

Chasing Greatness

An Introduction To Complete Player Development



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[An Introduction To Your Greatness](#)

Thank you for downloading this free e-book, I know it will make a significant difference in the way you view the game of soccer and your ability to become better at it. You have an endless supply of greatness inside of you. I am here to help you discover that greatness but it will be your responsibility to find it within yourself and bring it out for the world to see.

I may not know you on a personal level, but I know that you deserve success in every area of your life. I am here to help you find success (on and off the soccer field), help you become more confident in yourself, and help you turn your dreams into realities.



This free e-book will not only make you a better soccer player, but a more powerful person. In front of you is an incredible opportunity to separate yourself from your teammates and opponents, elevate your game to a higher level, and take a positive steps towards becoming the player you want to be.

Imagine you step out onto the soccer field with your head held high:

You aren't nervous, you're excited. You are confident in your ability to perform and help your team win the game.

During the game, you're always involved, your teammates want to pass you the ball because they know you will make the right decisions. You blow past players with ease, make deadly passes, and shoot the ball with beautiful technique, power, and accuracy.

Your opponents dread playing against you because you are physically and mentally strong. Your coaches love having you on the field. And you're turning heads everywhere you go. It almost seems like there are no weaknesses in your game.

Sounds pretty good, doesn't it?

That is how you could feel every time you step onto the field. That dream could soon be a reality. But you aren't going to get to that level simply by reading this free e-book. Reading this e-book is only the beginning of your journey.

This e-book will introduce you to the **areas of player development**. Your commitment to improving these areas of player development will make you a more powerful player and put you miles ahead of your competition.

**I am here to teach you how to improve yourself.
But only you, can make yourself improve.**

Are you ready to learn?



The Concept Of Player Development

Every player wants to be great but very few are willing to make the necessary sacrifices to become great. Let's find out if you are up to the challenge.

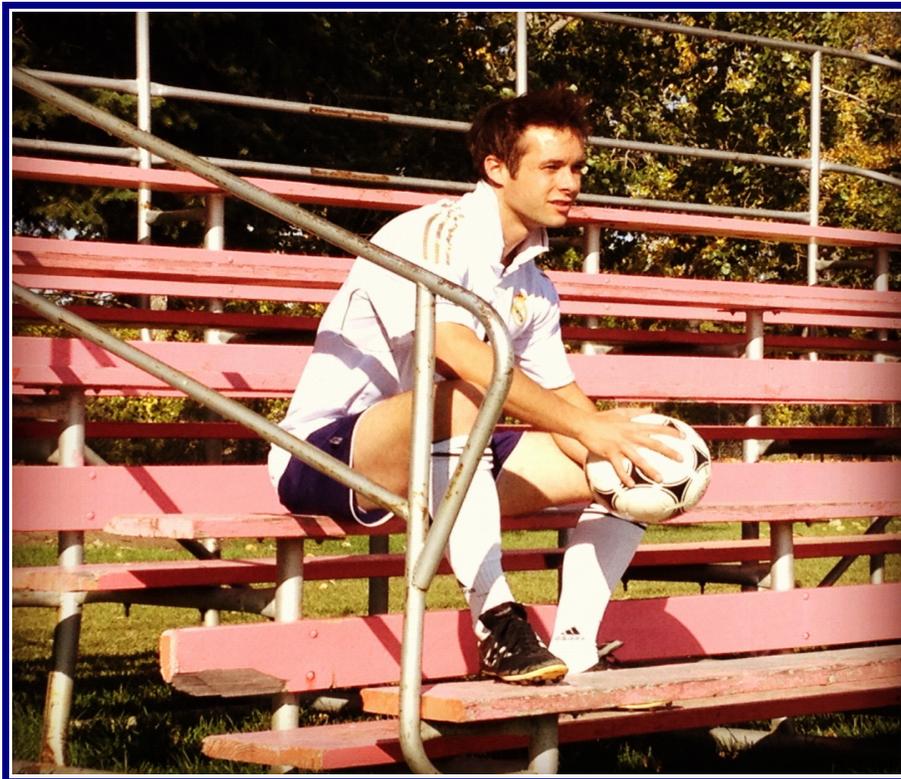
Your quality as a player (how good you really are) is directly related to the amount of time and effort you spend improving yourself.

Does that make sense? **Re-read that sentence.**

First, I want you to understand you have all the tools you need to become a great player, inside of you. This is **your** journey and **your** success will be determined by **your** actions. It's all up to **you**. It's all in **your** hands.

You cannot rely on your coaches to make you a better player. Yes, they will help you along the way and you must extract as much knowledge and experience from them as possible, but they are not responsible for your success.

You are responsible for your success and your development, no one else.



Your biggest improvements will not come from going to team practices and games (these are an important piece of the puzzle) but the time you spend on your own practicing, analyzing, and pushing yourself to become better.

