

Soccer Success Secrets *Volume 1*

**THE ULTIMATE
SOCCER TRAINING GUIDE**



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Warning:

**This E Book is not for everyone.
In fact, this E Book is for very few people.**

Before you read any further, you must **promise me** you will believe in yourself and your ability to accomplish great things. Whatever you want to achieve is attainable.

**All you need is a clearly defined plan and the commitment and desire
to accomplish what you have set out to do.**



The purpose of this ebook is to educate. The author and the publisher
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What do you want to achieve as a Soccer player?



If you don't believe in yourself (*or aren't willing to start*) this E Book is **not** for you.

This E book is only for individuals who take action towards accomplishing their goals.

This E book is for doers. People that make things happen. People who create challenging goals for themselves and put in the work to turn those goals into accomplishments.

This E book is for those individuals who want to see significant improvements on the Soccer field.

Believe me, we are all capable of becoming great Soccer players. However, the sad reality is very few of us will actually get to that level.

Now the reason the large percentage don't get there isn't because "*they didn't have what it takes*" or "*they just weren't good enough*". **Those are just poor excuses.**

The large percentage that fail only do so **because they allow themselves to**. In fact these people don't fail. Failing is what happens when you make an effort to succeed, these people **gave up**. **You will fail many times, that is okay, that is part of the process, but you will learn from failures and you will keep moving forward.** *Failing and giving up* are two very different concepts.

Those people that gave up let excuses get in the way of achieving their goals and let their dreams slip away from them far too easily, I call these people ***passengers.***

There are many passengers in this world and then there is another group of people.
A small percentage...

A powerful percentage of people that take their life into their own hands. That small percentage that decide to work consistently for what they really want to achieve and don't stop until they get it. I call these people *drivers.*

Now your going to have to make a choice...

Which type of person are you?

a) a passenger of life

or...

b) a driver

If you chose to be a *driver*... keep reading.

If you chose option a) I'm sorry, but the value of this E Book would only be wasted in your possession. Please forward this information to any *drivers*, you may know. Thank you ;)

**This E Book was created with one objective in mind:
*To help you become a better Soccer player.***

Now simply reading this guide will not turn you into the player you want to be. Not until you master and act upon the concepts in this E Book, will you see the results your after.

A reoccurring concept throughout this E Book is the idea of ***Taking Big Action!***



The greatest idea in the world, is completely worthless, without any action.

[Read that sentence again]

Act on the concepts, tips, and valuable pieces of advice you get from this E book. Start applying it to your game, training, mindsets, way of life and you will soon begin to see those results and improvements in your game you are after.

Remember, if you choose to simply read this book, not take action or apply these concepts, you will have wasted your time.

Now, if your still with me.. let's get started.

This E Book has 4 chapters.

Although it is meant to be used as a reference that you can come back to time and time again, I recommended you read the chapters in the order listed below.



1. Areas of Soccer Player Development

A brief look into the four different areas of a complete Soccer player and why it is so important to improve all of these areas on a consistent basis.

2. Twenty Secrets of Successful Soccer Players

A list of Soccer secrets shared by great players all around the world and exciting ideas on how you can start applying these Soccer success secrets to your game.

3. The Soccer Success Secrets Training Program

A day to day Soccer training regime designed to help you improve your technical Soccer skills, physical fitness and confidence.

4. Fifty Bonus Soccer Tips

A collection of Soccer tips ranging from nutritional guidance and workout tips, to success mentalities and in-game strategies – all designed to help you become a better Soccer player.

Chapter 1:



Areas of Soccer Player Development

My life took a drastic change when I discovered the self-help (*self-improvement*) industry. Never had I realized the potential of my abilities and how much I could really achieve if I was committed to making it happen.

I read 100s of books, watched videos, even went to seminars, I really lost my self in the whole idea of self-improvement. **Today, I am thankful for every second I spent improving myself.** It is still a massive part of my life today and will continue to be until my last day.

Now I am not going to ask you to go out and read 100 self-improvement books, watch any videos, or go to seminars. If you want to pursue those options on your own, I would more than recommend it but it isn't necessary at the moment.

If you don't want to put in hours of research towards self-improvement that's fine because I am going to summarize the concept of *self-improvement* into something you can understand in a few pages. That being said... I would strongly encourage you to go down this path on your own time.

Self-improvement is defined as *the improvement of one's knowledge, status, abilities, or character by one's own efforts*. Simple statement and concept, but easily and often overlooked.

Too many people, in fact the majority of the population, go through their lives, being the same person, doing the same thing, making the same mistakes, and never tapping into their full potential.

Now there is another part of the population, a small percentage (*remember those drivers?*), but this small percentage make up some of the **most successful people in the world**. These people dedicate their lives to self improvement, they educated themselves, grow, developed and over time they accomplish their goals, make remarkable contributions to society, and leave behind legacies that will be spoken of for many years to come.

All because, they were **addicted to the idea of self-improvement**. They lived to learn, to grow, to become the best man or woman they could become. They wanted to reach their full potential, because they knew.. that is what they deserved (why would you want to be anything but your best-self?). They, like of all of us, were only given one life to live.

You only get one life to live, make the most of it..

Make sure you reach your full potential and you will live a regret-free life, full of successes.

Now I am not asking you to change the world. All I am asking you to do is; apply the concept of "Self-Improvement" to your Soccer career.



