

## **How To Make A Player Profile**

**Although this is not a traditional route to getting scouted and setting up trials, I believe it's a very powerful one because it takes luck out of the equation and allows you to have more control over your future.**

**Remember, if you can use the other two options (or any other options you can think of) take advantage of them because a connection to an opportunity is so valuable. But if you currently don't have any connections, I don't want you to feel like all hope is lost. Use these formula to take positive action towards your goals.**

**With this approach you are going to create your own player profile (consisting of game footage, training footage, a player resume, and references from coaches) and approach as many clubs/academies as possible with an honest, friendly, and optimistic attitude.**

**Now let me ask you, why would anyone club or academy to give you attention? Obviously, you have to be realistic with yourself like we've already addressed. If you're not the best players in your league currently you probably have some more work today before you can spark interest from any real clubs.**

**If that is your case, don't be discourage. Simply understand, in order for you to achieve what you want, you must continue to improve until get to a higher level. But if you continue to challenge yourself, study, practice, and remain motivated, it's only a matter of time before you reach that level.**

**In order for a club to give you attention, they must feel like you are someone that will improve the quality of their club, help them win more games, and potentially be a valuable asset that could be sold to other clubs in the future.**

**This is the message you want to get across in your player resume. So, how are we going to create that powerful message for you?**

**Below are the 4 areas of your player portfolio that I want you to create:**

**1) is Game Footage – this is the most important piece of the portfolio because this is what really matters. Can you display your ability to have impact in games on video? I would recommend you record a whole season's worth of game footage. From all of that footage, take the best clips and create a 5-7 minute video.**

**You don't want this video to be too long and you certainly don't want it to be boring. It should be upbeat with exciting/motivating music in the background and good video editing with short club and quick transitions. Preferably, the video should be HD quality so use the best camera you have. You can create videos like these easily on free programs like iMovie or Windows Movie Maker. Search the Internet for tutorials if you need more advice on how to do this properly.**

**The video should show your ability to:**

- score goals**
- make assists**

- keep possession of the ball
- play 1-2 touch football
- dribble past players
- make tackles and defend effectively
- win headers
- communicate with teammates
- run fast and move quickly
- play with high intensity, work ethic, and passion
- smiling

**If you cannot demonstrate all of these skills on video, ask yourself? Am I really at the professional level just yet? But even if you can't at that moment, make the best you video you possible can and use it. You can always come back and make a better video later.**

**After you've created your video I would recommend you upload it to YouTube and get some social proof. The more likes and views you can have on it, the better chance coaches will actually watch the video. Someone is much more likely to watch a video that has 5,000 views compared to one that has 47 views.**

## **2) Training Footage**

**I would also suggest you create a 3-5 minute of yourself training. Realistically you could make this video in 1 day. But I encourage you to take your time and get the best footage possible. The purpose of this video is to demonstrate your work ethic, motivation, and desire to make it. And also display your technical skills more clearly.**

**Follow the same guidelines as your game footage video. Keep it short, upbeat, with good music, quick transitions, and high video quality.**

**The video should show you do the following exercises to your fullest extent! It needs to look like you are really pushing yourself and training hard (a 15-30 second clip for each of your best stuff will work great – less is more in this case):**

- stretching and warming up
- sprinting drills
- agility drills
- strength & power drills (preferably weight lifting in the gym)
- plyometrics (jumping exercises)
- juggling with different parts of the body
- dribbling with speed and doing 1v1 moves
- fast footwork drills
- short and long passing and receiving
- shooting with different variations (dribbling, turning, volleys, etc.)
- shooting with different technique (laces, inside, outside)
- finishing from crosses (heading, volleys, etc.)
- smiling

**Realistically, you could have someone film you performing the training Progressive Soccer Training program because it incorporates all of these areas. Do your best to show good quality**

**with both feet for all of the technical drills. Coaches love to see players who are confident using both feet.**

**The purpose of this video is not only to show your quality and work ethic, but to demonstrate that you are the type of player a coach would love to have on your team because you are serious about improving and willing to put in the work. You want them to like you.**

**Creating this training program has actually sparked a new idea that I want to use to help you. I've decided to create a new branch of Progressive Soccer Training which will eventually grow into my own player agency that I will use to bridge the gap between players and clubs. For the time being all I have created is a YouTube channel where players can upload their Game Footage Videos and Training Footage Videos to get more views, more quickly. You can view examples of my personal Game Footage and Training Footage Videos on this channel:**

**<http://www.youtube.com/user/ProgressiveProfiles>**

**If you would like to have your videos uploaded to this channel send your videos to [info@progressivesoccertraining.com](mailto:info@progressivesoccertraining.com) (.mov .m4v .m4p which is the best format or .wmv) – Acceptance of your video will depend on the quality and your ability to follow the guidelines that I've just explained.**

### 3) Player Resume

Once you've put in the effort to create these videos you need to create a player resume that explains your playing experience and all of the notable achievements in your soccer career. I would recommend you keep this player resume to 1 page in length. If you have too many awards and achievements keep the most impressive ones and leave the rest. Again, less is more.

Your player resume should include the following information:

#### **Name, Age, Hometown, and Preferred Position:**

With your preferred position, I suggest you include in brackets (*will play any position confidently*). This shows coaches that you are a confident, versatile player who doesn't restrict themselves on the field. Keep that phrase: will play any position confidently.

**Playing Experience:** this should list the last 3 teams you've played for (and the years spent with that team). Obviously the more prestigious the team the better. If your team plays in a top division I would suggest you include that. If your team isn't in a top division I would leave it out. For example: If your team was - FC Dallas Fire (if you played in a top league in brackets you would put Premier Division)

**Playing Achievements:** this should list 3-6 of the top awards you've achieved with your team. League championships, State/Provincial/National Champions, and Tournament Victories. Simply place the title of the championship with the year it was achieved.

**Personal Awards:** these are any awards you individually, have picked up along the way. These can be things like MVP awards, Most Improved Player, Honorable mention awards, Top Goal scorer,

Defender, or Player for a certain league, All-star team selections and nominations, etc. (again place the title of the award and the year it was achieved)

The 4<sup>th</sup> ) component of your player profile is - References from Coaches. This purpose of this component is to show potential coaches that you are the type of player coaches love to have on their team.

To create this ask as many coaches as possible to write a paragraph about you as a player and how you can bring value to any team you play for. The more coaches you ask the better because you can select the best 5-7 and use them as powerful testimonials to persuade other coaches.

In these short paragraphs ask your coaches to include:

- your best qualities as a player
- what they liked most about having you on the team
- and what you can offer to any other team you play for

On the reference page you will want to include each coaches full name, a contact email address, and the team they currently coach for.

Once you have completed these 4 tasks: 1) Game footage video, 2) Training footage video, 3) Player Resume, and 4) Reference Page – you will have a powerful tool to promote yourself as a player.

The last component of your player profile that you will need to create is a short introductory paragraph. You can create your own but I suggest you use these few short sentences.

Thank you for taking the time to review my player profile. My main passion and purpose in life is to play professional football at some level, somewhere in the world. The purpose of this email is to request a trial with your club. If you were to take me on as a player, I will do my absolute best to bring more victories, trophies, and championships to your club.

Full Name:

Phone Number:

Email Address:

Compress all of this information into 1 word document.

- 1) Introductory Paragraph and Contact Info
- 2) Game Footage Link -
- 3) Training Footage Link
- 4) Player Resume
- 5) References From Coaches