

Tips for Technical Sessions

- 1) The number of recommended repetitions found in the workout PDFs are the minimum. If you find the workouts too easy, you can always add more repetitions. However, I would encourage you to focus on keeping the duration (repetitions) the same and instead increasing the intensity.
- 2) Use self-analysis to correct your mistakes. If you performed a skill incorrectly don't just get frustrated. Ask yourself: what did I do wrong and how can I correct it?
- 3) Focus on positive self-talk throughout the session. Especially when you start to become fatigued. Do not stop when you are tired. Stop when you are done.
- 4) Ball Control drill #2 -> record your personal record (or max out at 50 consecutive touches). Attempt to beat your personal record in the next session. Set records for Left Foot, Right Foot, Left Thigh, Right Thigh, and Head.
- 5) Perform the drills with speed. Make it "match realistic" and approach each drill as if it were a game situation. You play the way you practice. Practice slow and you will play slow. Practice with speed and you will play with speed.

Tips for Physical Sessions

- 1) For each exercise record 1) the amount of weight used and 2) how many repetitions were completed consecutively. Each session focus on improving on your previous session with more weight or more repetitions.
- 2) How much weight should you use? Attempt to find a weight that will allow you to complete 80% of the repetitions with good form but will be extremely difficult to complete the remaining 20%
- 3) Always complete the recommend repetitions. If you said you were going to do 10 repetitions but could only manage to complete 8 consecutively. Take a 10 second break, write down the 8 repetitions, and return to complete the remaining 2 repetitions.
- 4) Good form should always be your first priority. The quality of your movement is more important than the amount of weight you can lift.