Commit to a career of self-improvement. Every day you get up, commit to learning something new, improving an old skill, asking a little more of yourself, and becoming a better Soccer player each and every day.

If you start applying this concept to your training today. You will already **be ahead of 95% of the competition**, because believe me 95% of the competition don't want success as bad as you do.

They aren't willing to put in as much effort as you will and they certainly aren't as committed to becoming a better Soccer player.

In fact, this concept is so valuable, if you were only to take one piece of information from this book, I hope it would be the importance of *Self-improvement*. This concept applied to life (not only Soccer) will be **x1000 more valuable than the price of this book** and will continue to bring success beyond anything you ever imagined.



Now before this turns into an emotional Self-help workshop and you start revealing your deepest, darkest secrets to me, let's focus on the topic at hand...
becoming a better Soccer player.

Below are the 4 areas of Soccer player development:

1. **Technical Skill**
2. **Physical Fitness**
3. **Game Intelligence**
4. **Mental Discipline**

If you want to reach your full potential as a Soccer player, you need to find ways to improve yourself in all of these areas. Once you have built a strong foundation in each area, I promise you will be and feel a much more complete player. You will be confident in your ability and excited about where your Soccer career will take you.

Commit to becoming a complete Soccer player.

That is your 1st secret to success.



Technical Skill:

This really is the corner stone of every great player. Physical fitness and hard work can take you a long way but those traits will never be as valuable as a player who has developed and mastered the basics of technical skill.

When I say technical skill, I am referring to ball skills; dribbling, cutting and turning with the ball, beating an opponent, passing and receiving the ball, ball control and mastery, trapping, heading, tackling, shooting and finishing, etc.

Being technically sound with the ball will allow you to control the game and have a impact on the game that players without such technical skills will never be able to impose.

Becoming a technically skilled player is all about mastering your craft. It will require a significant amount of time and a commitment, to “master” any skill. But, if your serious about becoming a better Soccer player this challenge should give you motivation, not discouragement.



Physical Fitness:

In order to become a serious threat on the Soccer field you need to combine your technical abilities with some impressive physical qualities. Being physically fit does not simply mean being “strong”. People commonly confuse fitness with strength conditioning but there is much, much, more to it.

Improving your physical fitness will require significant focus to several different areas. For example: strength & power, speed & acceleration, endurance, flexibility, stability & agility, balance, recovery, etc.

Becoming well rounded in all of these areas will significantly improve your performance on the field as well as your general health. Make improving your physical fitness an ongoing goal. Keep challenging yourself and asking a little bit more of your body each day.



Game Intelligence:

Having technical skill and being physically fit are great attributes, but if you don't know what to do with those attributes you will never be successful. There is a proper way to play the game of Soccer. Certain plays need to be made in certain positions in order for you to be successful on the field.

The concept of "Game Intelligence" is far beyond the context of this E Book. So, all I ask for the time being is you listen intently to all your coaches and trainers. Your mind should be like a sponge, taking in as much information as possible every time your coach opens his mouth.

Be open to any advice and information someone with more experience and knowledge can give you. Perhaps in the future you will find out the information they gave you wasn't the most reliable, but at least give it a chance. After you may decide to adjust or completely disregard the information to make yourself more effective on the field.

But don't be stubborn, you have lots to learn, so take advantage of those minds kind enough to share their knowledge and love of the game with you.

Most importantly, learn from your mistakes. Through experience you will become a master of the game. **You should be working to be the smartest player on the field just as much as your working to be the fittest or the most technically skilled.**

Mental Discipline:

As you become older and gain more experience, you will begin to learn Soccer is much more than a physical game. In fact if you don't have a strong mental component to your game, you will find out very quickly, how much of a mental game it really is. At first you may not understand what I'm talking about, but having strong mental discipline and the proper mindsets will give you a huge advantage over your opposition.

We will cover the basics of being mentally strong later on in this E Book but for the time being **focus on being positive at all times** (don't talk negatively towards yourself or teammates), **always look to improve** (approach training with an open mind), and **commit to becoming a better player** (you have to want to succeed so badly, that the only option is success).

Now that you have a good understanding of what areas you need to improve you no longer have any excuses. Obviously, as you train and become a better player you will start to learn more advanced techniques and training methods but as long as you are always making an effort to move forward, success will be waiting for you just around the corner.

Keep challenging yourself, keep asking more of yourself each day, keep getting out of your comfort zone and the results will come, that I promise you.

It's all about holding yourself accountable for your own results. Anything worth having or worth achieving is not going to come easily. It is going to come through hard work, dedication, consistency, and a whole lot of passion. Enjoy getting better, enjoy improving yourself, and enjoy your results.

Let's keep going.. you have much more to learn.

Chapter 2:



20 Secrets of Successful Soccer Players

The following is a list of habits common in great Soccer players. The amazing thing about these habits is that you can start implementing them into your life and training right away ...if you want to see improvements in your game, that is.

No more excuses... it's time to start getting results.

*You have the potential to become a great Soccer player, we all do.
Some of us are just willing to work a little harder to get there.*

Make sure you are one of them.

1. Seize the day

Make the most out of every single day. Sleeping in until 2:00pm every day may feel great, but is it helping you achieve your goals?

There are only 24 hours in the day. Are you making the most of those hours?

Obviously rest is very important and you should be aiming for 7-9 hours of quality sleep per night but there is no reason you should be sleeping the day away. Wake up a little earlier and go to bed a little later. Put it on yourself to make the most out of everyday, so you can go to sleep each night feeling satisfied about what you accomplished that day.