This e-book will teach you how to start coaching yourself and pushing yourself to become a better player.

In this e-book we are talking specifically about your development as a soccer player. **However, I encourage you to take responsibility for your own development and success in every area of your life.** There is no reason you cannot be great in many different areas. In fact, I challenge you to hold yourself to a standard of greatness.

Why would you be mediocre at anything when you have the potential to be great?

If you want to improve, you must push your boundaries. Do things that challenge you and continually ask more of yourself. This is how you grow.

If you do the same things, you will always get the same results.

Albert Einstein, probably one of the most brilliant minds the world has seen once said, *“Insanity is doing the repeatedly doing the same thing and expecting different results”*. If you want to become a better player, you must continually ask more of yourself in your own individual training sessions, team practices, and games.

Even if you currently cannot do something well, do it anyway. You will learn along the way. The revolutionary artist, Pablo Picasso said, *“I always try to do things I can't do, in hope of one day being able to do them.”*

If you are afraid to try something new, you will never be able to grow. If you don't move forward because you are afraid to fail, you will never be able to grow. **Do not be afraid to fail, for fear of failure is the only thing that will hold you back from becoming great.**



Ask yourself:

How badly do I want to improve?

Am I really willing to work that hard?

Am I willing to keep pushing forward when I feel like giving up?

Will I say “yes I want more”, when others would say “no I’ve had enough”?

These are the types of questions you will need to ask yourself, because the path to greatness is not for everyone. **To become the type of player who makes an impact in games, gets noticed by scouts and coaches, helps their team win games, and is continually growing, you must commit to never ending improvement.**

In order to become better than everyone else, you must do more than everyone else. **Dedicate yourself to excellence in your individual training and personal development and you will soon reach greatness.**

Are you ready to discover your greatness?



Area Of Player Development #1:

Technical Skill

Technique is the foundation of football and it should be the foundation of your development as a player. Therefore, mastery of the basic skills must be a continuous goal if you wish to perform well on the pitch.

As we discussed earlier, the quality of your technical ability is the direct result of the amount of time and effort you put into improving your technical skills. I want you to understand that you are 100% in control of your development. You can improve any skill you desire, if you take the right approach and put in enough practice.



One of the most common traits in all great achievers is the desire for more. No matter how good they are at something, they always want to become better. I encourage you to do the same. If you ever get to the point where you think you are “good enough”, be careful. You must remove your ego if you want to become truly great at anything.

Similarly, I challenge you to always look for solutions, instead of problems. For example, instead of complaining about your inability to shoot powerfully or dribble past defenders with confidence, what actions can you take to improve yourself in these areas?

Your life (on and off the soccer field) is a direct result of the questions you ask yourself. If you ask yourself, why am I so bad? You will find 100 reasons for why you are bad and will continue to be bad. On the other hand if you ask yourself, what can I do to get better? You will find 100 answers to a much more productive question. Make sense?

Ask yourself positive questions that will produce positive results.



Too many players expect to see improvements in their technical skill without consistent practice. Consistency is key for development, especially if you are looking for significant improvements in your skill, in a relatively short period of time.

Realize, it takes time, effort, and commitment to improve at anything, but that shouldn't discourage you. Instead it should motivate you, because you know other players aren't willing to do what you are, to see those improvements.

To become better than your competition you must work harder, smarter, and more consistently than your competition.

“Today I do what others will not, so tomorrow I can do what others cannot.”

– Brian Loop

Finally, don't neglect any areas of technical development. You may want to improve specifically in shooting or ball control, but that doesn't mean you neglect the other areas of your technical development.

Improvement will only come with dedicated practice.
Are you willing to put in the work necessary to see improvements?

Ask yourself:

How badly do I want to be a playmaker for my team?

How bad do I want to be a master of the soccer ball?

How badly do I want to score more goals?

**Here are the basic technical skills I would suggest
you focus on developing daily:**

(1) Dribbling

(2) Ball Control

(3) Passing & Receiving

(4) Shooting

(5) Tackling

Specific drills for improving these skills are beyond the scope of this free e-book. However, below you will find some valuable pieces of advice on how to improve each area faster than the average player. Remember, knowledge is power but only if you choose to use it.

(1) Dribbling is an important skill because it allows you to get out of tight situations where you don't have help from teammates, beat defenders, create space for yourself, and keep possession of the soccer ball.

Tips For Accelerated Improvement:

1) Become one with the ball. The more touches you get on the ball, the better your dribbling skills will become. You can add 10,000s of touches each day simply by taking a ball with you everywhere you go (especially around the house). Keep a ball with you at all times.

2) Dribble with increasing speed. Most players feel comfortable in their dribbling abilities until they get into game situations. In order to be an effective dribbler in game situations you must practice at game speed.

