

GETTING BETTER ON YOUR OWN

how to turn yourself into the player you want to be



Dylan Tooby
Progressive Soccer



**LOSERS,
COMPLAIN.
WINNERS,
SHUT UP
AND TRAIN.**

@progressivesoccer

DONT LISTEN

to this presentation if you want:

- Everyone else in the room to improve faster, while you remain the same.
- Your teammates and coaches to become disappointed with you because you're not playing up to your true potential.
- To live with guilt and regret for the rest of your life, because you've wasted an incredible opportunity to take control of your soccer career.



DO LISTEN

to this presentation if you want:

- To improve your confidence, fitness, and technical skills faster than you are right now.
- Earn respect from your coach and teammates, make your parents proud, and be happy with your performances.
- To win more games, earn more awards, lift more trophies, and celebrate winning more often with your team.







WHY SHOULD
YOU LISTEN
TO ME ?





Progressive Soccer ✓
357,457 subscribers

HOME **VIDEOS** PLAYLISTS COMMUNITY CHANNELS

Uploads ▾ PLAY ALL

THE BEST SOCCER DRIBBLING DRILLS

13:41

HOW TO IMPROVE YOUR WEAK FOOT

11:44

HOW TO PLAY SOCCER BETTER

16:27

15 Soccer Dribbling Drills (Improve in ONLY 1 session...)

How To Improve Your Weak Foot (In ONLY 1 Day) *Socc...

How To Play Soccer Better (In Your Next Match)



My professional career took off

"I always played for the top clubs in my country but I was never able to make the breakthrough I wanted. Once I started using Dylan's methods my professional career took off. My development led me to become one of the top players at my previous club PFC Levski Sofia. Since then I have gone on to play for my National team of Bulgaria. My progress took me to Italy where I played for several different professional clubs such as Avellino, Campionato, Bari, and Gozzano. After some conflicts with my agent I've come back to Bulgaria where I play in the 1st division with PFC Lokomotiv Sofia. If you use Dylan's programs and apply what he says, the hard work will pay off. I recommend it to anyone who is trying to become a better player."

Iliyan Stefanov
Sofia, Bulgaria



I'm able to perform well under high pressure

"Before using Dylan's course, I was a non-effective player in games. I would get chosen to play on teams because they saw what I could do on the practice field but when it came to an actual game I would get nervous and choke up. After using this course, I saw a big improvement and noticed my problem. It wasn't my skills. It was my confidence. Since then I've transformed myself into a different player. Now my performances have improved but most importantly I'm able to perform well under high pressure in real games."

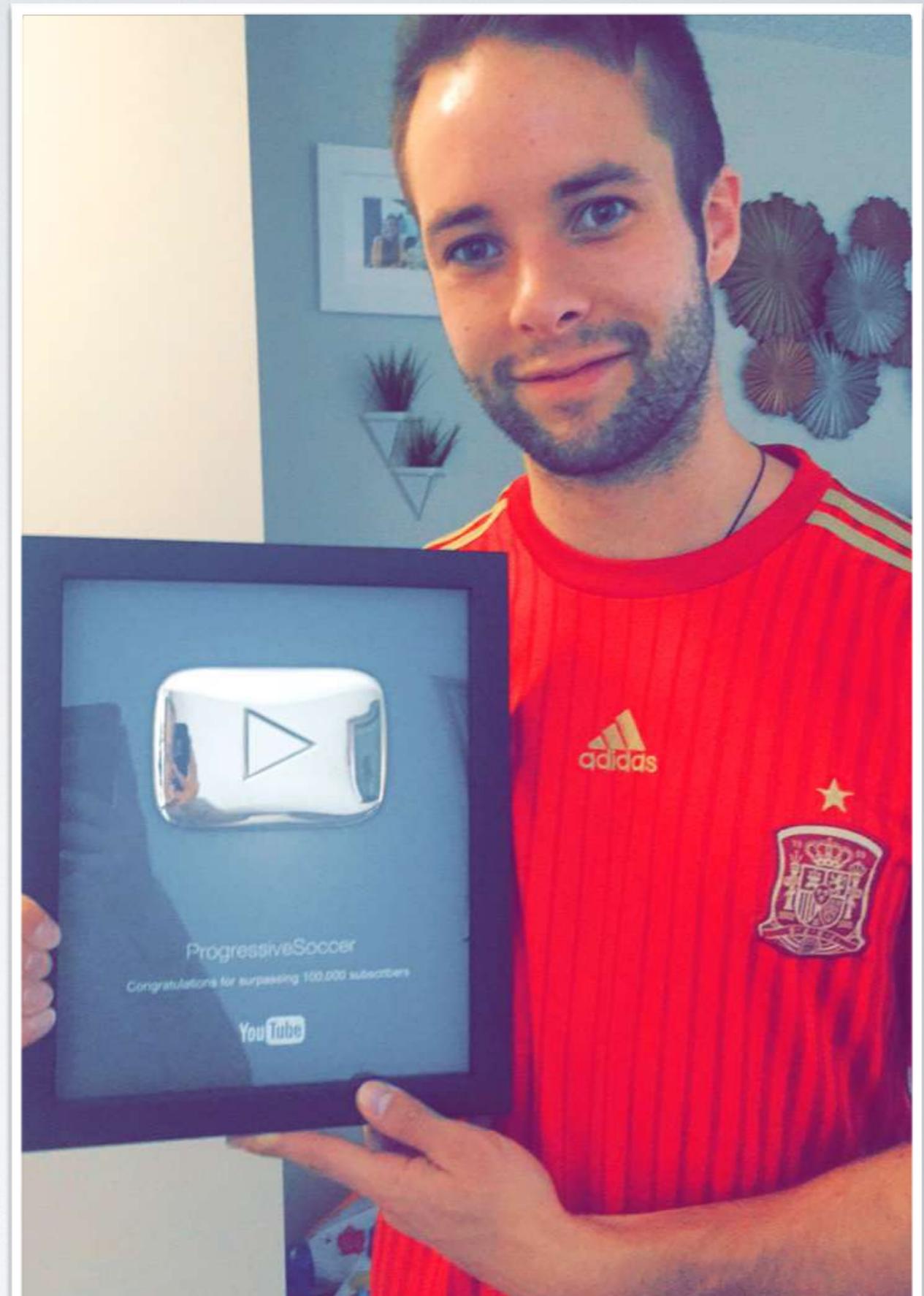
Eric Vargas
Urbandale, Iowa, USA



My dribbling improved dramatically

"When I was 11 years old I was just an average amateur that had no desire to get better. But then something happened. My dad bought me the Progressive Soccer training program for Christmas. Through that I began to develop as a player. My dribbling improved dramatically. Shooting used to be my number 1 weakness, now it is one of my strengths. Today, I am 15 and will be moving to Orebro to play for one the top youth teams in Sweden."

Emil Svensson
Sweden, Stockholm







GETTING BETTER
ON YOUR OWN

IMPROVE FASTER & ACHIEVE MORE

1 Self Improvement Success System

6 Steps To Getting Better On Your Own

2 Instant Improvement Blueprint

Actions To Kick-Start Your Improvement Now

3 Question & Answer

What else do you need to know?

How has this helped other players?

“ Before I had found Dylan’s guide I was playing in a U16 team in Estonia. My juggling record was 5, I couldn’t dribble, and no one wanted to partner with me in training because I would always mess up. After applying what I learned in his guide I improved my juggling record to 667! My technical skills improved but also my fitness and confidence. A year later I captained the new team I play for in the Women’s adult league. And last year I participated in my country’s U17 National Team in some European Championship qualifying games. All of this happened in just about 2 years since using Dylan’s guide. ”



Kristin Sill
Rakvere, Estonia

“ I’ve always struggled with the tactical part of the game. Although I had good dribbling and shooting. I was what you would call a “ball hog”. I didn’t know when to use my skills and would make mistakes that would drive my teammates and coach crazy. Dylan’s training program made me aware of my mistakes. Within a month I was a completely different player. My teammates and coach were pleased with my improvement. And thanks to Dylan, I went from the academy team to the full club team.



Raj Kanwar
Rajasthan, India

“ Two and a half years ago I started playing football again, after a 4 year break, at the age of 21. Growing up I was never the best player on the team or regarded as a really talented player. When I found Dylan’s material I was playing in the 6th division in Finland. I used his training program and started to work on my football skills. I quickly saw an improvement in my technique, fitness, and most importantly mentality. Now I am playing professional football in Estonia. I’m being payed to play the game I love and I recently set the goal scoring record in a single season for my new club (40 goals in 27 games). ”



Sakari Tukiainen
Espoo, Finland

QUESTION

WOULD YOU LIKE TO ?



- Improve your skills, fitness, mental toughness, and decision making faster than your competition.
- Show up to each game better than your last.
- Live without regret because you know your taking responsibility for your soccer future.
- Be excited before matches, make a difference in games, and standout when you play.
- Get into the starting lineup, earn more playing time and respect from coach / teammates.
- Achieve your personal goals in soccer: making the team, playing college, or going pro

YES!

I want to get better on my own.



SELF IMPROVEMENT SUCCESS SYSTEM

6 steps to getting better on your own

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6 steps to getting better on your own



6 STEPS TO GETTING BETTER ON YOUR OWN

1. **Think** yourself better.

Unlock the hidden power of your mind to access your true potential.

2. **Connect** to your motivation.

Develop an empowering connection to your goals.

3. **Evaluate** your game.

Identify weaknesses and crucial areas of improvement.

4. **Plan** your transformation.

Discover “how to get what you want” and create a success strategy.

5. **Act** on your strategy.

Earn your improvement with “smart” training and habits.

6. **Review** your results.

Monitor and adjust accordingly to avoid wasted time, effort, and energy.



SELF IMPROVEMENT SUCCESS SYSTEM

6 steps to getting better on your own



STEP #1

THINK

THINK YOURSELF BETTER

unlock the hidden power of your mind to access your true potential

- ✓ **DESIRE** → Decide that you truly want become the best player you can be.
- ✓ **RESPONSIBILITY** → Acknowledge and accept that your success is all on you.
- ✓ **BELIEF** → Trust that you are capable of improving every area of your game.
- ✓ **OPENNESS** → Become honest with yourself and hungry for criticism.
- ✓ **FEARLESS** → Turn into someone who is unaffected by failure or judgement.