At the end of each day, ask yourself:

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

Some days you may have 5 or 6 things you did to make yourself a better Soccer player. Some days only 1. But as long as you are making some type of effort each day to become a better Soccer player, overtime those small efforts will add up into huge improvements.

2. Play simple

Being the best player on the pitch doesn't mean taking the most touches. The quicker you can learn to play simple the more success you will have on the Soccer field.

At the moment you may not be able to notice it but if you watch top level Soccer, the best players are usually the ones who take the fewest touches on the ball.



The majority of the time you should be playing 1, 2 touch Soccer (especially in your own defensive third and middle third of the field). In the attacking third you should be encouraged to take players on with your individual skill but even still, the best way to get through well organized defensive teams is quick passing and fast off the ball movement.

There is nothing more frustrating then playing on a team where everyone has to have 10 touches every time they get the ball. **Always keep the ball moving, keep things simple.**

The hardest teams to play against are the ones that never stop the ball from moving. Everyone plays two touch Soccer and they work extremely hard to get into open positions to receive the ball back.

Playing simple is something that will come with experience but if you are simply aware of the importance, you will already be ahead of the competition.

"Football is a simple game based on the giving and taking of passes, of controlling the ball and of making yourself available to receive a pass. It is terribly simple." - Bill Shankly

3. Always make the most out of training

If you want to become a better Soccer player in the quickest amount of time possible, **you need to make the most of every situation you have on the field**. Whether it be, training on your own time, team practices, games, or just playing for fun... you need to ask yourself:

Am I making the most out of my time on the field today?

Personally, as soon as I get on the field it's **non-stop**! Right away I find a ball and start getting involved. Even if the coach is setting up drills, I don't speed time joking around and rough housing with teammates. My goal is to get as many touches as possible and ensure I am ready for action.

I get passing and moving, working on my ball control, getting in a proper Soccer warm up, perfecting skills I want to improve (like shooting and finishing), and even get in a bit of extra fitness. Whatever it takes, I make the most of my time on the field. Not because I want to impress the coach or don't have any friends to joke around with. I do this, simply because I want to be the best player I can be and I want to make the most out of every second I have on the field.

In your drills and games, are you putting your best effort forward? Are you getting the most out of each drill? You should always aim to be the player getting the most out of each drill.

How do you make the most out of every training session?

Well there are a couple ways, but it all starts with a desire to improve. Here are couple things you could keep in mind to ensure you are getting the most out of each training session:

- Work the hardest
- Communicate (talk) the most
- Show the most passion
- Get the most touches on the ball
- Be the most involved player
- Ask questions
- Analyze and learn from every situation

Making the most out of every second you have on the Soccer field will add up, and over time, all that extra time you spent improving yourself will separate you from the players around you.



4. Openly seek advice



The top players in the world didn't reach the level they are at on their own. In fact these players were probably helped by more people than you could ever imagine.

Why? **Because they wanted to be helped.**

If you want to become a great Soccer player quickly, you need to learn from as many experienced people as you can, as often as you can. The quickest way to success... is learning from other people's failures.

Ask questions all the time. How could you improve on today's game or session and what could you have done differently in those situations that went wrong?

Your coaches and trainers are there to help you improve and love to give advice (if they are good coaches that is). You need to take full advantage of this and get as much advice as you can.

You can learn from all different types of people: professionals, coaches, trainers, parents, teammates, and even opponents.

In fact a great thing to do is go out and find 5 people you respect in your Soccer community. They could be coaches, parents, players or anyone else who you think has a good understanding of Soccer. ***Ask each of them 3 things that you could work on to become a better Soccer player.***

If you don't like the advice someone gives you, you don't have to use it, but at least show them the respect they deserve and listen to what they have to say with an open mind. **Remember, all the advice in the world is worthless unless you put it into action.** Your next step is to *act* on what you have learned and what others have told you! It's time to get to work!

5. Grow all areas of your game

Yes, I know what your thinking. We have already addressed this point, but it's so important, we are going to go through it again.

If you want to become a great soccer player, you need to be well rounded. Work to improve all areas of your game, instead of just one or two. In turn, the collective effort of all your improvements will produce some serious developments in your game.



Grow all areas of your game together to accelerate your results.

The beauty of it is, all these small improvements will work together to make a stronger whole.

Improving your shooting skills may make you a better passer, developing strong powerful legs will help you run faster, and improving your flexibility can even improve your ball control and ability to score goals.

Turn your weaknesses into strengths, and your strengths into superpowers!

If you're not happy with a certain area of your game, work to improve it. Keep improving. The cycle never stops, but your results will keep going up, and that my friend... is a very good thing.

You have the ability to be such a great player, all it's going to take is your commitment to improvement and attention to detail.

So don't just work to become a better dribbler or a faster athlete. Work to improve all areas of your game. Grow *technically, physically, tactically, and mentally*.

A great thing to do would be to designate a few minutes each day working on each part of your game. You could start with just 5 minutes on each area. 5 minutes on technique, 5 minutes on physical conditioning, and 5 minutes on learning tactics and proper mentalities.

Over time those 5 minutes may turn into 10 or 20 minutes. For the time being though, you just want to get into the habit of paying attention to all areas of your game.

The combination of these improvements will turn you into that great player you are committed to being.

