



8 SECRETS I WISH EVERY FOOTBALLER KNEW

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(1) IT IS POSSIBLE

Do you want to play Professional, College, or Higher Level Team?

Other people have done it - they are only human beings.

Chances are created, not given.

It's not who you are, but who knows you.

- stop waiting for something to happen, make it happen
- recruitment / scouting process

Location / Nationality / Financial Situation - YES they have an influence.

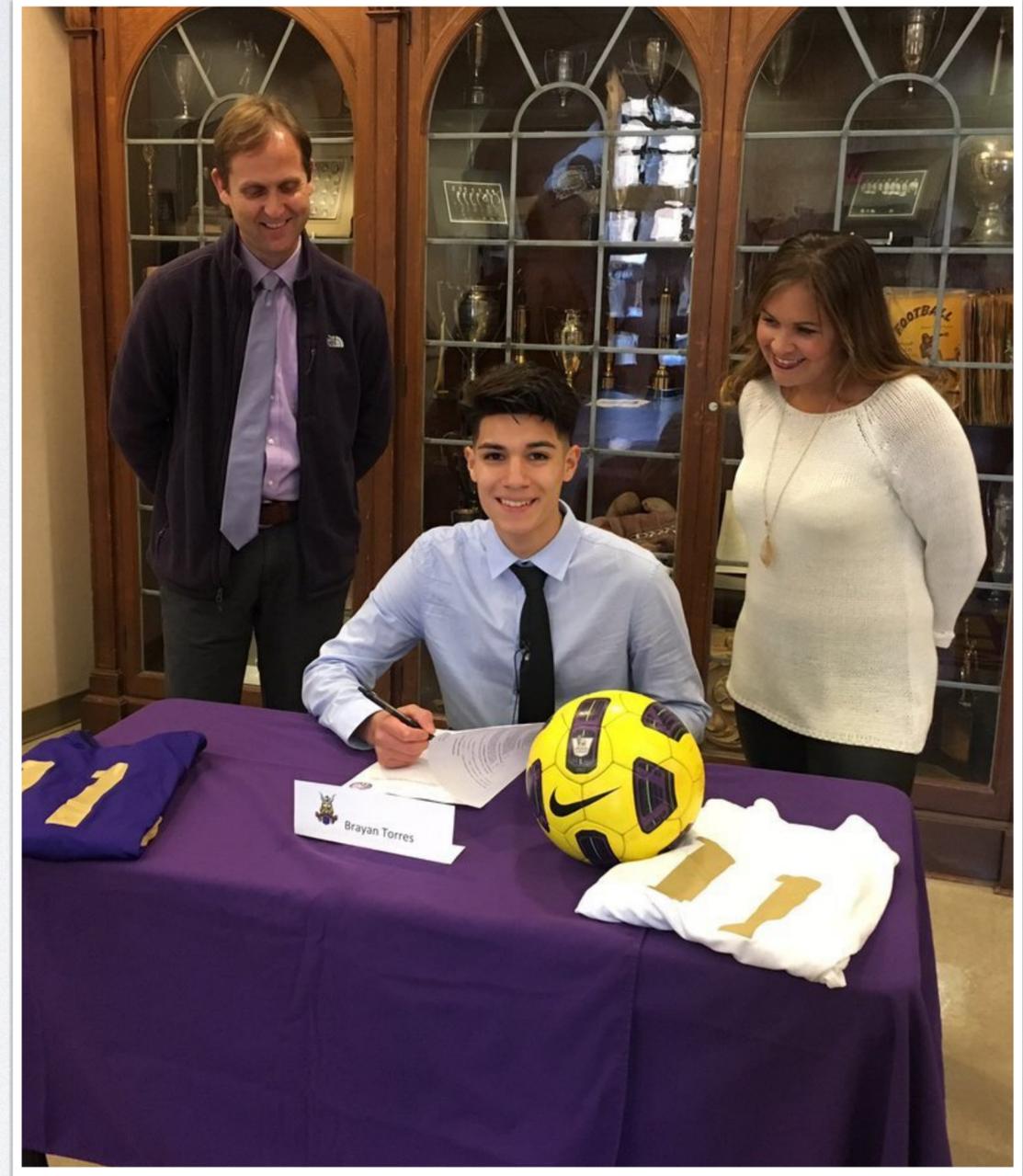
Few players make it and there is lots of competition.

- always improving as a player
- always taking action towards making connections
- don't give up after rejection

No means not yet / not good enough YET.

- you can improve every area of your game
- you can find the right connections
- you can do this

It's not about the goals you achieve,
but who you become in pursuit of those goals.