DESIRE

decide that you truly want to become the best player you can be



- Do you really want this?
- Commitment to improvement.
- Total player development.
- Long - term focus.

RESPONSIBILITY

acknowledge and accept that your success is all on you

- You are 100% responsible for your current level of ability and achievement.
- Never blame others or make excuses.
- Take control of your own player development.

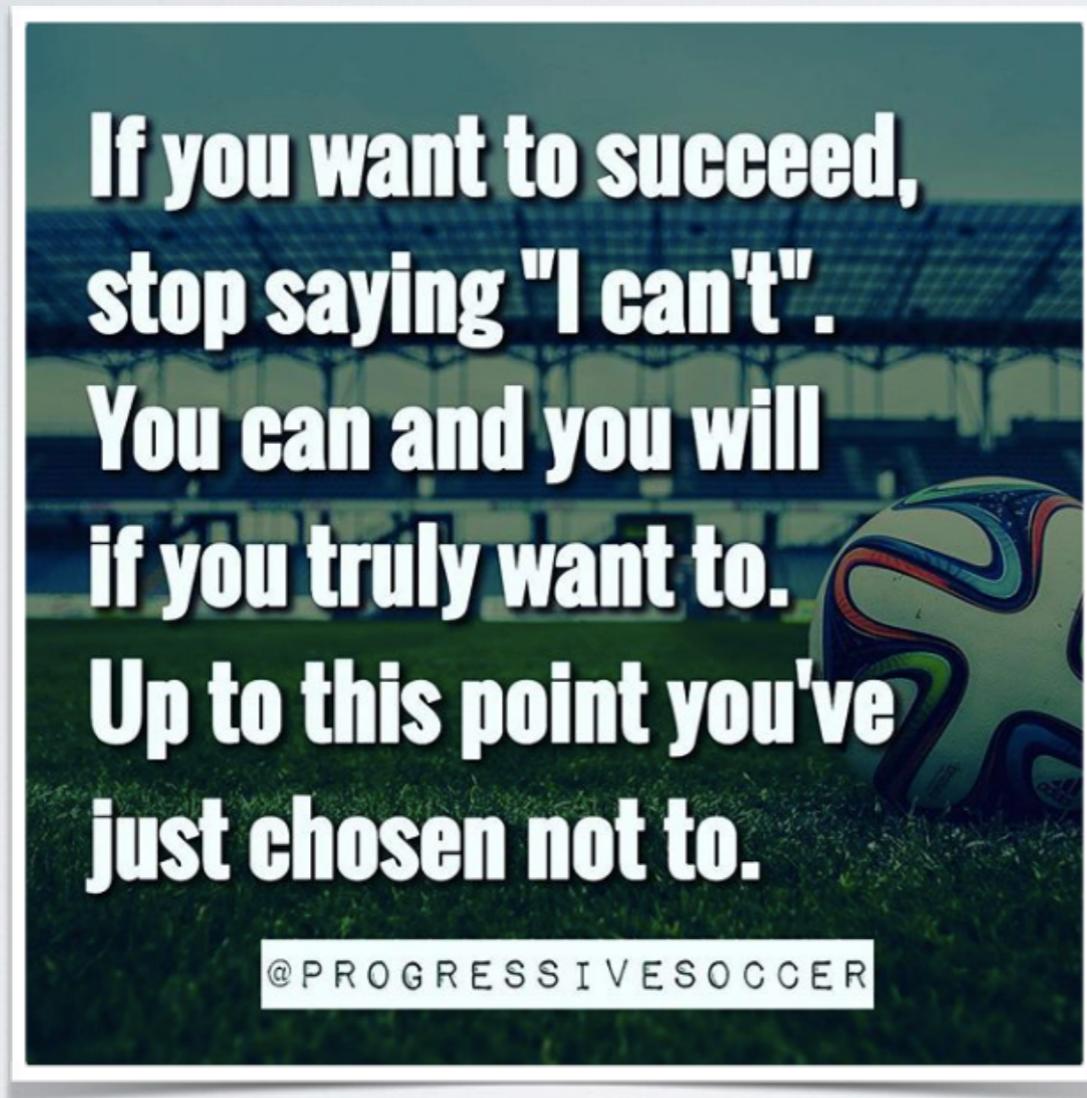
**Every problem YOU have
is a result of YOUR inability
to find a solution.**

@progressivesoccer



BELIEF

trust that you are capable of improving every area of your game by yourself

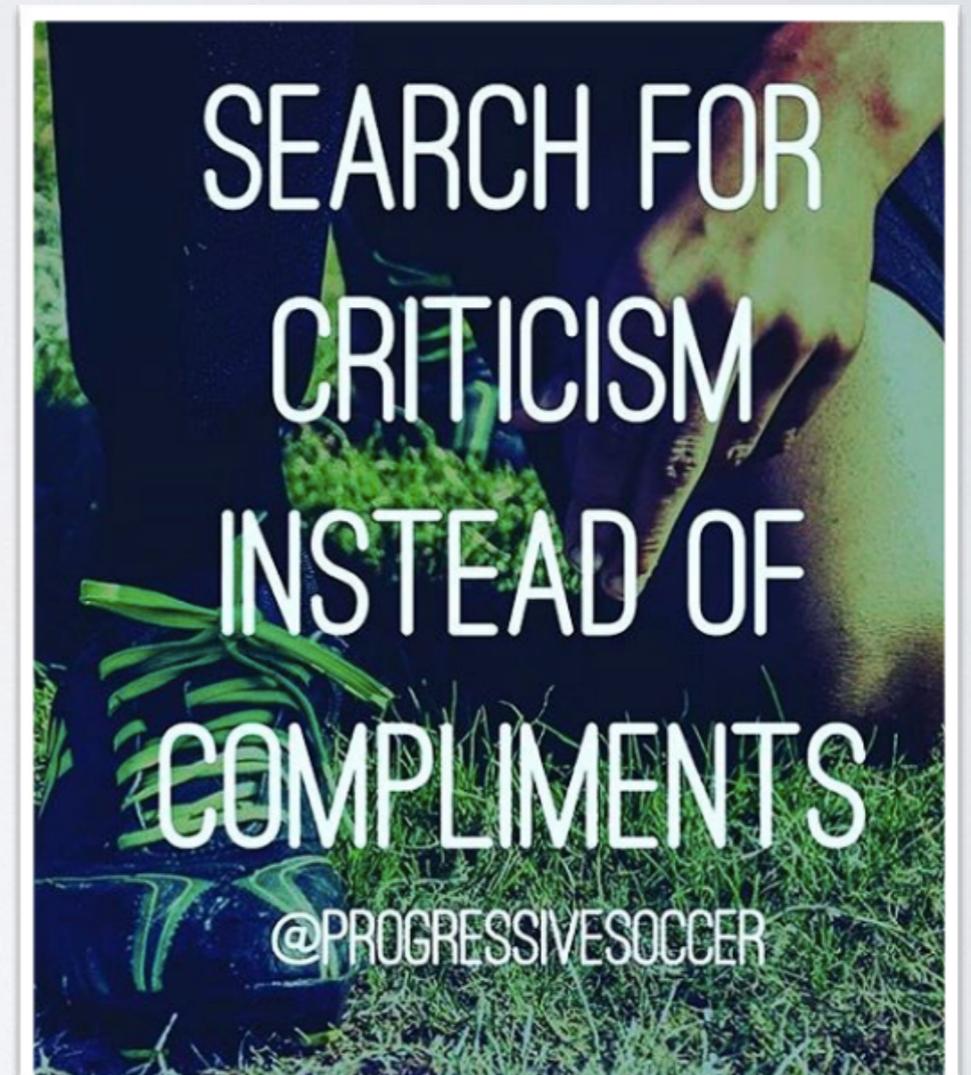


- If someone else can improve, you can to (both human).
- Eliminate the phrase "I cant'" from your vocabulary.
- You can and you will find a way.

OPENNESS

become honest with yourself and hungry for criticism

- Be honest with yourself about the current state of your game.
- Be open to all ideas and attached to none.
- Be open to criticism and feedback (don't take things personally).



FEARLESS

turn into someone who is unaffected by failure, judgement, or humiliation



- Don't be afraid of failure. It will teach you how to succeed.
- Stop caring about what other people think (this is your journey).
- The biggest mistake you can make, it being afraid to make one.