6. Dribble everywhere

If you want to become a better dribbler and a master of the ball, you need to increase the amount of touches you get on the ball.

The more touches you get on the ball, the better dribbler you will be and the more your overall ball control will improve. It's as simple as that.

The easiest way to start getting more touches is to start dribbling a Soccer ball everywhere you go. If your parents don't mind you can start dribbling a ball around the house, from room to room.

When you travel to the kitchen to get a bite to eat, the ball is on your foot traveling with you. Heading to the bathroom? The ball goes with you, weaving around corners, chairs, cats, dogs, whatever is in your way.

If your parents don't let you dribble in the house, ask to keep a mini ball or even a super small ball, like a tennis ball – just get your touches!

You don't have to do fancy tricks, just get used to keeping the ball close to you at all times. You can take this outdoors and take a ball with you everywhere you go. Sure you might get a hard time from people here and there, saying ***"don't you go anywhere without that thing?"***.

Life Tip: Don't worry about what others think of you.
All that really matters is what you think of yourself.

If you want to be the greatest Soccer player in the world, you can't let other people's negative comments affect your actions. Remember, becoming a great dribbler is all about how many touches you get on the ball.

At home, school, on the training ground, wherever – **get your touches!**

You can start using this Soccer Success Secret right away.



Where is your ball!?

It should be at your feet.

7. No regrets!

You only get to live each day... one time. You only get to play each game.... one time.

You only have one chance, leave everything out there. That game is only going to be played one time... after that, the moment is gone forever. Now do you want to look back on that game... with warming memories... or chilling disappointments?

Every time you step on the field you have two choices...

1) give it an effort but hold back in certain situations where you know you could've done more or...

2) play with no regrets and give your best effort from the 1st whistle to the last of the game (if you want to be a great player... this is the only option.)

It sucks... let me rephrase that... SUCKS... to walk off the field knowing you could have done more or made a bigger impact on the game. Play with No Regrets and leave your blood, sweat, and tears on the field every time.

When your tired and you don't feel like tracking back to help on defense... **No regrets!**

When you see that ball and you hesitate to go into a tackle.... **No regrets!!**

When your team has the ball up the field but your too tired to get forward... **No regrets!!!**

Always play with No Regrets!

8. Always want more

Now before I go into this success secret, I should say... it is extremely important to celebrate your victories and accomplishments as you go through life. Be happy, congratulate, and reward yourself for achieving great things.

But at the end of the day, we always want to keep going forward, we should always keep asking more of ourselves, and we should always be wanting to achieve more!

All the great players in the world, got to where they are because they never settled for what they already had. They always wanted more and they still want more. Even if they are playing for the best team in the world, with the most goals, and the most trophies. ***They still desire more.***

Be happy with your accomplishments, celebrate them, but once your celebration is done, get back to work and start working for the next accomplishment. Start asking more of yourself, because you definitely deserve more.

This little secret is more of a mindset than an doable action. That being said, you still need to place these thoughts into your head. Not all of us were born with a desire to conquer incredible achievements, but the beauty of mindsets is... you can start thinking whatever you want, whenever you want.

You deserve to achieve great things. If you don't believe that, you need to stop reading this E Book right now, because without a desire to achieve more and a desire to improve, all of this information is ***no good to you.***



9. Preparation

Great players didn't become great by chance.

You have to earn your greatness. If you want to be a great Soccer player you need to put in the work. You need to love training and enjoy getting better each and every single day.

Champions are made on the training pitch, not on game day.

Are you prepared for the season ahead? Prepared for that tournament next weekend? Prepared for your tryout at the end of the month? There is always something to prepare for and always something to work towards.

Personally, I love off-season. It's a chance to improve all areas of your game and put in that hard work that 90% of your competition isn't going to be doing.

If you want to be better than the rest... you have to train harder than the rest.

"Greatness is a choice. Refuse to be average." - Robin Sharma

Work for your greatness. Prepare for your championship.

In the end it comes down to how badly you truly want success... if you're willing to put in more work than the next guy... you're going to be more successful than the next guy. It's not rocket science, in fact it's quite simple. Hard work is rewarded (in one way or another), so go out and earn your greatness, train for your success, prepare for your future.

Are you prepared?



10. Play out of your comfort zone

If you want to become a better Soccer player quickly, you need to play with players that are better than you. Plain and simple.

Getting out of your comfort zone is the quickest way to see improvements in your game. We should all do it and more importantly, we should love doing it.

Don't be scared of playing with players who are better than you. If anything you should be excited. It will give you a powerful insight into what it takes to get the next level and how players at that level play the game.

Whenever possible, play with older, better players. The size and physicality of the game will force you to make quicker decisions, be stronger on the ball, and not only play harder but smarter.

Get out of your comfort zone.

You should love playing on a team where you are the worst player.



If you play for a club team, always ask your Coach to play up with the older boys or girls. Even if it is at a lower skill level (each age group is usually broken into a few different skill levels). If you have an older brother or sister, perhaps you could play with their friends (as long as you put in a good effort they shouldn't mind having you around).

Find a way to play with players that are better than you.

If you can get on a team where you are the worst player... that is a good thing. Think about how much you could learn in an environment like that. Remember, it's all about your attitude.

You can choose to see the good or bad in every situation.
Trust me... life is much more enjoyable when things are looking bright.

11. Play both ways

So you're a great attacker... but can you defend?