When performing dribbling drills always push yourself to the point of losing control. Make it like a game.

3) Don't hesitate. When it comes to beating a defender, hesitation is your worst enemy. You will get tackled when you are indecisive and slow to make a move and are indecisive, Put the pressure on the defender and go at them immediately.

4) Do less with more. Cover more ground with fewer touches. As a dribbler it's very important that you focus on being effective rather than fancy.

Why take 10 touches to beat a defender when you could do it with 2 touches?



(2) Ball Control is an essential technical skill because improving it will allow you to become confident controlling the ball with all different parts of your body in different situations. This will allow you to keep possession and complete your plays with speed and efficiency.

Tips For Accelerated Improvement:

1) **Beat your record daily.** I encourage you to beat your personal juggling record everyday until you can consistently get 500 keep ups. By beating your record by at least 1 everyday you can make massive improvements in your juggling (and consequently ball control) in a short period of time.

2) **Actually focus on your technique.** Most players simply kick the ball without thinking about what they are actually doing. If the ball isn't doing what you want it to do, it always comes down to your technique.

Ask yourself:

What changes do I need to make to my technique to make the ball do what I want?

(3) Passing & Receiving are probably the most important technical skills a soccer player can possess. These skills will allow you to keep possession of the ball and move it quickly around the field, avoid tackles, and create scoring opportunities for teammates (more assists for you).

Tips For Accelerated Improvement:

1) **Pass (and receive) against a wall daily.** The best exercise for improving passing and receiving, involves only a ball and a wall. Practice making firm and accurate passes against a wall. Also focus on a good first touch out of your feet that allows you to step into the pass comfortably.

2) **Get more passes in training.** Can you get more value out of your team practices? Don't waste a second. As soon as you have a chance start passing and moving with teammates. Any downtime before, during, or after training is an opportunity to practice your passing and receiving with teammates.

3) **Give the best pass possible.** Instead of passing the ball in your teammates general direction, how can you make the pass the best possible? **For example:**

Can you play the ball into his/her path, rather than behind them?

Can you play it to their strong foot, rather than their weak one?

(4) Shooting is one of the most difficult skills to master but also one of the most important. Becoming confident in your shooting skills will allow you to score more goals for your team and be a dangerous offensive threat.

Tips For Accelerated Improvement:

- 1) **Don't hesitate.** Have you ever passed up the opportunity to take a shot, only to regret it later? You don't do this anymore. When you know you should take the shot, take it. You won't become a better shooter by not shooting. Take your shots! You'll improve because of it.
- 2) **Follow through low and direct.** One of the biggest mistakes players make is following through too high and across their body. If you want your shot to stay on target with good power, keep your follow through low and direct your follow (flexed toes) straight towards your target.
- 3) **Learn to analyze technique.** Similar to juggling, most players will shoot a soccer ball without thinking about what they are really doing.

Always focus on technique when shooting and analyze your technique after each shot. Ask yourself:

Was it a good shot? Why?

Was it a bad shot? Why?

It always comes down to your technique.



(5) Tackling is a technical skill that is commonly overlooked in a player's development. Regardless of your position it's very important that you know how to tackle in order to stop opposing players, regain possession of the soccer ball, and be confident in your ability to defend.

Tips For Accelerated Improvement:

1) Make the most of training. Tackling is a very difficult skill to practice on your own. For this reason, it's very important that you make the most of your time at team practices and games. Use every defending situation as an opportunity to learn, grow, and improve your tackling skills.

2) Close distances quicker. Too many players give their opponents too much time to play. By quickly closing down the space between you and your opponent, you will make it more difficult for them to play. Don't run in foolishly and get beat by one touch. Quickly close down the distance between you and your opponent, but be cautious in those last 2-4 yards.

3) Go in harder. Tackling is as much a mental skill as it is a technical one. When two players go into a tackle, the player with the stronger intention (more desire to win the ball) is going to come out with the ball 90% of the time. If you go weak into a tackle, you risk losing the ball but also injuring yourself.

Ask yourself: *am I actually going in harder than my opponent?*

***All of these technical skills should be practiced with both feet.**
It's very important to be a two footed player in today's game. It makes you much more difficult to defend, unpredictable, and more capable. The younger you can start using both feet, the greater advantage you put yourself at in the long run.*



The more time and effort you invest in improving your technical skills, the better you will become. This not a secret formula but a simple recipe that always holds true.

Make a commitment to yourself to practice and master all of the basic technical skills as often as possible. Get on the ball daily. 30-45 minutes per day of ball work would be ideal but even 10 small minutes of ball work each day can make massive improvements in your skills.

What level will you take your technical skills to?

It's in your hands.