THINK YOURSELF BETTER

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STEP #2

CONNECT

CONNECT TO YOUR MOTIVATION

develop an empowering connection to your goals

1

SET

define challenging goals that force you to grow

2

ATTACH

create an emotional attachment to your goals

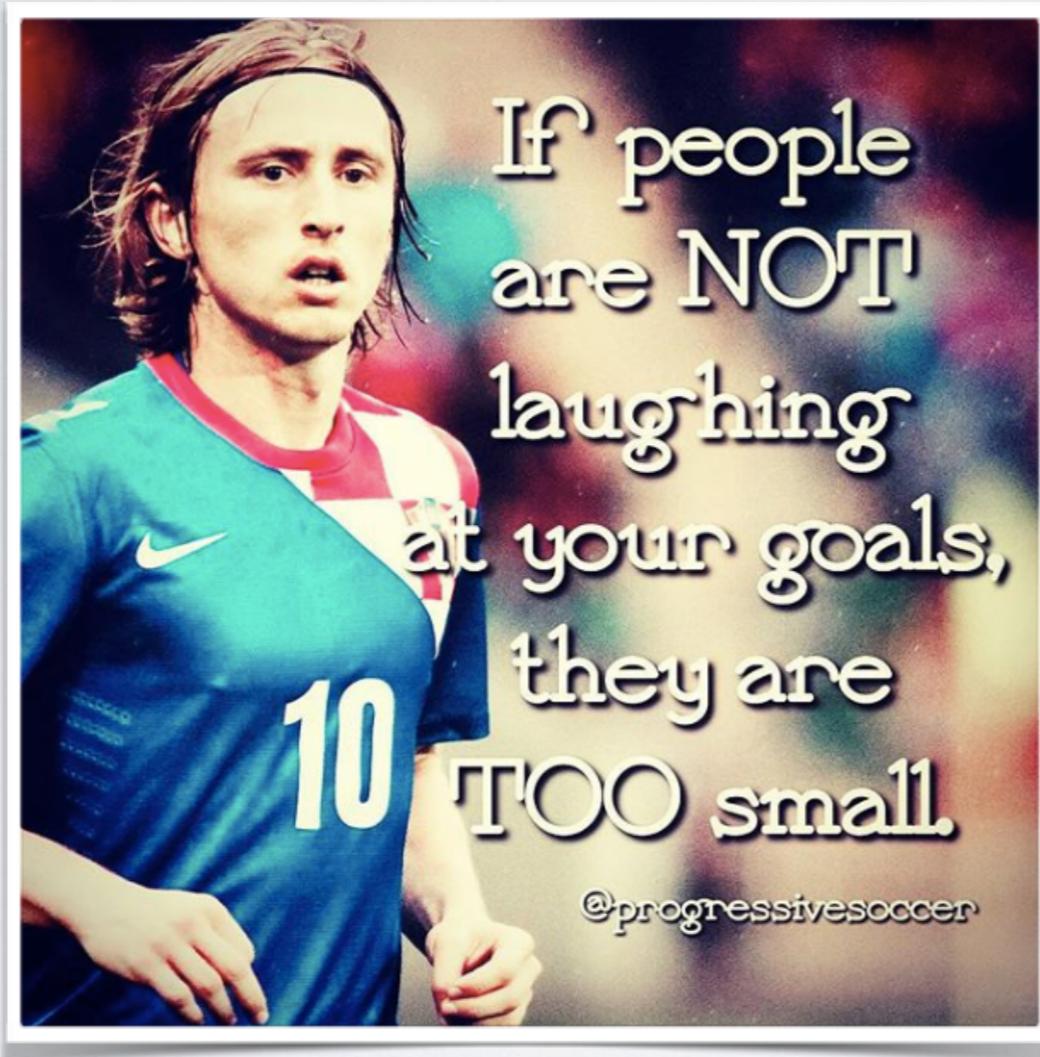
3

ACTIVATE

leverage your goals and motivators to improve training

SET

define challenging goals that force you to grow

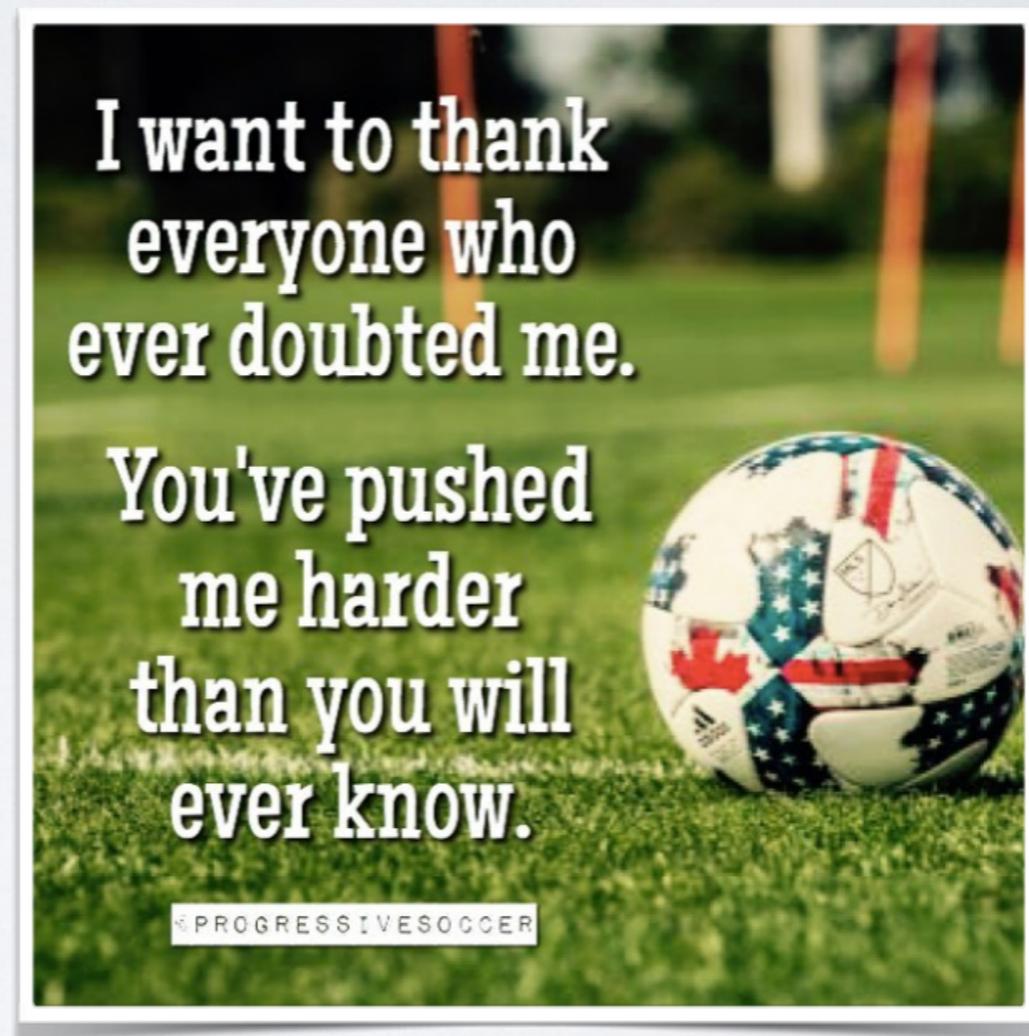


- **Goal setting criteria:**
are you required to grow in order to achieve this goal?
- Short term goals (within 1 month)
- Long term goals (over 1 month)

ATTACH

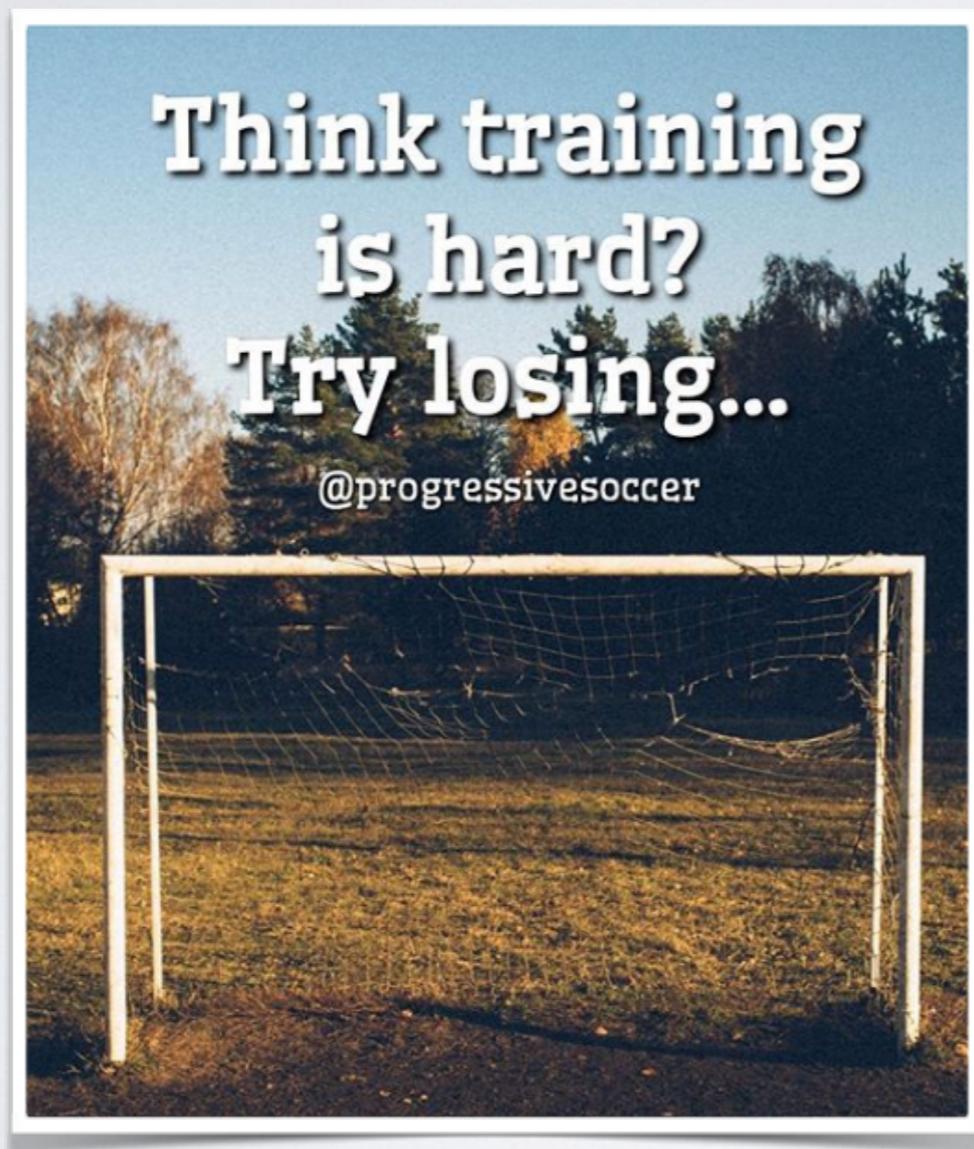
create an emotional attachment to your goals

- What is motivating you to achieve these goals?
- Internal motivators
- External motivators



ACTIVATE

leverage your goals and motivators to improve training



- Visualize failure and success.
- Activate your “connection” before training, matches, and in times of temptation.



