They build an impression on the manager to see them as very hard working. This method can easily be used to convince your manager you are the right player for the job.

Competitive Cauldron Winners: This method tests your ability on how much competitiveness you have got on your belly. As a player you need to show the desire to win all games and proof to your manager that you should never be benched. Managers usually pick players due to how much hunger they perceive from them.

Everyone Plays Equally: This method is a neutral method for the players. With time, you will get playing time as the manager tends to rotate. Lots of players will grudgingly accept this method because at least they will get playing time. But as from time memorial, you can't quench the fiery flames of a competitive individual. And this method might not produce much playing time, as the manager will give playing time to fringe players.

The Core Values Team: This method deals with how you as a player understand and digest the manager's philosophy.

Set Lineup: Well, as a player will definitely get a line up with this format. The manager will select his teams on how he wants to set up his team play and tactics. With a set line up, you might be lucky to get lots of playing time and quite a few playing team



Fluctuating Lineup: This method is one method that any top professional should adapt to his or her game. This method gives you playing time depending on your performances .

Alternating Lineup: At the top level, you tend to have many players looking for playing time. It's a tough job breaking into the team. But when you keep your head down and work hard, you will be selected to start games.

In conclusion,