Area Of Player Development #2:

Physical Fitness

Imagine playing against players who feared you, not only because of your technical ability, but because of your physical presence. **Imagine you were able to run faster and longer than everyone, knock/hold players off the ball, win headers, tackles and all of your individual battles on the field.**

That would be pretty amazing, wouldn't it?

Improving the physical side of your game will allow you to have a larger impact on the game and perform at a much higher level.

Why do so many players neglect their physical development?

Because, it's hard. It's not easy to push yourself to new physical limits each day. This brings up a very important concept. In order to get more out of yourself, you must challenge yourself to do more.

Work that is hard, will produce the results and improvements you are after.

Work that is easy, will leave you in the same place you are now.

I also want you to realize how frustrating and damaging to your performance, being unfit can be. When you aren't physically fit, your performance suffers and your body isn't able to do all the things your mind knows it can. **This can be one of the most frustrating things for a soccer player. I want you to make a commitment to yourself to never let this happen to you. Make your fitness a top priority.**

Make a commitment to stay fit for life. Not only because it will help you play at your true potential and make a serious impact on the soccer field, but because it will help you live a longer, happier, healthier, and better life.

Similar to technical skill (and any other skill you want to develop), consistency is key. Everyone goes on a roller coaster ride of commitment with their training. **Being consistent for 2 – 3 months with your training will produce the results you are after.** Training hard for 1 week on and 1 week off, will not.

Ask yourself:

*How badly do I want to be a physical threat on the field?
How badly do I want to transform my body and game?
How bad do I want to be faster, stronger, and more explosive?*

Here are the basic physical skills I would suggest you focus on developing over the long term:

- (1) Flexibility & Mobility
- (2) Stamina (or endurance)
- (3) Agility (quickness & reaction time)
- (4) Speed & Acceleration
- (5) Strength & Power

Specific drills for improving these skills are beyond the scope of this free e-book. However, below you will find some valuable pieces of advice on how to improve each area faster than the average player.

Remember, knowledge is power but only if you choose to use it.



(1) Mobility & Flexibility allow you to move more freely and elegantly across the soccer field. Improving these areas will help you to reduce the chance of injuries, soreness, and develop other areas of your physical fitness (strength, size, power, etc.) at a faster rate.

Tips For Accelerated Improvement:

1) Dynamic stretching before exercise. Before exercise of any type (individual and team practices, games, etc) it is very important that you prepare your muscles for action. Dynamic stretches are “moving” stretches that quickly extend the range of motion for a short period of time (1-3 seconds). Your basic soccer warm up is a good example of these exercises (butt kicks, high knees, leg swings, etc).

2) Static stretching after exercise. Static stretching can be referred to as “traditional” or “still” stretching. This is where you hold a stretch for an extended period of time (10 – 30 seconds). This type of stretching should be done after exercise to release tension and relax the muscles.

3) Gradually increase intensity. If you want more, you must do more. If you want to increase your flexibility and mobility, you must gradually increase the intensity of your stretches. Each time you stretch try to go a little bit further. Overtime your small efforts will produce massive improvements in your flexibility and mobility.

4) Breathe. Don't focus on the pain of the stretch (this can turn into pleasure overtime). Instead focus on your breathing. Take deep, relaxed breathes and go deeper into your stretch with each exhale.

(2) Stamina will allow you to run longer than your competition, play at your true potential for a longer period of time, and remove the chances of mental and physical fatigue (and poor decisioning making that comes with fatigue).

Tips For Accelerated Improvement:

1) Never stop moving. Your team and individual training sessions are a great chance to improve your stamina. Most players will take any chance they can during the session to walk and recover (or in most cases be lazy).

Always run to the ball, coach, drill, or wherever you may be going. Even if you are waiting for the coach to set up a drill; get on the ball, keep moving, keep pushing, and keep improving your stamina.

2) Play daily. Stamina is something that can develop relatively quickly if you are playing often. The more you play, the better your stamina will be. Whether you are playing competitively with your team or for fun in the park with your friends, every bit will help with improving your stamina.

3) Use positive self-talk. You may not realize it but a strong mindset can improve your stamina instantly. Whenever you feel like giving up or slowing down, tell yourself to push forward. Tell yourself “I can” instead of “I can’t” and you will start to find the strength in yourself to keep pushing further.



(3) Agility will allow you to react quicker in the heat of the game, change direction more effectively (with and without the ball), and improve your general footwork speed.

Tips For Accelerated Improvement:

- 1) **Change direction quicker.** Don't just turn direction, really focus on making your first 2-3 steps in the other direction very powerful and purposeful. Stay low to the ground, push off powerfully, drive your knees and take big strides. Notice the difference.
- 2) **Stay on your toes.** To improve reaction time, always stay light on your toes. You've probably heard the term "flat footed" before. When you are flat footed, you cannot react quickly. Always stay light on your toes (like a boxer ready for a fight) during agility drills, general soccer drills, and real game situations.
- 3) **Expand your limits.** I am going to make a very bold statement and say "you don't really know the capabilities of your own body" And you will never know until you start to push your limits daily. Challenge yourself to go faster, harder, and longer. I promise, you will be surprised at how much you can actually do.