GOAL



CONNECT TO YOUR MOTIVATION

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STEP #3

EVALUATE

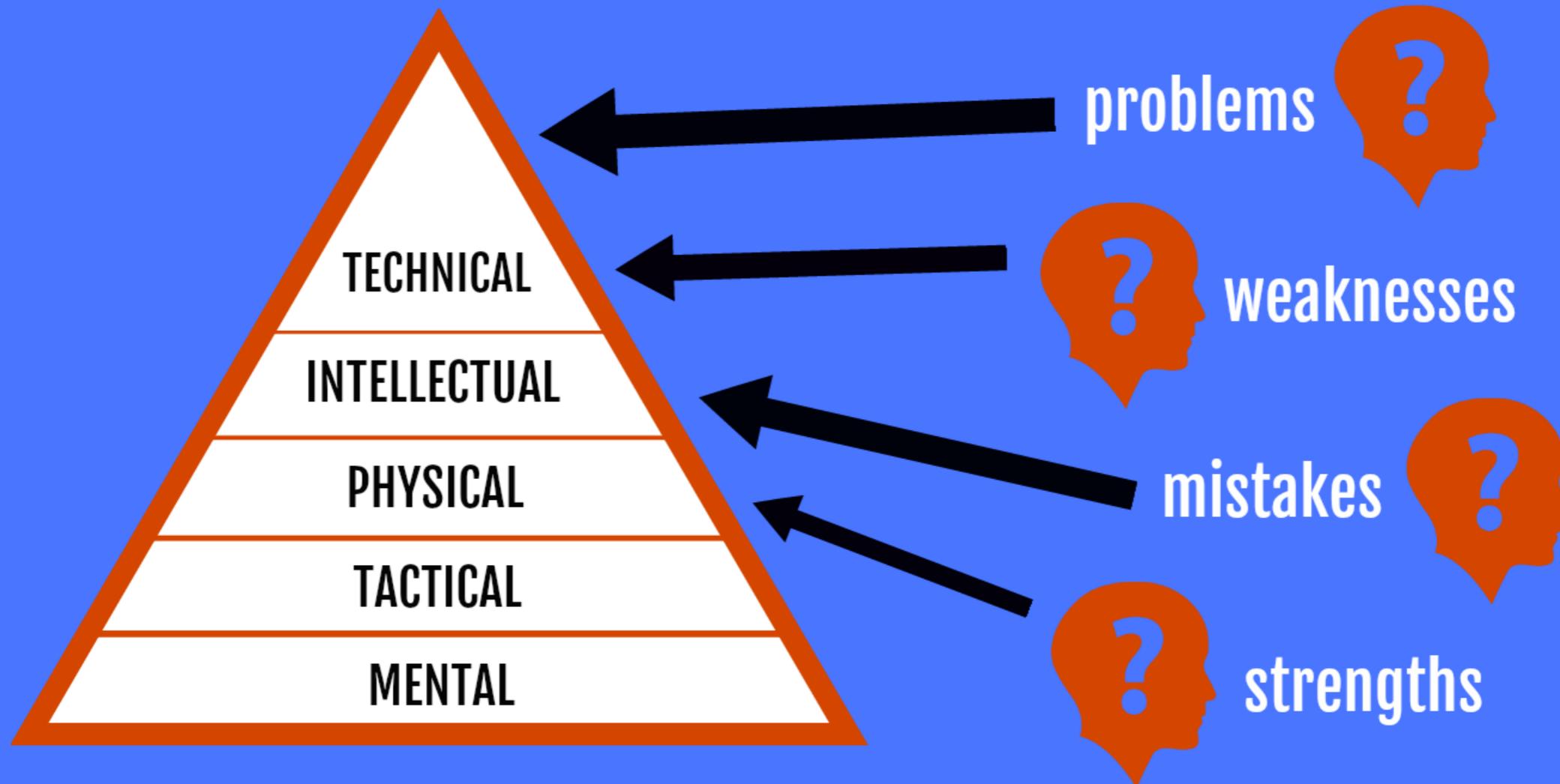
EVALUATE YOUR GAME

identify weaknesses and crucial areas of improvement



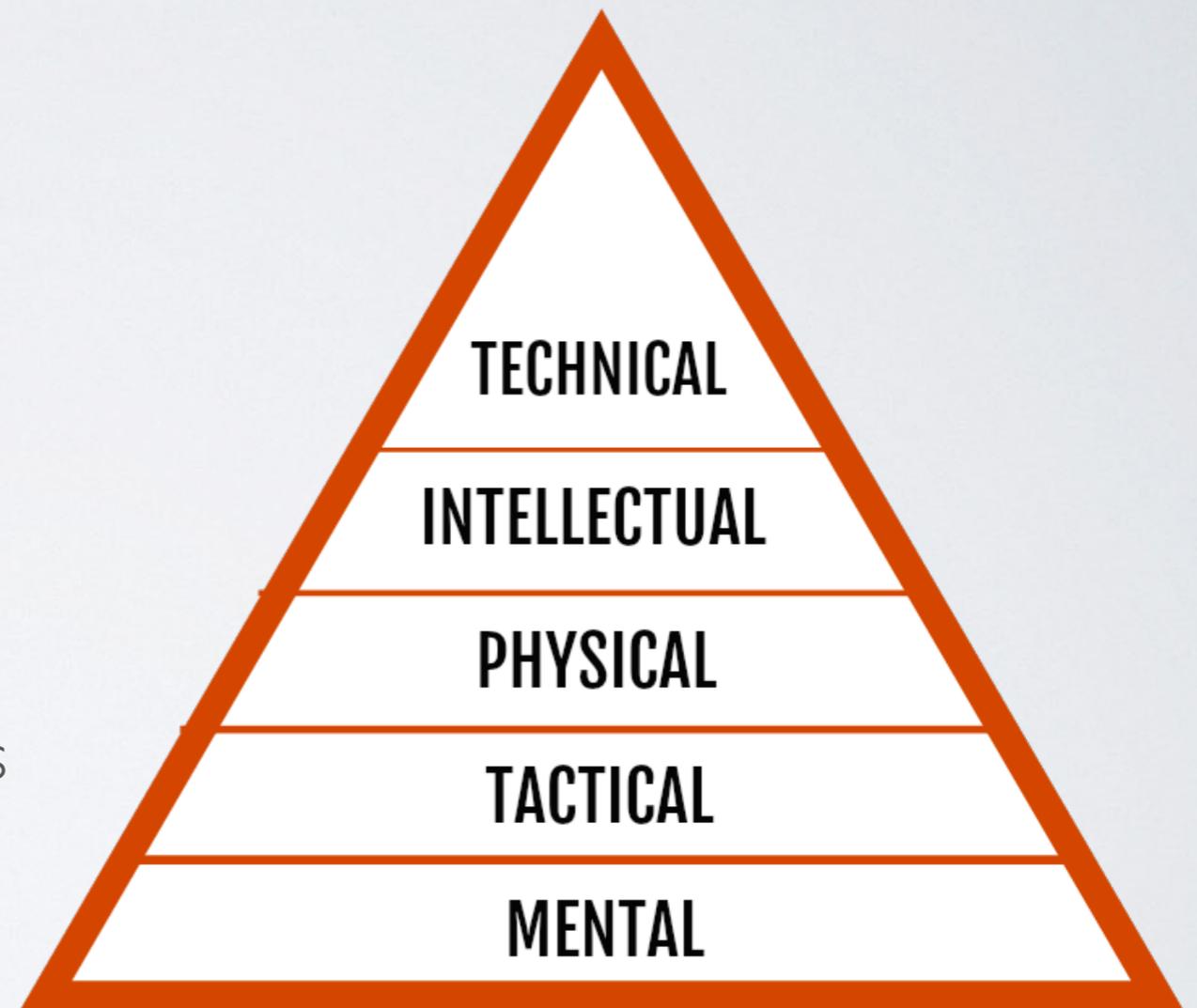
1) What areas need to be constantly improved?

2) What level am I currently at?

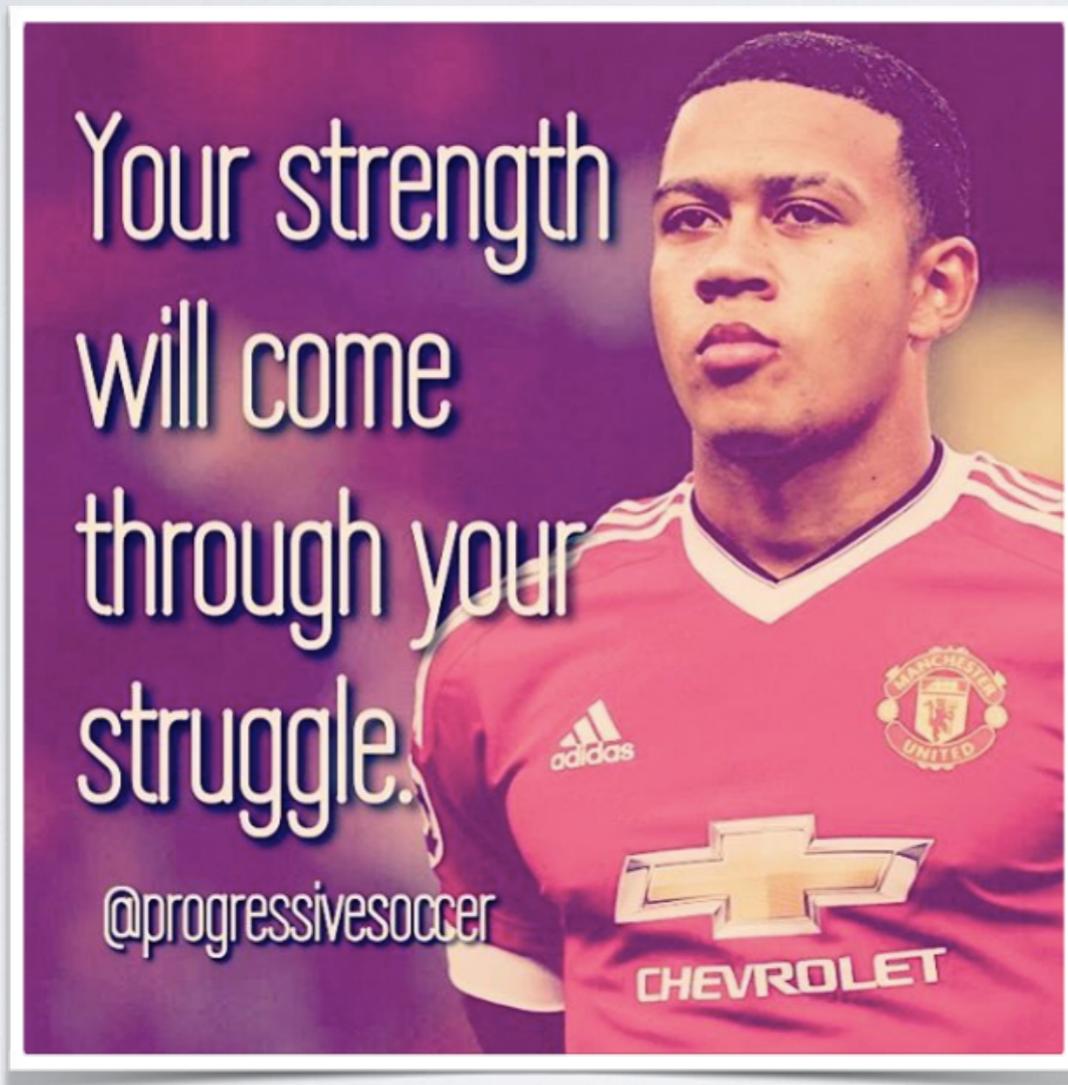


CONSTANTLY IMPROVE THESE AREAS OF YOUR GAME

- **Mental:** having the ability to handle whatever happens.
- **Tactical:** having the understanding of where to be and what to do.
- **Physical:** having the athleticism to get into right spot at the right time.
- **Intellectual:** having the awareness to make the right decision at the right time.
- **Technical:** having the ability to execute your vision with your skills.