The days of one way players are long and gone. Defenders need to attack, just as much as attackers need to defend. Do yourself a favor and work to improve both sides of your game... it will improve the chances of taking your Soccer career to the next level.

If you can get this mentality in your head at a young age you will have a strong advantage over other players your age. Enjoy winning the ball off opponents as much as you enjoy scoring goals and you will be a tough player to deal with.

Coaches love players with a good work ethic who are willing to give their best effort on both sides of the field. Believe me, every coach wishes they had 11 of those players on the field at all times.

If you're a defender.. can you learn to get forward and join in on the attack.

Especially full backs and defensive midfielders. Obviously, your first priority is defending your goal but when you can outnumber the other team with your teammates and play quick attacking combinations you will be a very difficult player to stop.

If you're an attacker can you defend from the front... be relentless in your pressure. Can you press to win the ball back in the opponents defensive third? The higher up the field you can start putting pressure on your opposition the more difficulty they will have getting into dangerous areas around your goal.

Whether your team has the ball or not, you must work hard to get into the right positions. Be disciplined defensively and energetic on the offensively. Learn to play both ways and you will be a much better Soccer player.



12. First to arrive, last to leave

A great habit to get into, is showing up to your practices and games just a little bit earlier than everyone else. **Be the 1st to arrive to the field and the last to leave the field.**

Maybe you'll go 15 minutes early to do some extra fitness training and leave 15 minutes later because you want to practice your shooting technique. Whatever the case, if you start using this valuable little secret, you are going to be putting in more effort, getting more touches, and seeing more improvements than your teammates and opponents.

If you don't already, you should have your own ball that you can take and play with if no one is there yet. If you can't afford a Soccer ball, ask your coach if he can let you borrow one. Let him know *your Soccer Career depends on it!*

Not only will you start improving faster than your teammates, but **your coaches are going to notice your efforts and reward you** with.... praise, more playing time, helpful advice and guidance, maybe even a connection to a better team one day. A coach loves to help a player who wants to learn. Showing up early and leaving late shows that you want it more than anyone. Be the 1st to show up and the last to leave. It shows your commitment to your own development, to your team, your teammates, coaches and managers. But most importantly it will help you become a better Soccer player; and that's what we are really after isn't it?

Those extra couple minutes will add up and over time they will help to cause significant improvements in your game.

Love spending time on the training pitch. Remember to *play with passion* and *make the most of* your time at training. Your mom should have to drag you off the training pitch because it's pitch black and you can't even see the ball. That's how bad you should want to improve and that's the degree of work you should WANT to put in.

That being said, no one can force you to put in that extra work.

You have to WANT to do it all on your own.

13. Play quicker

The difference between top level players in your local area and professional is usually the "speed of play". In most situations, professional players aren't that much more technically skilled or physically fit but the speed at which they play and the fashion in which they execute everything is done x10 faster. Regardless of how good you think you are now, you can always get better and one way to get you there is to **always play quicker**. Now, I don't want you to confuse playing quickly with playing in a panic. You still need to keep a cool head and know when to slow the pace of the game, but still everything is done in a quick, crisp fashion.

Dribble faster. Play with fewer touches. Put more pace on your passes. Move quicker off the ball. If you can learn to play at a higher speed of play, you will be much more successful on the Soccer field. Every time you step on the field. Push yourself to play at a quicker speed. 1, 2 touch combination passing, a quick dribble and a through ball to a teammate, receiving with a perfect 1st touch and getting a quick shot off.

Your ability to play at a high speed is what will allow you to play at the top level. Regardless of how big or fast your opponents are, if you can play quickly you will always be able to control the game.

14. Watch ridiculous amounts of Soccer

This is one of the first things I tell players who are looking to become better at Soccer. Watching players that are better than you is the quickest and easiest way to learn how to play Soccer properly.

If you don't already, you need to start watching professional Soccer. At least 1 game per week. Oh and don't forget to keep up on your highlights!

Watch what the players do in certain situations. The decisions they make and how quickly they make those decisions. Watch the speed at which they play. Take note of their passing and off the ball movement, their tactical positioning and the passion they play the game with. Watch they're habits, mannerisms, tricks, and moves. **Watch everything!**

After you've been watching for a while, you can start applying the things you've been learning, into your own game.

Watching is one thing, but actually acting on what you learn is totally different.

Put your research to use and start imitating those players. Be the next Zinedine Zidane, the next Lionel Messi, or whoever you want to be. But take advantage of these great players and learn everything you can from them. They are obviously doing something right...



**Another great place to watch soccer is YouTube.
In fact, I'm going to give you some homework:**

- 1.** *First thing you need to do is.... finish reading this E Book.*
- 2.** *The next thing you need to do, is go to YouTube and watch 5 videos of a professional Soccer player who plays the same position as you.*
- 3.** *Take note of the skills they posses and the different things they are so good at doing on the field.*
- 4.** *Next, think to yourself; what would you have to do (what areas of your game would you have to improve) to become a player similar to them.*
- 5.** *Finally, set up a plan and start accomplishing those goals. Oh and don't worry thats why this E Book was created to help you accomplish those goals. We will get more into that a little later on.*

The better you become at Soccer, the more you will appreciate the talent of these players and the more you will love to watch. Never stop watching Soccer, it will be one of the most important tools in your development as a Soccer player.