(4) Speed & Acceleration will allow you to beat defenders and get into goal scoring situations, track down attackers, become very difficult to defend, and get you noticed when you play.

Tips For Accelerated Improvement:

- 1) **Focus on your technique.** You can instantly improve your speed by improving your sprinting technique. The sad reality is very few players are actually taught how to run properly. By educating yourself and making small adjustments to your technique you can see real improvements in a very short period of time. Do some research on the Internet.
- 2) **Practice makes perfect.** Everyone wants to get faster but very few are actually working on their speed. To improve your speed, practice specific speed drills (even basic basic sprints) at least 3 times per week.

3) Believe in your ability to get faster. Many people believe that no matter how hard you train you cannot improve your speed, it's genetically predetermined. This couldn't be further from the truth. Yes, some individuals are blessed with more natural speed than others but you can improve your speed regardless of your current ability. As long as you are willing to learn new techniques and practice consistently.



(5) Strength & Power will allow you to keep possession and protect the ball more effectively, win tackles and headers more consistently, jump higher, run faster, and move more explosively.

Tips For Accelerated Improvement:

- 1) Take small steps.** If you are below the age of 12-13, I would encourage you to start your strength training with body weight exercises. Pushups, squats, pull ups, and other body weight exercises are all you need to get started. Once you have a strong grasp of these basic body weight movements you may advanced to weighted strength & power exercises.

2) Gradually increase intensity. Most people face plateaus in their training (a period of time where they don't seem to get any stronger, bigger, or more powerful). This is because their training is not progressively challenging.

If you did 20 push ups last week, do 25 this week. If you did 100 lbs on your squat the first week, do 110 lbs the second week. Small increases in intensity, will produce large improvements in strength & power over time.

3) Nutrition is 80% of the equation. The most important ingredient of your strength and power development (as well as muscular development) is nutrition. Without proper nutrition it is impossible for your muscles to recover and grow back stronger. Educate yourself about proper nutrition and practice it on a regular basis, otherwise you may be wasting your time in the gym.



Remember the importance of consistency and increasing intensity in your training. If it were easy to get into peak shape, every player would already be there. However, this is not the case and this is a good thing. **Because it provides an incredible opportunity for you to separate yourself from the competition even more.**

Ask yourself:

Am I willing to push myself physically and mentally?

Am I willing to do more, when I could easily do less?

Am I willing to get out of your comfort zone?

**Most players aren't, but I have a strong feeling,
you aren't like most players...**

Area Of Player Development #3:

Tactical Understanding

Technical and physical skills are a huge part of the game but what good are these things if you aren't playing the game properly?

Improving your tactical understanding and game intelligence is a crucial component of your player development and in reality very few players address this area until they become older.

Luckily for you, I am here to simplify and speed up the education process for you. Experience (and age) will improve your tactical understanding but you can improve your tactical understanding much more dramatically through **study and application.**

**Here are the basic areas of tactical understanding that
I want you to focus on developing:**

- (1) Positional Understanding**
 - (2) Team Tactics**
 - (3) Anticipation (reading the game)**
 - (4) Decision Making**
-

(1) Positional Understanding allows you to execute your role for your team effectively. You will be able to attack and defend more successfully, save energy, and be more involved in the play.

Tips For Accelerated Improvement:

1) Watch professional footballers. Use professional players to make yourself better. Watch every player and learn from them but especially watch players that play your specific position on the field.

*What are they doing (and where are they) when they have the ball?
What are they doing (and where are they) when they don't have the ball?*

2) Learn from your coach. Most players block their coach out when they are speaking. Ask your coach for advice on your specific position and what he/she wants to see from you, on and off the ball.

3) Continually look around. In order to become more aware of your surroundings you need to process more information. How do you do that? Look around more. Observe more. Analyze more. Constantly look over your shoulders and analyze what is going on.

*Where is the player you are marking?
Where are you in relation to your teammates?
Where are open teammates if you receive the ball?
Where is the open space to attack?*

***Many players are unsure of what position they should play.**

Whenever a player asks tells me this, I ask them: **where do you want to play?** Instead of worrying about what is the best position for you, decide where you want to play, then start developing the skills necessary to be successful in that position.