BE HONEST WITH YOURSELF



- Identify your weaknesses, admit your mistakes, and seek out criticism.
- When you admit your flaws, you give yourself the power to change them.
- Admitting your weaknesses is a good thing.



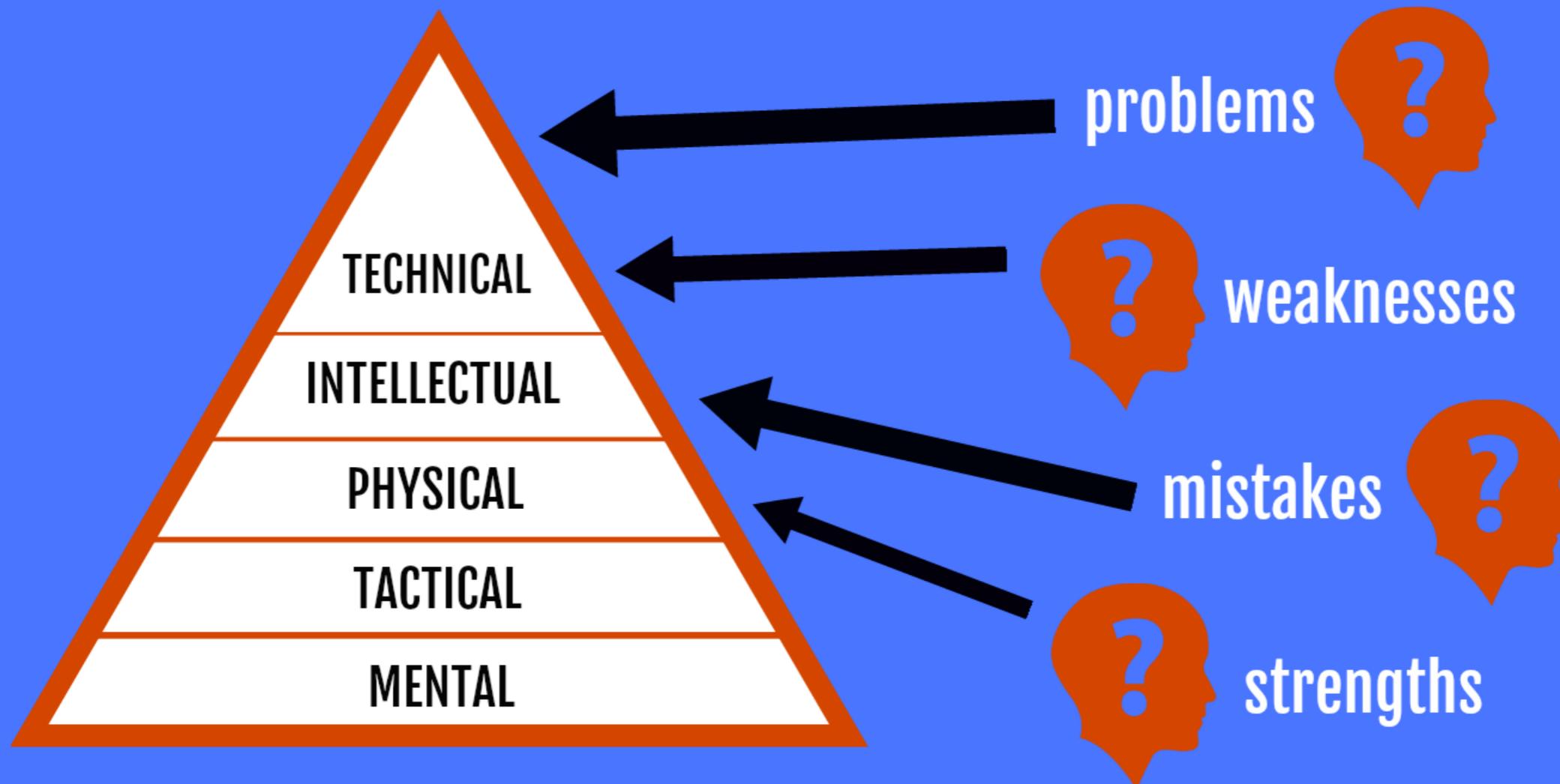
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STEP #4

PLAN

PLAN YOUR TRANSFORMATION



discover how to get what you want
and create a success strategy

1. SEEK

take responsibility
for finding the solutions
to your own problems.

3. SCHEDULE

assign time each day
to apply these methods
to your problems.

2. FIND

learn methods from
the experiences of
others to improve faster.



SEEK

take responsibility for finding the solutions to your own problems



- What do you need to improve?
- You can and will find a solution.
- *You will never fail due to a lack of resources, you will only fail due to a lack of resourcefulness.*
- Tony Robbins

FIND

learn helpful methods from the experiences of others to improve faster

- Leverage technology and other people to find your solution.
- Use articles, forums, websites, tutorials, and documentaries.
- Gain wisdom from other players, coaches, and people you respect.



SCHEDULE

assign time each day to apply these methods towards your goals



- When are you going to train?
- *You will never find time, you have to make time.*
- Morning Routine, Technical Training, Physical Workout, and Night Routine.
- If you want it, you will find a way. If you don't, you will find an excuse.



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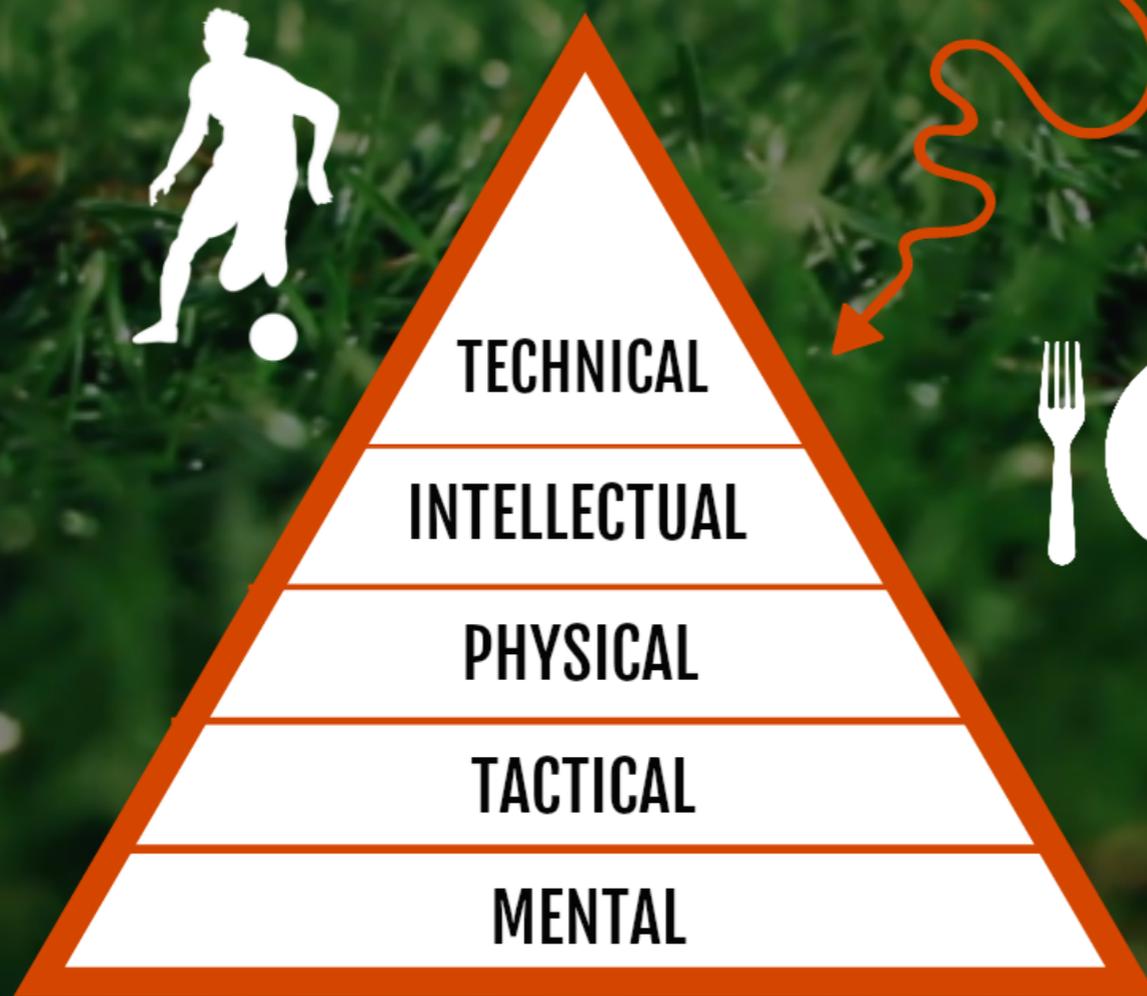
STEP #5