15. Always want the ball

To many Soccer players, especially beginners, are scared to have the ball at their feet. **Before the ball even comes to them they are thinking about all the things that could possibly go wrong.**

If this is something you catch yourself doing on a regular basis; quickly, take your right hand and slap yourself on your right cheek. Next take your left hand and pinch yourself really hard on your right arm.

Don't do it again!

Always want the ball

If your already putting negative thoughts into your head before you even receive the ball, you need to stop that immediately. You should always want the ball at your feet, regardless of the situation you are in.

Always demand the ball!
Always want the ball!
Get on the ball!



Getting on the ball more often is going to get you more touches (and you know how I feel about getting your touches). It is going to force you to make more decisions on the ball and it is also going to get you more involved in the play.

The more you can get on the ball, the better. That being said, asking for the ball and wanting the ball isn't enough. **You need to get into open positions where your teammates can provide you with the ball.** So work to get open, then demand the ball, then produce a bit of magic with that ball. Keep making good decisions on the ball and your teammates are going to love passing you the ball. Even if you only play one touch every time you receive the ball. Want and demand that ball every time.

Getting involved in the play is going to help you become a better player, it is going to get you noticed, and it is going to help your team in the long run. The most important component of this Soccer secret is going to be your **communication**. If you are naturally a shy person, that is fine, but when you step on the field you need to get rid of any shyness you may have. The Soccer field is a place where players can let loose and get lost in the game.

*Demand that ball!
Scream for it!*

Let your teammates know you want the ball and they will give it to you.



16. Ask more of those around you

Have you ever had a training session, where *you* really wanted to work hard and learn something new, but your teammates were horsing around and wasting everyone's time?

Personally, this is my biggest pet peeve as a Soccer coach and player. If you want to waste time, don't come to practice. That's not what practice is about. **Soccer practice is about improving your Soccer skills and getting the most out of your time.**

If your teammates feel that they don't need to listen and are too good for practice, let them know that is unacceptable.

Don't do it in a way that will ignite a fight and end up with both of you having black eyes. Let them know in a calm, controlled manner, that you want to get the most out of this session and if they aren't willing to listen and work hard, then they are better off leaving the practice because they are making the team worse... not better.

This can be a tough message to get across, especially to a group of teenagers who think they already know everything there is to know about Soccer and life for that matter.

Basically what I'm trying to get across here is, **hold others to a high standard.** Obviously you hold yourself to a high standard. It only makes sense that you expect the same out of those around you and if they don't give it to you, ask for it.

You want to train in an environment that is going to help you to become a better Soccer player, not one that is going to make you worse. **Training in an environment where everyone wants to learn and get better will accelerate your improvements incredibly.**

If your team doesn't take practice seriously (players and coaches) you may want to think about switching to another team. Obviously sometimes you may not have this option but in cities where there are lots of Soccer teams, another team would be more than happy to accept you and your great work ethic.

17. Set Goals

It's hard to hit a target, if you can't see it.

In order to give yourself a better chance of getting to where you want to be as a Soccer player, you need to create some clearly defined goals.

A goal can be anything that challenges you to do more.

Here are a few of examples:

- 1) scoring 10 goals for my team next year in the regular season.
- 2) being selected for the top team your club by next year,
- 3) receiving the MVP award for your school team this season,



in

Goals need to be attainable, realistic, measurable, and clear.

Saying you want to be a better Soccer player is not a clearly defined goal.

Saying you want to be able to juggle the ball 500 times consecutively, sprint 100m's in 12 seconds, and score 8 goals this season are clearly defined goals.

Simply having a goal is going to give you more direction as well as more incentive to train hard, stay committed, and help you improve your game. If you don't have a goal you will simply train with no idea of where you are really going.

Goals can then be broken up into short term and long term goals. In order to make your long term goals more realistic, set up smaller goals that will help you lead up to your big goal. For example, if you want to score 10 goals next season... a small goal could be:
To be able score 10 penalty shots in a row by the end of the season.



The smaller goal, *scoring 10 penalty shots in a row*, will help you develop your shooting skills and confidence around goal and in turn help you achieve your bigger goal of *scoring 10 goals next season.*

*So what is your **big** goal?*

*And what are some **smaller** goals you could use to help you stay on track?*

Write it down, right now.

On a piece of paper, do some brainstorming. Right down everything you want to achieve. Once you've done that try and break down all your goals into small and big goals.

Once you have that set up you will have a much clearer vision of where you want to be and what it is going to take to get there.

18. Review performances

One of the most powerful things you can do to improve your game is...
review your on field performances.

To give you a better understanding of what I mean, below is how I would go about reviewing my on-field performances:

At night as I lay in bed and think over the day as it happened, I will go through my on-field performances. Maybe I had a game or practice that day. Whatever the case, I will think back to each situation where I had a **success**. A success could be a good pass, dribble, or goal. It could be some helpful encouragement I gave to a teammate or some positive self-talk. A **success** could be a defensive tackle or clearance. Anything that you did well is a **success**.

I will then remember these **successes**, acknowledge how and why each situation was a success, remind myself to do this again, and give myself a little bit of praise.

Next, I will go through all the **failures** that happened on the field. A **failure** could be losing the ball to an opponent, a bad pass or a missed scoring opportunity. It could be arguing with a teammate or coach, or even getting angry at the referee.

With each of these **failures**, note what happened in each situation and why I didn't work out. Then with some creative thinking, ask yourself how could you have turned that **failure** into a **success**?