(2) THIS IS ALL ON YOU

You have to love it.
Enjoy the process or pursue something else.

You must take personal responsibility for your own development and success.

Stop blaming and complaining.

No one else cares. Believe in yourself. No one is going to do anything for you, until you do something for yourself.

If you believe, they will start to follow.

Don't expect other people to understand your vision.
This is your dream not theirs.

Become very "self-aware" and honest with yourself.



(3) YOUR MIND IS YOUR GREATEST ASSET

Understand the importance of the most overlooked area of player development

- MENTALITY

Focus on developing Positivity & Optimism

Take control of your thoughts.

Confidence is the skill of talking yourself forward.

You cannot control what happens on the field but you can always control how you respond.

Growth mentality:

- you're either winning or learning (no losing)
- change the way you view failure / mistakes / losses / defeats
- you are not afraid to fail because it will make you better

Losers become discouraged by failure. Winners become motivated.

"Regret Minimization Mindset" - it's better to try and fail, than never try at all.

Presence: learn from the past, get excited about the future, be in the moment.

Don't let the opinions of others hold you back (coach, players, past self).



(4) YOU MUST HAVE HEART

Why do millions of technically skilled players fail to achieve their goals?

One main reason: "They don't have heart."

No grind, no graft, no desire, don't want to fight.

How bad do you actually want it?

- emotional attachments
- sometimes you need to be doing this for someone else

Run towards hard work.

- enjoy it / want it / success is on the other side

Discipline is the ability to do what you know you should do, even when you don't want to do it. Having the mental toughness to push forward when things get hard, makes the game easy.

Player Development vs Winning (it's about developing winners).

Win every time.

Don't give up.

Try harder.

You can't always control the ball, but you can always control your effort.



(5) TRAIN THE WAY YOU WANT TO PLAY

You can improve every area of your game and you MUST.

- genetics are not a reason to give up
- excuses (no one cares: stop complaining and find a solution)
- weakness ("I'm just not good at that")

Focus on Total Player Development:

- mental, tactical, physical, technical
- Stronger Mentality - analyzing thoughts and talking yourself forward
- Smarter Player - learn the game, decision making, awareness
- More Athletic - fitter, faster, stronger, and more mobile
- Technical - all skills, two-footed, attention to detail

Hard Work or Smart Work?

- analyze your game and what you actually need to do on the field
- quality over quantity / stimulate don't annihilate

Train to perform well in matches:

- realistic scenarios / match speed / intensity
- do it until you improve

Treat your recovery as you would training:

- warm up, cool down, hydration, nutrition, sleep / do it better each time

Commit to consistency - it takes time to improve.



(6) FOCUS ON RELATIONSHIPS

Your attitude is more important than your ability.

Be a professional, even if you're not trying to be one.

- show up on time / dress properly / be prepared / communicate efficiently
- train like a professional (treat it like a job - here to do work)

Treat people with respect.

- coach / manager / referee / teammates / opponents

Become a "coachable" player:

- listen attentively
- seek criticism (don't take anything personally)
- apply advice quickly

Practice good body language: Posture / Eye Contact / Exude Confidence

Be a team player.

- instead of being the best on the team, be the best for the team
- learn to make friends everywhere you go

Lead without title:

- lead by example
- communicate descriptively
- motivate, praise, and inspire
- make everyone better



(7) PERFORMANCES SPEAK LOUDEST

It doesn't matter how good you think you are,
you have to perform on game day.

- if you want respect, praise
- if you want to go to the next level
- no one cares how much practice your putting in on your own

Do NOT blame anyone but yourself:

- you cannot control teammates / coaches / referee
- take more responsibility (keep your power for improvement)

If you can perform well in training,
you can perform well in matches.

Training is about technique, physicality, and tactics.

Matches are about mentality:

- talk yourself through the ups and downs (practice confidence)
- do what you know you can do in the moment (practice presence)

There is no substitute for match experience.

- play as much as you can / focus on long-term development



(8) THIS IS MORE THAN SPORT

It's a way of life.

- training, lifestyle, competition, culture

It's a personal development practice.

- discipline / work ethic / teamwork / leadership
- life skills that go deeper than football

It's human connection.

- relationships, business, friends, networking, opportunities
- every interaction can serve you in the future

It's happiness.

- do what you love to do
- if it brings you joy keep doing it
- enjoy the journey (not just the final destination)
- and don't stop (play until you can't move your feet)



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- (2) THIS IS ALL ON YOU
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- (4) YOU MUST HAVE HEART
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