ACT

ACT ON YOUR STRATEGY

earn your improvement with smart training and habits

TRAINING make daily effort towards improving the different areas of your game



RECOVERY

use methods to reduce soreness so you can train effectively tomorrow



NUTRITION

feed your body the nutrients it needs to grow and perform at top level



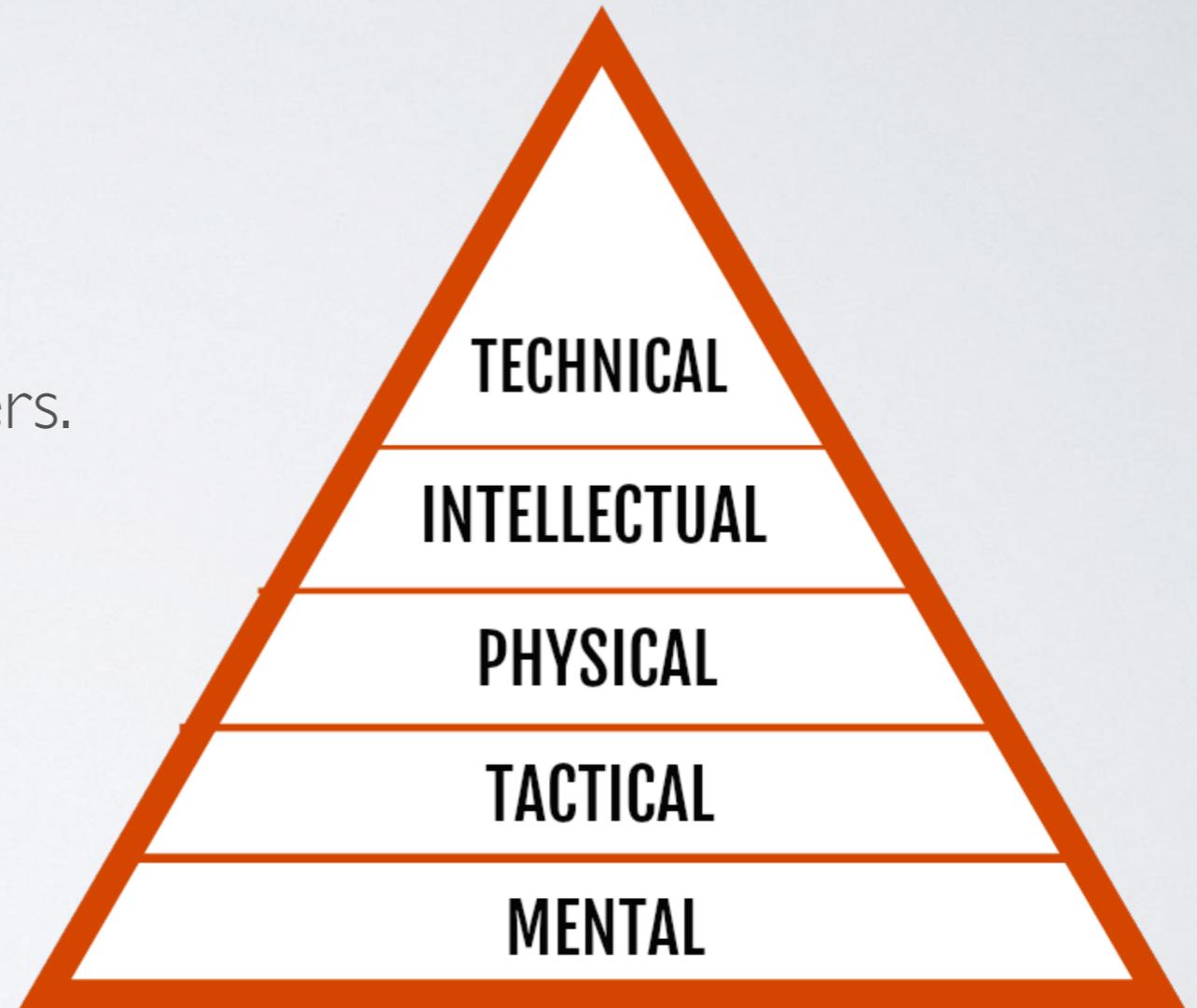
SLEEP

get enough quantity and quality of sleep to repair your body and energy



TRAINING

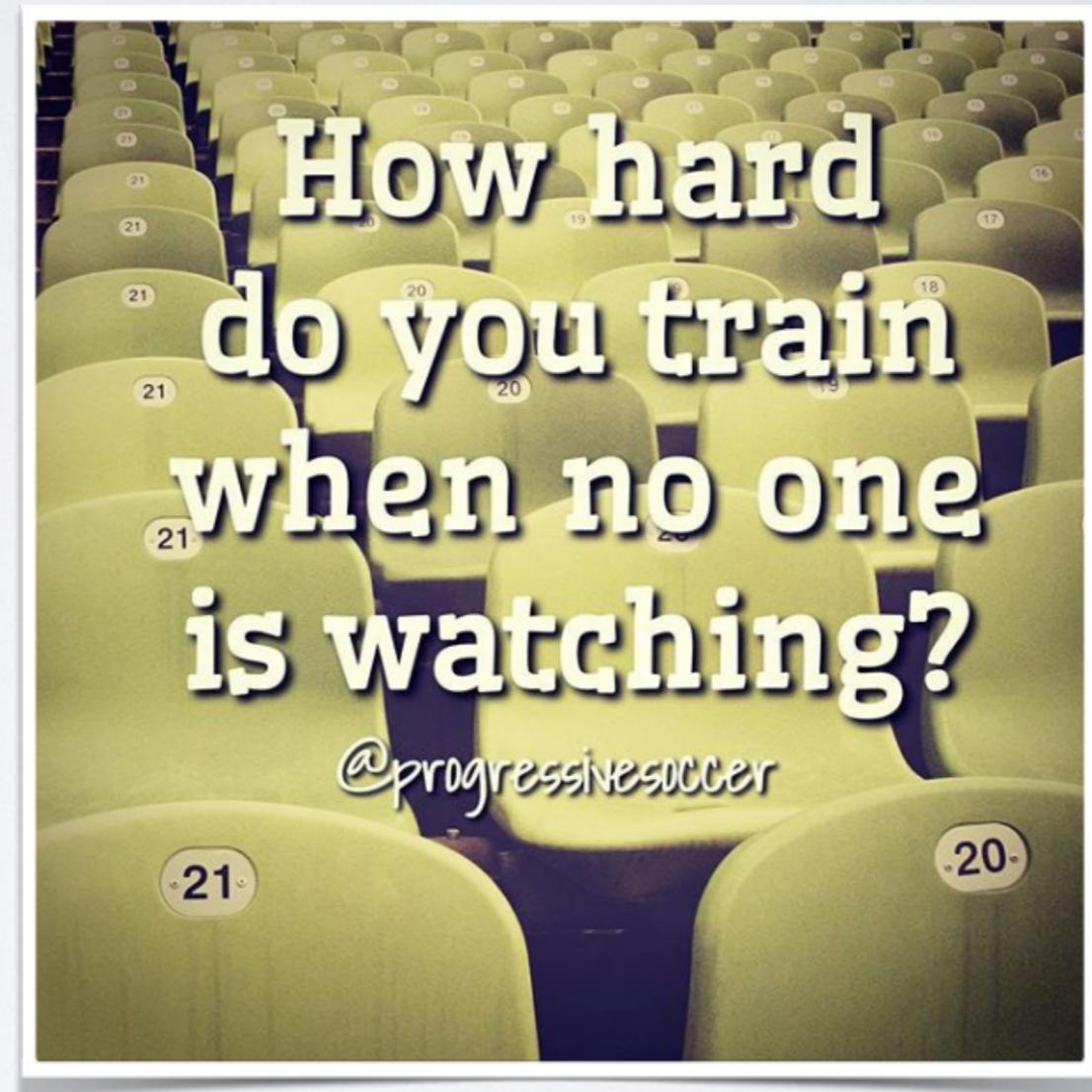
- **Mental:** practicing the skills of confidence and self-discipline.
- **Tactical:** analyzing professional soccer teams and individual players.
- **Physical:** forcing your body to adapt to new limits.
- **Intellectual:** reviewing your personal mistakes and successes.
- **Technical:** repetition, self-analysis, and comparison.



TECHNICAL

quality repetitions
self-analysis of mistakes
comparison to models

- Min: ball and desire to improve.
- Recommended time: 45 min
- Dribbling
- Ball Control
- Passing & First Touch
- Shooting *
- Defending





INTELLECTUAL

reviewing your personal mistakes & successes

- Review your personal performances to learn from your mistakes.
- Watching yourself on game-tape to get a 3rd person perspective.
- Don't allow yourself to make the same mistakes.