It could be as simple as playing the ball earlier, using my body better to shield the ball, choosing to place my shot instead of smashing it as hard as I can or reminding my teammates to stay positive when they are fighting amongst themselves.

Whatever the situation, find a solution to turn your failure into a success.

After reviewing, evaluating, and improving on your performances you will begin to realize that most of your games or practices will have many more successes than failures. However, you shouldn't be ashamed of failures. **Failing is actually the quickest way to get to success.** As long as you learn from your failures, instead of repeating them.

If you decide to use this Soccer secret after each game and practice you will start to see huge improvements in your game. That is a guarantee.



19. Enjoy what you do

This is the simplest but probably the most powerful piece of advice I can give you;
enjoy what you do.

In this case, we're talking about playing Soccer. **Enjoy playing soccer.** If you don't enjoy the game of Soccer you are going to have a hard time improving your game.

In fact, if you don't enjoy playing Soccer you need to stop and find something else that you are passionate about and do enjoy doing.

When you enjoy doing something, it is a lot easier to spend your time doing it. When you enjoy what you do, there is nothing else you would rather do. You become addicted to that which gives you joy. It becomes something you want to spend your whole life doing... and that is a very powerful thing.

**Enjoy every practice.
Enjoy every match.
Enjoy every touch on the ball.
Enjoy every second on the pitch.**



20. Chase dreams relentlessly

The last secret shared by all great Soccer players; ***Chase dreams relentlessly.*** Relentless? What does being *relentless* or doing something *relentlessly* really mean?

To be relentless means **never taking no for answer.**
It means never giving up when the odds are stacked up against you and others tell you "*you can't do it*".

It means always looking for solutions, instead of problems.

It means never giving up until you achieve what you've set out to do.

It means chasing your dreams day and night, each and every single day.

Dreams come true all the time... and that's the truth.

In all of the situations where dreams did come true; they did because the individuals chasing them never gave up, they worked extremely hard and they stayed dedicated, disciplined, and consistent with their efforts.



Now it's your turn to start chasing some dreams and since your reading this book, I assume you already have started. That's great, but we are still at the bottom of the mountain, we have a lot of climbing to do and a lot of challenges along the way.

But that doesn't worry you, does it? In fact that excites you, doesn't it? That gets you even more motivated and more dedicated, because you know it's going to be that much better when you finally get to the top of that mountain.

And believe me... you will make it to the top of that mountain. But you don't need to hear that from me... you need to hear that from yourself.

So get ready...

To believe in yourself..
To commit to your goals...
To work incredibly hard...
To stay motivated and disciplined...
To fail...
To succeed...
To want more....
To be passionate...
To relentlessly chase what you truly desire....
To accomplish your goals and finally turn your dreams... into realities.
Those dreams, your dreams, are waiting for you....

Are you ready!?

Chapter 3:

Soccer Success Secrets

Training Program



Overview:

Don't even think about using this Soccer training program until you start applying the "20 Secrets of Extremely Successful Soccer Players"

This Soccer Training Program has been created **to help you become a better Soccer player through individual training.** This training will still allow you to have time for other Soccer commitments, such as team practices, matches, and playing Soccer strictly for fun (both are highly recommended).

Each day of training will take about 30-40 minutes to complete but you are always encouraged to practice as much as you wish. Remember, becoming a better Soccer player is all about putting in countless hours of practice in on your own time.

Each day of training will consist of several different video tutorials. In these videos are the tools necessary to take your game to a whole new level, but rememeber.. this Soccer training program and all the other information in this E Book are completely worthless unless you put them into **ACTION!**

Commit to staying with this Soccer Training Program everyday and you will see results very soon.

Can you commit 30 minutes a day to becoming a better Soccer player?

Topics of Importance:

Over-training. Although it's great to train hard and be committed to being a better player, you need to be aware of the possibility of over-training. This is especially important with *Physical Fitness Training*. In order for your body to grow and recover properly (so you can perform at 100% each day) you need to provide your body with adequate rest between training sessions.

Rest. You need 7-9 hours of sleep each day. During rest, is actually the time when our body sees the most improvements. Without enough adequate rest your body will never recover and you will never be able to grow (physically, technically, or mentally).

Especially with the *strength and power workouts*, you want to ensure you are getting at least 48 hours of rest between training sessions.

Commitment to improvement. If you want this program to work for you and you want to see and feel amazing results, you need to commit to this program but more importantly commit to yourself. Give your best effort each day to improve your game and over time you will see the results your after.

You must be consistent in your effort, missing training here and there, not giving your best effort every time or any other excuses you can think of, will only slow you down on the way of you achieving your goals.

Team training. If you aren't on a Soccer team already that is fine, but you should look into signing up for one in your community. If you are on a Soccer team you are still very much expected to participate in every team practice and game, give your best effort, and make the most out of every session.

This training program is intended to be an addition to your Soccer training already, not a replacement.

Fun Play. Similar to team training, it is very important that you get out and play with friends, family, and total strangers. You should be playing at least once a week (if not more) strictly for fun. These are the times when you can fool around and try things you never would before. Enjoy the beautiful game that is Soccer, without the stresses of winning, pleasing coaches or parents, and just play until you can't play anymore.





