

DUILIO HERRERA | MICHIGAN SOCCER & 1/2p

Hello my name is Julie Herrera I'm currently attending the University of Michigan and I play for the men's soccer team Some of the best advice that I've been given by some of my mentors coaches has been to have the best work ethic that anybody has ever seen Most of my coaches If not all of them have told me that talent will never be enough If you don't have the work ethic you gotta grind you gotta work and talent would do the rest But if without the work ethic nothing will come in easy Me personally is my mentality Um I train I practice the way that I want to play every training session I try to mentally be prepared um mentally go into tackles even though it's my teammate I try to go in hard but save every little game that we play in training I play to win because I hate to lose And I think training like that is the best way to train because come the game comes in and you're mentally prepared you know what you need to do you know what you need to you've done is you've been prepared enough and mentally wise you're ready to win I like to work on my explosiveness and it's a big part of my game that reaction The the 1st 23 steps of sprinting to a ball are key moments in every play in in soccer They can decide whether you win a ball whether you get there to score whether you get there to stop uh play um or there to defend So a very big one that I do is our speed ladders It's just working my on my feet and working on explosive as well Uh in the weight room I like to do um jumping squads where which are really good that I've done in the past that have helped me increase my speed as well as my acceleration So it's some of the things I do one of my biggest challenges has been the mental part of the game back home I play professionally I was kind of the one kid you could say Um I was 17 playing professionally with men Most of my teammates in that team had kids my age So it was kind of a lot of pressure A lot of people looked up to me a lot of kids looked up to me my friends looked up to me the pressure the the sometimes dealing with anxiety with not living up to your expectations of yourself was definitely one of the hardest things I've dealt with And sometimes I felt like I wasn't giving enough I wasn't doing enough that I wasn't doing what other people were expecting of me And that was a big challenge for me because I started losing confidence not having fun There was even some times where I was planning on quitting because it was not fun anymore It was just so much pressure Um My anxiety was taking over um panics of what if I'm not good enough but why am I here and just over thinking as well So yeah the mental part of the

game has definitely been one of the biggest challenges in my career What helped me a lot was talking to my parents expressing my feelings my my anxieties my headaches talking about it to my families to my team members Kind of not just keeping it like most men do because I know I was coming from a culture where men are not supposed to express feelings like those So kind start to talk about them just to anyone or write them down was a great way that help myself Uh my mental health um increased and become better just letting things out by crying or just talking to someone was definitely one of the best things I've done So my career in process was a fun and uh very very unique one going into my my senior year I had probably two offers uh one back home one in Indianapolis And so I didn't want I didn't want to stay back home So I basically just had one and some of my senior year I was basically committed to that school and then we had a tournament with my club I ended up just having one of the best tournaments that I could possibly have It was just unbelievable I played the best that I could have and exactly the last game where uh we were playing one of the best teams from Texas Um There is about 80 or 90 coaches that came to watch that game for the other team because a lot of the other players were were still in the recruiting process as well that I ended up scoring a hat trick and I got an assist And after the game I was I just had a line a line of coaches just wanted to talk to me My phone was blowing up from emails texts calls and I just a game changed my whole life One of my coach my club coach caught uh the head coach for Michigan uh on a walk and he was just like hey come watch my team just for a second half I know you got stuff to do But if you don't like it if you don't find anything that you like you can just leave And so he ended up staying the whole game And because of just that one game I was there be recruited by Michigan Michigan is nothing like anything else I've been to a lot of campuses around the US on visits to go play and nothing compares to Michigan The pride that the the people have for the logo the the love that they have for them the people and them by themselves the passion they have for all their sports It's just nothing like any other school and it's it's Michigan It's the best university in the world There was nothing to choose when I got here on my last visit I was like this is it this is home this without a doubt Uh The place that I wanted to come go and visit go look but don't commit you'll know when it's the right fit for you You just know when it's when it's the right place when it's the right decisions to make And that's what happened with me It's I went to d I went and tried different schools I went to go from all over the the country from west to east coast to the Midwest to back in the

south to experience the different types of weather the different cultures the different atmospheres in cities Um a little more urban places like L A and stuff like that But like I said before when I got to Michigan on my last visit it just it just felt right putting more um emphasis on the weight room coming from a culture that more of a playing style not more uh attention has been paid into the physical aspect of the game Coming into the big 10 was a a big surprise for me I didn't realize how physical it is to be in the big 10 conference A lot of big guys a lot of athletic guys there are just huge and massive and most of the teams um used that as an advantage to other teams So kind of learning how to manage my my weight kind of put in more muscle than mass And just knowing what he better than uh than I was before was probably the the things that I learned the most the biggest difference is the experience that the players have You can tell by the decision making the way they either move or play a bar or find spaces to take a shot has been the biggest difference in all three different stages I know like myself I was above anyone in the club level because I was already practically with um men And then when I came to college again I was a little kind I had but not that much So yeah the biggest difference was just the experience of just playing the game I mean the guys that I played in the men there were there were players that was way faster than than them but just by the experience like they knew what was the right place to be when to run when to anticipate a ball And that's what differentiated a great player from a good player One of the biggest things that I've always done is talk to my professors talk to my teachers maybe a week ahead before I know I'm missing school to kind of get ahead on school work kinda get it out of the way So that when when I travel I'm not just thinking about school work and I could just concentrate on on the game And that's been one of the biggest things that's helped me a lot I always just talking to my professors or teachers knowing that I was gonna miss school knowing um knowing when to approach them after class to just ask for any extra work or uh ask for what the schedule would be like on the next class just to try and try and stay ahead because I know it's I know it's complicated when you fall behind especially in college because it's the class is just so fast and if you miss one class you miss a bunch of uh of material So yeah I think the biggest thing would be to have faith Um I know of me myself I'm a big believer in in God and kind of just as I went to high school into college kind of grew closer to him which is something that I wasn't Um I didn't feel like I was when I was in the club level or in the professional level and what I would talk to myself would be to have faith