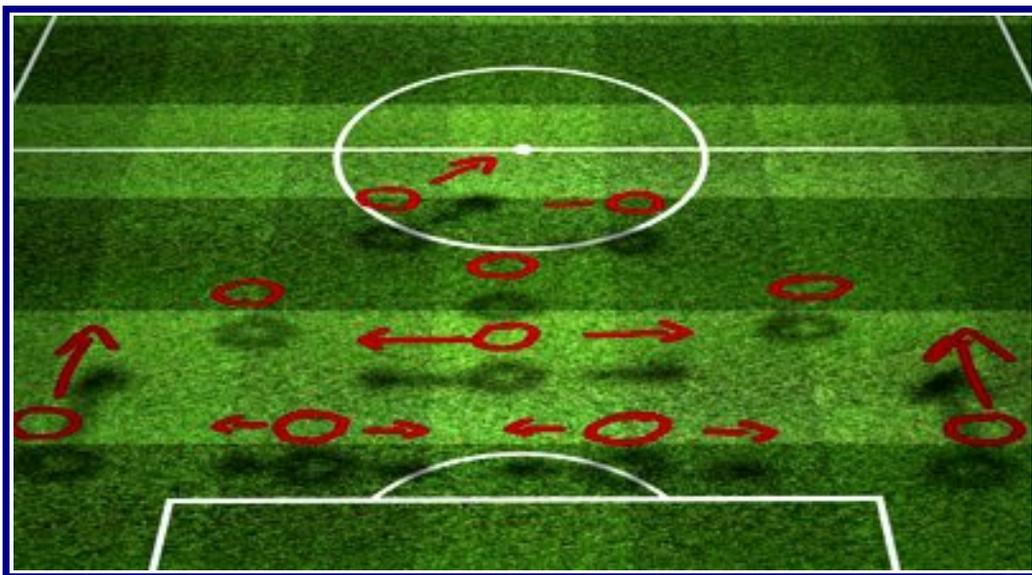
(2) Team tactics are the foundation of any strong team. Not only will the players have a good sense of how to move individually but they know where they should be as a team, both offensively and defensively.

Tips For Accelerated Improvement:

1) Defensively, get tight. When defending you want to shorten the distances between you and your teammates. This will make your defence much harder to penetrate. When your teammates have the chance to win the ball, get close to them and help out. The biggest mistake most players make when it comes to defending is being too lazy. Work for your team.

2) Offensively, get width. When attacking you want to get width between your players. This makes it harder for the other team to defend because you can force them to chase the ball. However, the closer you get to your opponents goal the closer you want to get to your teammates. This will allow you to create quick passing angles, more options, and the chance to get more players into dangerous goal scoring areas.

3) Work for each other. Your teams ability to attack and defend will be a direct result of your willingness to work for each other. If your teammate has the ball you need to make a positive run into new space. If your teammate is pressuring an attacker with the ball, you need to work hard and double up and win the ball or cover the space behind your teammate.



(3) Anticipation (ability to read the game) will help you defend and attack with more ease, allow you to intercept passes, shut down players more effectively, and create more assists and goals for your team.

Tips For Accelerated Improvement:

- 1) Play ahead of the game.** Most players play in the moment. Great players play ahead of the game. Before you receive the ball, you should already know where you want it to go. Before your teammate makes the pass, you should already know what space he/she wants you to run into.
- 2) Anticipate the pass.** Try to “read” the player with the ball. Decide where they want to pass the ball and block off that passing angle. Whether you are the first player pressuring the ball or defending another player, anticipating will help you intercept passes and win possession much more effectively.
- 3) Don't go where the ball is, go where it's going to be.** The average player does not anticipate the play, they react to it. I want you to get into the habit of reading the play, rather than reacting to what just happened. Practice this enough and you will start to feel a lot “smarter” on the field.

(4) Decision Making is one of the biggest differences between amateurs and professionals. The ability to make the right decision at the right time, is what will really make you stand out from the crowd.

Tips For Accelerated Improvement:

- 1) Analyze (don't watch) pro football.** I've already mentioned this idea, but it's so important I have to state it again. Don't just watch professional football, analyze it. This is honestly one of your best tools for becoming a smarter soccer player. **Use it. And use it often.**

What does each player do when they are on the ball?

What do you usually do in the same situation?

Why were they successful? What can you learn from them?

2) Learn from your mistakes. The quickest way to grow as a player (and person) is to learn from your mistakes. If you never made the same mistake twice, you would improve at a rate so fast it would be hard to believe. Always review your performances and look for ways to improve.

Ask yourself:

*What mistakes did I make?
What could I do differently next time to be successful?*

3) Play with fewer touches. If you want to be able to play quicker and more effectively, especially as the level of your competition increases, you must learn how to play quicker. The best way to do this is restrict the amount of touches you play with. **In practices, try to play with 1 or 2 touches.**

Doing this will force you to have better touches, make quicker decisions and stay 2-3 moves ahead of the play.



The rate at which you improve, again, is a direct result of the amount of study and practice you put into your tactical understanding. Developing your tactical understanding will help you create more assists, score more goals, become a better defender, and allow you to become a player every coach would love to have on their team.