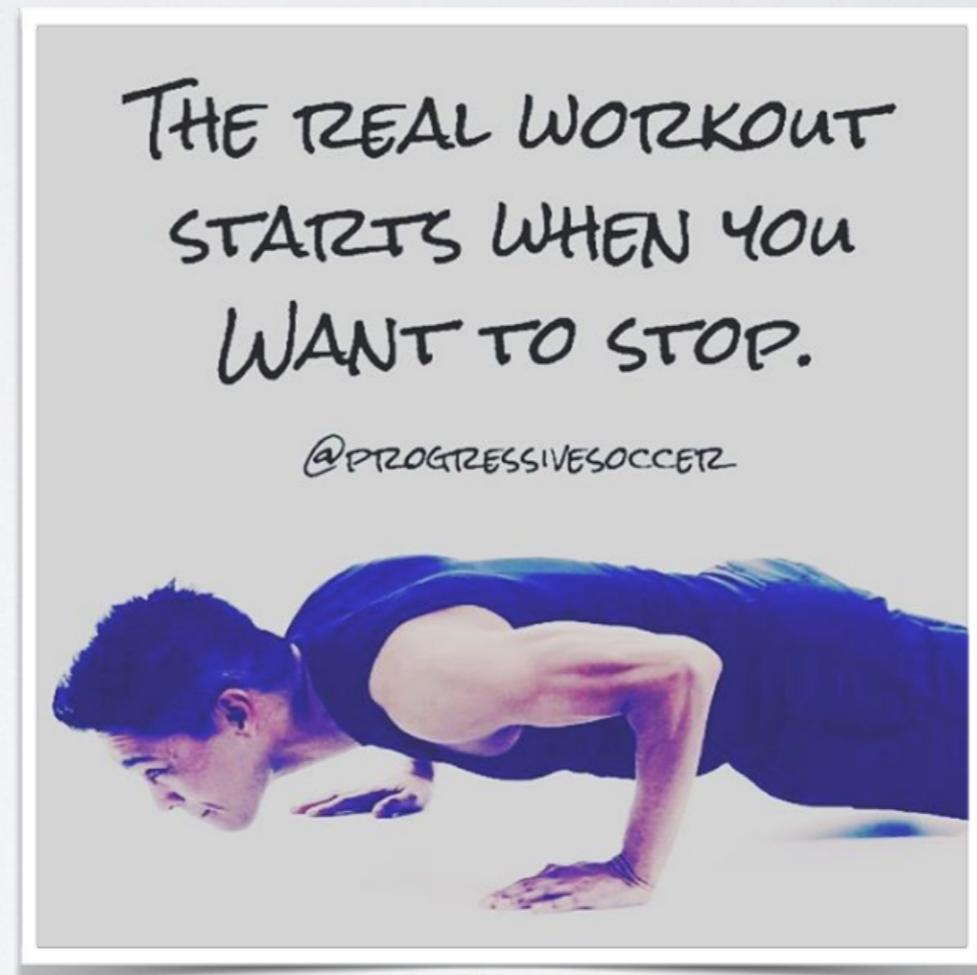




PHYSICAL

forcing your body
to adapt to new limits
by pushing its boundaries

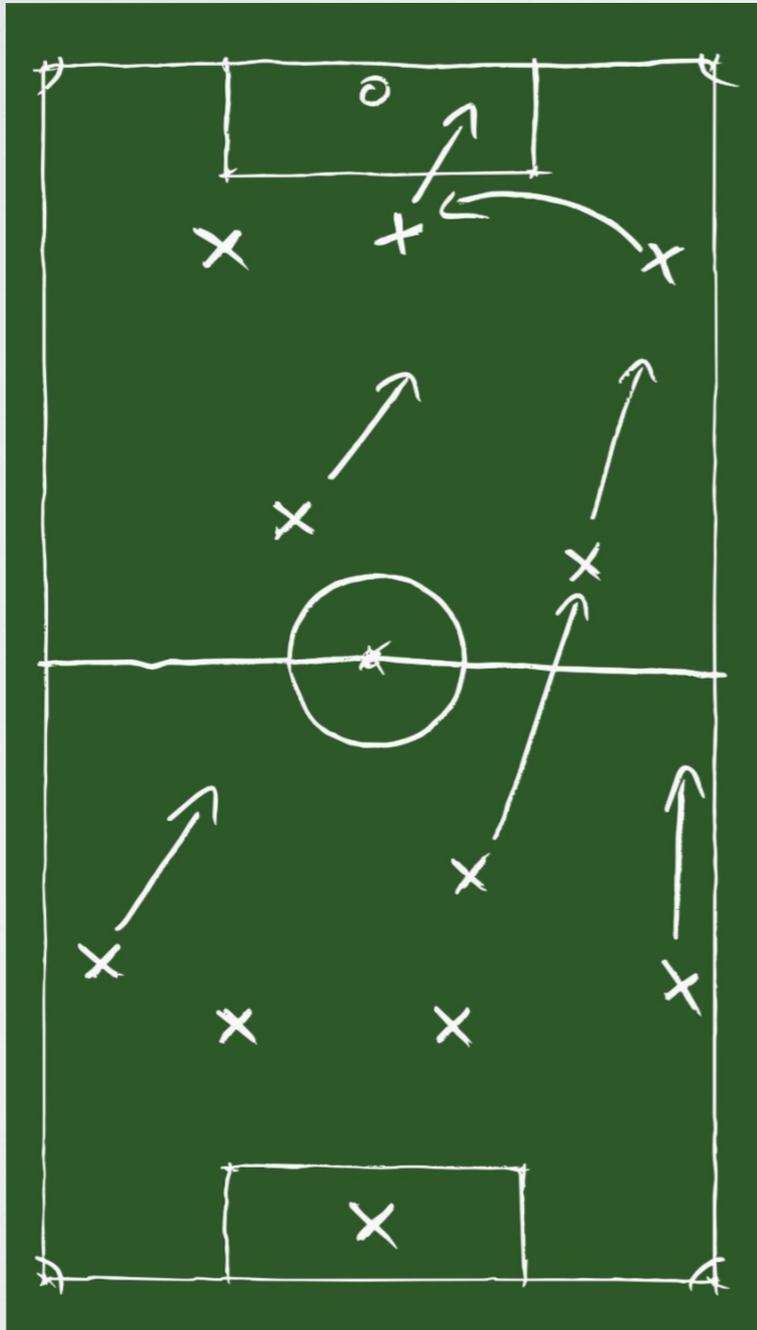
- Minimum: body weight
- Recommended time: 45 mins
- Speed
- Endurance
- Strength
- Mobility





TACTICAL

analyzing professional soccer teams and individual players



- Don't just see what happened, but how it happened.
- Analyze individual players on and off the ball.
- Analyze team shape with and without the ball.



MENTAL

practicing the skills of confidence, self-discipline, and toughness.

- Adopt positive self-talk.
- Choose to eliminate self-doubt and promote self-belief.
- Choose to eliminate laziness and promote self-discipline.
- Choose to eliminate weakness and promote toughness.



RECOVERY

- **Cool Down:** stretching and vibration immediately after play.
- **Heat/Cold:** using temperature to reduce inflammation and increase blood flow in the body.
- **Tension Release:** removing tightness in the body through stretching, rolling, massage, etc.
- **Movement:** reducing soreness through activity (next day).



NUTRITION

- **Why?** Growth, repair, energy, and mood.
- **What?** real food in it's most natural form.
- **How much?** depends on your goals (caloric surplus / deficit)
 - learning to control and manipulate body weight (stay lean)
 - .8g - 1.2g protein per lb of body weight
 - carbohydrates / fats / protein (plus micronutrients)
- **When?** schedules around performance (digestion rate)
- **Hydration?** 4 litres per day (minimum) *pee test

SLEEP

WHAT HAPPENS WHEN YOU SLEEP



- **Quantity**
7-9 hours of sleep
- **Before midnight**
spike in the release of human growth hormone
- **Dark, Cold, and Quiet**

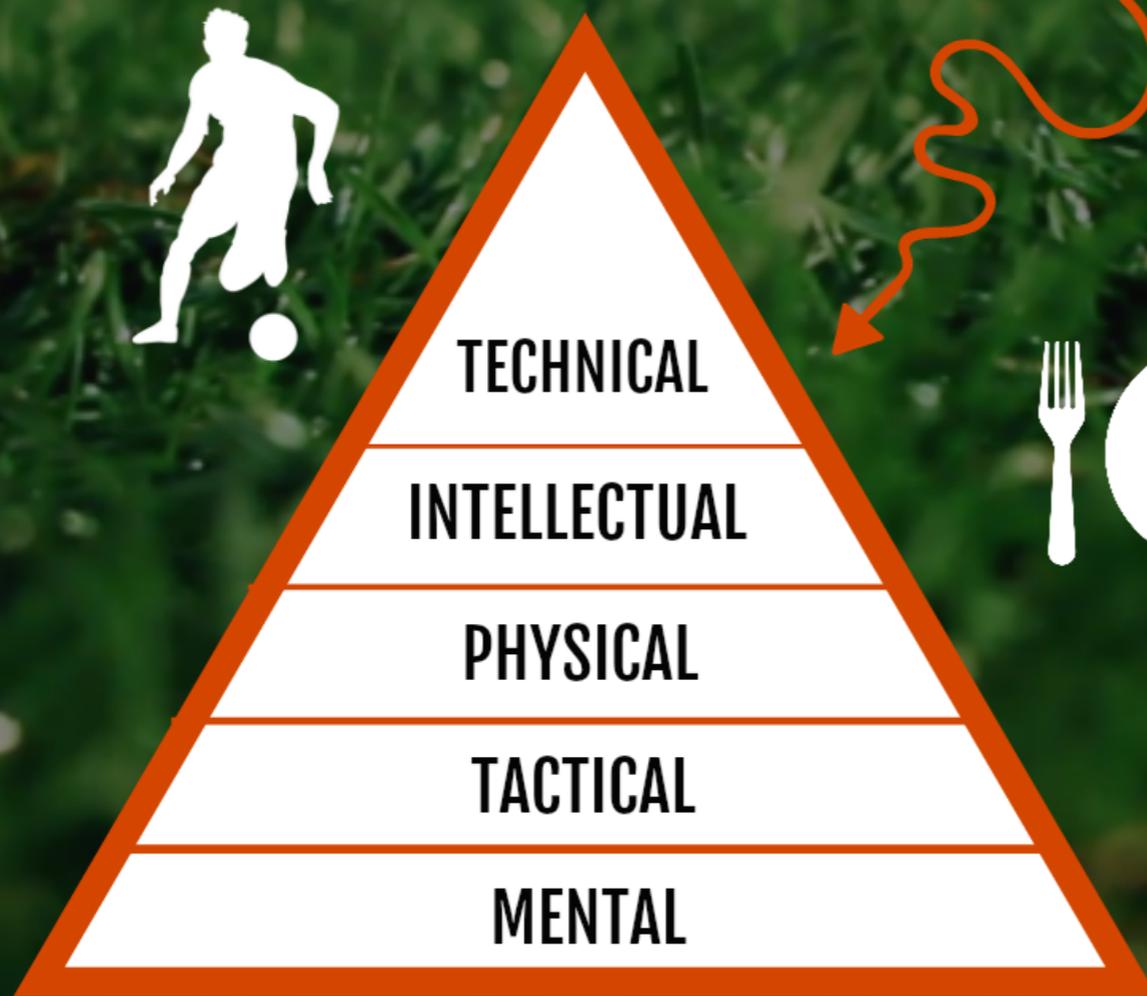




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NUTRITION

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get enough quantity and quality of sleep to repair your body and energy



STEP #6

REVIEW

REVIEW YOUR RESULTS

monitor and adjust accordingly to avoid wasted time, effort, and energy

Did I take genuine action
towards improving my game?