Ask yourself:

*Am I willing to commit to improvement over the long run?
Am I going to watch as much professional soccer as possible?
Am I going to analyze and learn from all of my mistakes?*

Most players totally neglect this area of their development. By making it a top priority you will soon see a big difference in the way you and other players play (and see) the game.

Area Of Player Development #4:

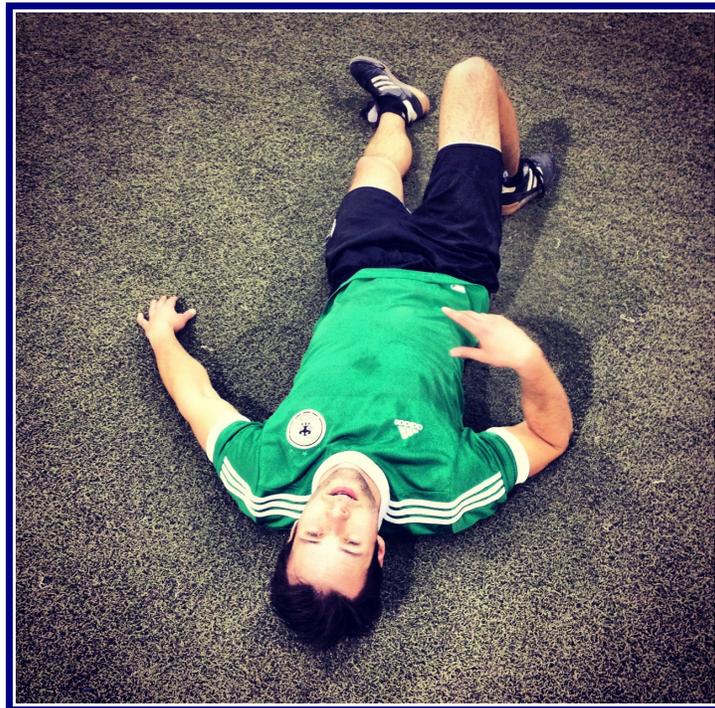
Mental Strength

The mental side of the game is easily the most overlooked in every player's development and is easily the most important. **Mental development is the secret to seeing major success on the soccer field, but also in every other aspect of your life.**

An individual who is an average player and is mentally tough will always be more successful than an individual who has lots of natural talent but no mental toughness. This is because the mind is stronger than the body.

Winners are most often defined by their mental strength not their natural ability their natural ability (technical and physical skill).

Unlike technical and physical skills, the mental skills I am about to discuss with you cannot be practiced with specific drills. In order to master these skills you must 1) **continually study and understand**, and 2) **apply what you have learned** in every area of your life on a daily basis.



Here are the basic areas of mental strength that
I want you to focus on developing:

- (1) Confidence & Self-Belief
- (2) Discipline & Self-Motivation
- (3) Perspective & Self-Analysis

Mental development is a very complex topic that is far beyond the scope of this free e-book. These are very basic areas of mental development but they will prove to be the most important in your development as a soccer player.

(1) Confidence & Self-Belief are the foundation of mental strength.

Without confidence, even a skilled and fit player, you will never be able to perform under pressure when necessary because their self-limiting thoughts will be holding them back.

Tips For Accelerated Improvement:

1) **Work harder.** Confidence comes from competence. The better you become at something the more confident you will be. If you aren't confident in your ability to play well, you must invest more time and effort into your training and development (even if you are confident, work harder).

2) **Talk positively.** The way you talk to yourself has a huge impact on the way you perform. If you talk negatively to yourself ("why do I suck!?", "I can't do this", "I'm not good enough") you will perform negatively.

If however, you start to talk positively to yourself ("I'm good", "I can do this", "I'm just as good as these guys") you will be surprised at how well you can actually perform.

3) **Do your fears.** The quickest way to become more confident in yourself is to do the things that make you uncomfortable. What are you afraid of?

If you are afraid to take shots, you need to go out in your next game and get 10 shots off. Even if you miss, your confidence will improve.

If you are afraid to take players on 1v1, do it 50 times in practice.



(2) Self-Motivation + Discipline will allow you to do what you must do, when you should do it, without making any excuses. Most people know what they should do, to become a better player, but they still don't.

Why is this? **Lack of self-motivation and discipline.**

Tips For Accelerated Improvement:

1) Set goals. It's impossible to hit a target if you don't know where it is. I encourage you to create exciting goals in soccer (but also your personal life). This will give you something to work for and a reason to improve. Set short term goals (within 1 year) and long term goals (1-5 years).

2) Get your motivators. In order to get closer to your goals you need to find positive and negative motivators that will push you forward when you feel like giving up. Positive motivators are reasons to move closer towards your goals. *What are some positive things that will happen to you (motivators) after you have achieved your goals?*

Negative motivators are reasons to move away from your current situation and towards your goals. *What are some negative things that will happen to you (motivators) if you don't achieve your goals?*

3) Get organized. Once you have goals and motivators for success, you need to get organized. What are you going to do each day to ensure you move closer to your goals? You won't suddenly appear at the finish line. You need to have a plan of action for achieving your goals (soccer and personal).

What are you going to do each day to take yourself closer to your goals?

(3) Perspective & Self-Analysis are powerful tools for your development. These will allow you to honestly understand where you are, where you need to go, and what needs to be done to get there.

1) Be your own biggest critique. Too many players think they are "God's gift to Soccer". In order for you to improve you must realize that you can always get better and must always want to. Don't be too hard on yourself but always be brutally honest.

What areas of your game need the most improvement?

What can you do immediately to improve in these areas?

What can you do in the long-term to improve these areas?

2) Use your mistakes for improvement. Most players don't learn from their mistakes. They keep making the same mistakes over and over. In order for you to progress at a faster rate than your competition you must use your mistakes as learning tools. Don't look at mistakes/failures as bad things. These can be your most powerful tools for improvement, if you choose to use them.

Ask yourself:

What did I do wrong in that situation?

Why was I unsuccessful in that situation?

What can I try next time to be successful (and not make the same mistake)?



3) Learn from others. Learning from your own mistakes is a great way to improve but an even better tool for improvement is learning from the mistakes (and successes) of others.

*If they were selected for a team and you weren't, why?
Why did they get beat by that defender?
How did they score that beautiful goal?
What can you learn from them?*

**Find players that are better than you and study them,
until you are better than them.**



Your biggest challenge when it comes to mental development, is actually applying what you learn. 90% of the people that read this information will not make any changes to they way they act or think. They will go back to their old habits and get the same old results. **If you want to see positive changes in the way you play and the way you live your life, you must apply what you learn.**

Ask yourself:

*How does this apply to my life?
And how can I use it to benefit myself?
Am I actually applying what I have learned?*

“Knowing is not enough, we must apply. Willing is not enough, we must do.”

– Bruce Lee

Start Chasing Your Greatness

Congratulations. You have just taken a massive step towards improving yourself as a player. However, reading this free e-book is not going to make you a better player. **Acting on the valuable information (investing time and effort) in this free e-book, will.**



Remember the important areas of player development:

- (1) Technical Skills**
- (2) Physical Fitness**
- (3) Tactical Understanding**
- (4) Mental Strength**

Remember, it is your responsibility to improve yourself in all of these areas (no one else's). The more time and effort you invest in improving these areas, the better you will become. The more you invest, the more you will stand out, the more you respect and praise you will get from teammates and opponents, and the more calls and opportunities you will get from coaches and scouts.

You may not realize it but reading this free e-book and coming across my content may be a monumental moment in your career as a soccer player. It's not because I've exposed you to some ground breaking information (yes, my advice will help you grow). It's because you now realize that you have the ability within yourself to become as great as you desire.

You now realize that you are responsible for your own greatness.

Today, I want you to make a commitment to yourself. **Make a commitment to do at least 1 thing (small or big) each day to become better than you were the day before.** Each day you grow and move forward as a player and each day you move closer to achieving your goals.

At the end of each day ask yourself:

What have I done today to make myself a better player tomorrow?

This will not be a smooth road. There will be bumps along the way and at times you will question your ability to carry on.

When most players are confronted with challenge and discomfort, they run, they avoid, and they look for all the reasons that they shouldn't push forward. I challenge you to be different than other players. **I challenge you to see the value in problems and obstacles. I challenge you to ask more out of yourself.** When problems arise, you don't run away and avoid them, you stand up and become better because of them.

You are ready. Ready to start improving. Ready to start moving closer towards your personal goals (on and off the soccer field). Ready to become the player you want to be and more.

And it starts right here...

What are you waiting for!?

If you want to jump start your soccer career, super charge your skills, fitness, and game intelligence you need to use the best tools available. Invest in the best player development program on the Internet.

Play Like A Pro Formula

Increase Your Chances of Getting Scouted By 500%



Regardless of your current skill level, age, or personal goals, this training program will help you improve.

The Quickest Way To Improve Your Skills And Fitness

Learn the secret to a harder and more accurate shot
Learn untaught techniques to beat defenders easily in 1v1 situations
Learn 3 weird tricks to run faster and longer than everyone on the field

The Quickest Way To Become More Confident In Yourself

Learn a powerful method to staying calm in high pressure situations
Learn 3 secrets to always being involved in the play
Learn innovative methods to get noticed by coaches and scouts

Advanced Day-To-Day Soccer Training Program

The best technical and physical soccer drills on the Internet
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