1

QUESTION

ADJUST

2

Do I need to change my
methods to reach my goal?

Have I taken the time to
celebrate my accomplishments?

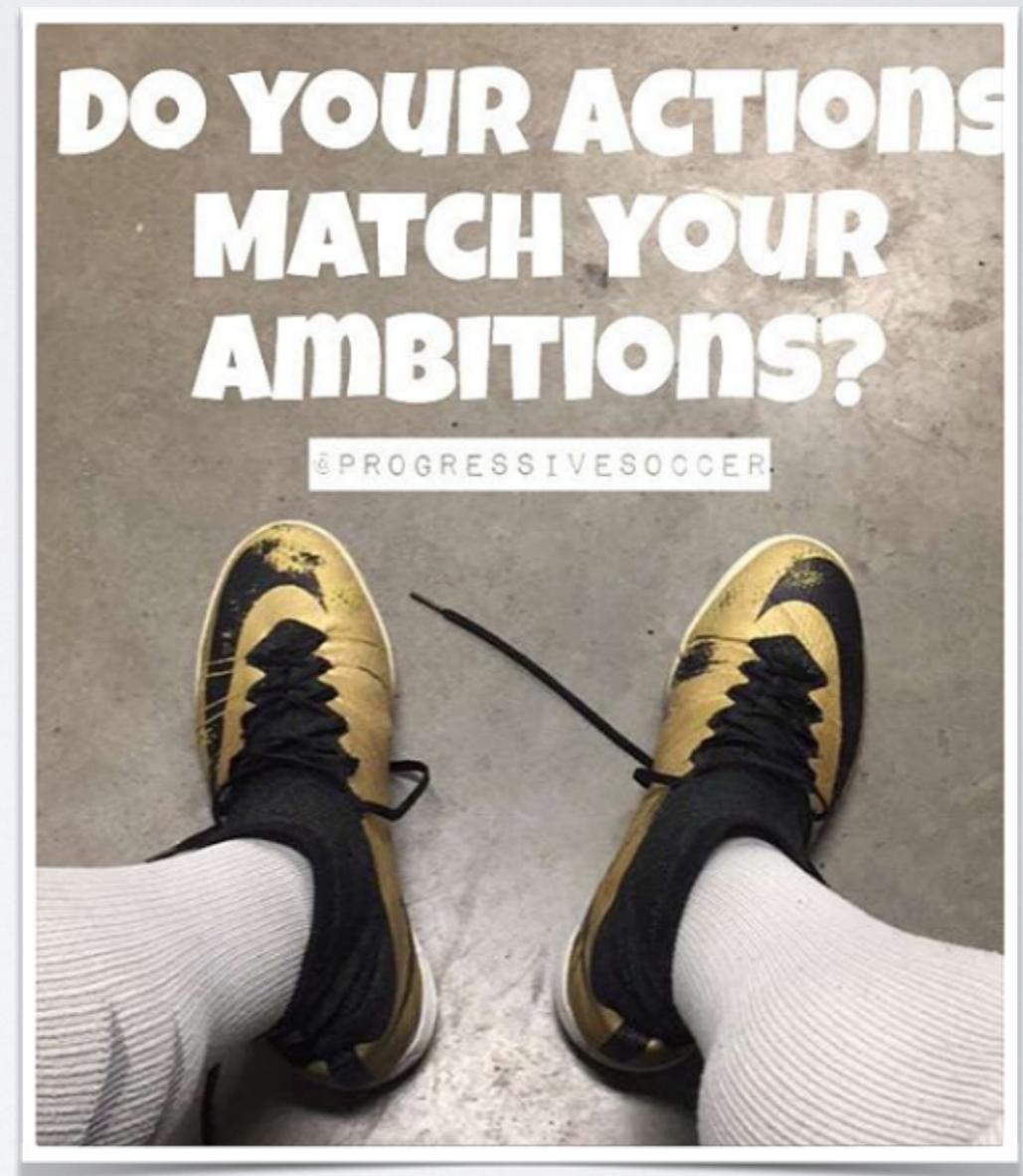
3

PROGRESS

QUESTION

did you take genuine action today
towards improving your game

- Did I have the proper mindset?
- Did I connect with my goals?
- Did I schedule time for my training?
- Did I complete my training?
- Did I practice proper nutrition?
recovery? sleep? lifestyle?
- Did I become better today?



ADJUST

do you need to change your methods to achieve my goal



- *If the plan doesn't work, change the plan, never the goal.*
- Are you getting the results you want with adequate consistency, intensity, and self-analysis.
- Change your methods, intensity, duration, or improve quality.

PROGRESS

have you taken the time
to celebrate your
accomplishments

- It takes time (consistency) to get noticeable results.
- Steady progress (calmly moving forward without anxiety or stress).



- You may not be there yet, but if you are closer than yesterday...

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PROGRESS



SELF IMPROVEMENT SUCCESS SYSTEM

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6 STEPS YOU CAN USE TO GET BETTER

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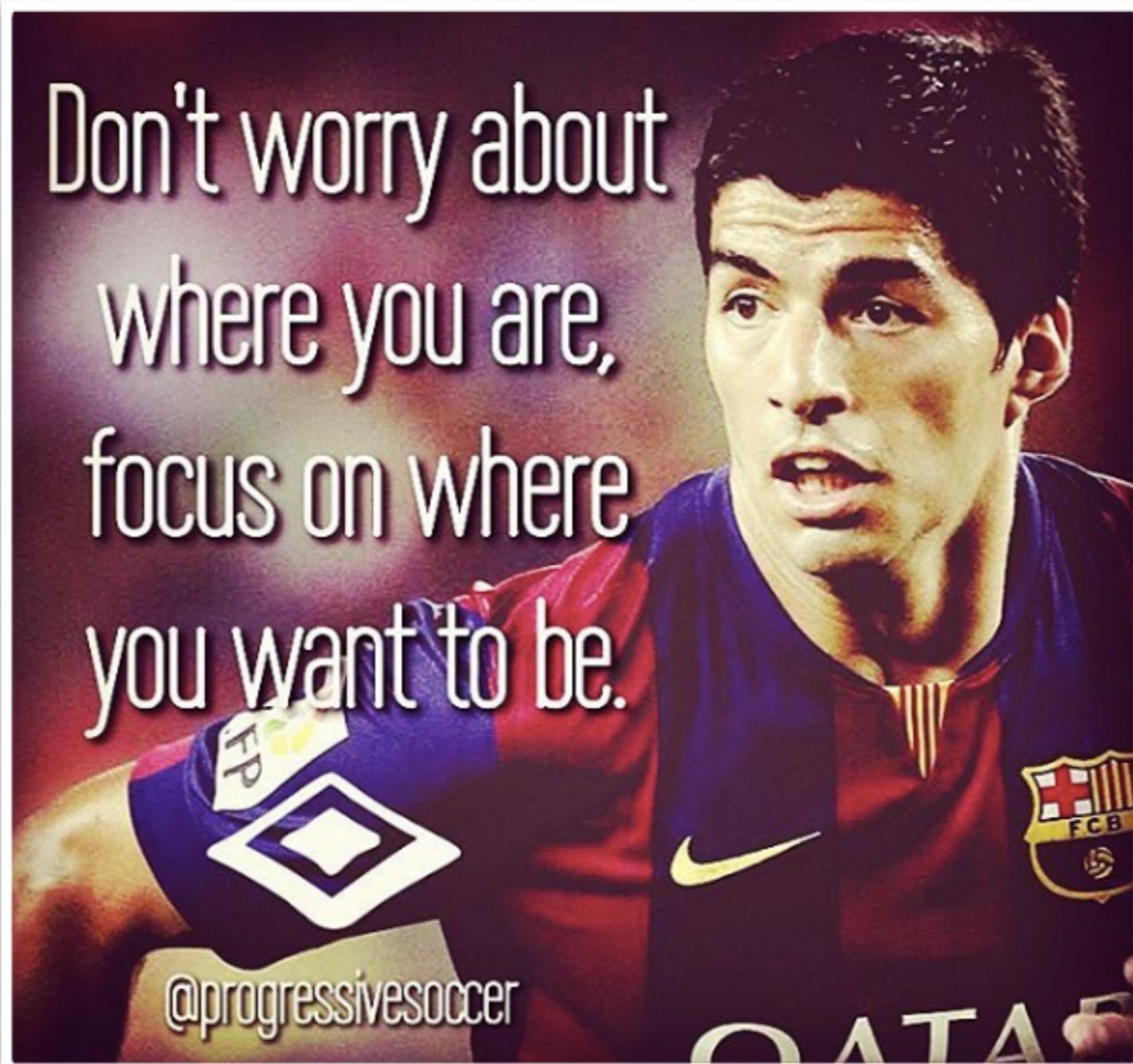
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Monitor and adjust accordingly to avoid wasted time, effort, and energy.



Don't worry about
where you are,
focus on where
you want to be.



@progressivesoccer

QATAR



INSTANT IMPROVEMENT BLUEPRINT

actions to kick-start your improvement now

INSTANT IMPROVEMENT BLUEPRINT

action steps to kick-start your improvement right now

1

Become aware of negative self-talk and start using positive-self talk from now on

2

Create a list of goals and save it to your phone screen (review before training)

3

Seek out criticism from someone you respect : use it as guidance and motivation to improve

4

Create a plan for your ideal day of training

5

Follow Progressive Soccer on YouTube, IG @progressivesoccer and progressivesoccertraining.com

6

do what you say you're going to do

You now know
how to become better at
soccer on your own...

**DONT WASTE
YOUR TIME**

... it's time for YOU
to actually do it.



THANK YOU FOR LISTENING

Hopefully this message
will inspire you to...

Take control of your own soccer
career and transform yourself into
the player you want to be.





QUESTION & ANSWER

what else do you need to know
about getting better on your own?