Warm Up. Never neglect the importance of a proper warm up. It will help your results, your on-field performance, reduce the chance of injury and soreness, as well as increase your flexibility. You will be expected to do this short Warm Up Video before you start your training each day

(Days 1 to 5) - <http://www.youtube.com/watch?v=63rlU1YvqVU>

Cool Down. Likewise, never underestimate the importance of a quality cool down. It will help your body recover quicker and allow you to perform at top form for a longer period of time, reduce the chance of injury and soreness, as well as improve flexibility. You will be expected to do this Short Cool Down Video after you complete your daily training

(Days 1 to 5) - <http://www.youtube.com/watch?v=Rdn8y5v9XnY>

Motivation. If you've read this E Book from front to back, you should already be extremely motivated and excited about getting started. However, there will be times when you don't feel like training and rather take the day off, this happens to all of us. But... it is the ability to stay motivated even when you feel like giving in to the temptations of “the easy way out”, that will make you a great player.

All the great Soccer players said “**Yes**” when other's said “**No**”.

Stay motivated and keep training.

Watching Soccer. Since you read the “20 Secrets of Successful Soccer Players” you already know how important watching professional Soccer is for your development. While doing this training program, I ask that you watch at least 1 professional Soccer game per week (if not more).



Training Schedule and Videos:



Don't forget to incorporate your Dynamic Warm Up and Static Cool Down at the beginning and end of each training day (excluding Days 6 and 7).

Perform each training video directly after the other. Reduce rest between exercises to increase your endurance, ability to recover quickly, and concentration especially when your tired and your legs feel heavy.

Program Introduction Video:

<http://www.youtube.com/watch?v=zDyqrNRIPR4>

Day 1, 3 and 5:

- Endurance
- Speed & Acceleration
 - Ball Control
 - Dribbling
 - Shooting

<http://www.youtube.com/watch?v=Z7IQqNUCmDA>

Day 2 and 4:

- Strength Conditioning
 - Ball Control
- Passing & Receiving
 - Shooting

<http://www.youtube.com/watch?v=C1l2rMso8aA>

Day 6:

- Rest

Day 7:

- Recovery & Flexibility Stretch

<http://www.youtube.com/watch?v=wJSzvXlOD50>



Chapter 4:

50 Bonus Soccer Tips



1. Always remain positive

Good things come to those who expect them. Be overly optimistic, in soccer and life. Expect great things to happen and they will. That being said; you must still put in the work for those great things to happen, but thinking positive thoughts is much more productive than being negative and damaging to yourself or teammates. .

2. Actually do your push ups

Every time your coach tells you to do a couple push ups, some sit ups, or a few wind sprints. Do them.. they add up. Don't be stubborn, enjoy getting stronger, quicker, and faster. Too many players are... for lack of a better term, "too cool" for fitness. **Don't be one of them**, you don't want to be.

3. Defend in numbers

When defending, if possible, **try to angle your approach and direct your opponent towards your teammates**. If you can steer the opposition into areas where you have more players, you will make it very difficult for your opponents to penetrate your defensive line.

4. Believe

Confidence is one of the most important qualities you can possess as a Soccer player. Be confident in yourself, if you've put in the work to get to where you want to be, **you have no need to hold onto any self doubts**. Let them go.

5. I never miss

I started doing this recently and it's quite a handy tool. You can use it to. See how it works for you. Before taking a shot, I always take a deep breathe, and say to myself, "I Never Miss". Keep in mind I focus on my technique and really try to put the ball exactly where I want it.

But **this is a much more powerful mindset**, then thinking "O ****, I better not miss this one!"

6. Get a mentor

The quickest way to get to success is to learn from someone who's already there or has been there. Find someone who's reached the level you want to reach. Ask them questions, learn from their success, but more importantly from their failures.

If you don't have anyone in your direct social circle; turn on the tube. Professional Soccer players, although they can't speak to you with their mouth, **they can teach you a lot by the way they play.**

7. Practice on your own time

Showing up to your team's training session once a week isn't going to be enough to become great. **The major improvements are going to come in those hours you spend on your own with the ball** - tweaking, practicing, and perfecting your skills.

8. Are you a one footed player?

Can you only shoot with one foot? Only go to one side? Only dribble with one foot?

A one footed player is very predictable. **Do yourself a favor and always work on both feet:** dribbling, passing, shooting, ball control, everything!

Being comfortable with both feet opens up a world of opportunities and will make time on the pitch much easier.





9. Shoulder check

Before you receive the ball always take a quick look over your shoulder. **Realize what is behind you and where the open space is.**

Taking half of a second to look can save you from dribbling into trouble or being tackled by an opponent.

10. Promise yourself

If you want to become great. You're definitely going to need one thing....

A commitment to do whatever it takes to succeed. Realize it's not going to be an easy path, but at the same time realize **you're going to do whatever it takes to make it to where you want to be.** And.... you're not going to let anything get in the way of that.

11. Play video games

Yes I said it! **Playing Soccer video games is a great way to improve your tactical understanding of the game.** FIFA or Pro Evolution soccer are great at helping you understand what works in certain situations and what does not. The game play is actually very true to what actually happens on the field.

So pick up your sticks! Oh and remember, just like everything in life, in moderation. You don't want to be spending 10 hours a day trying to get your team from League 3 to the Premiership on Manager mode (trust me I've been there).

12. Small to defend & Big to attack

When attacking, you want to increase the distance between you and your teammates in order to allow yourselves more space to attack. **When defending you want to do the exact opposite.** Get nice and compact, close together, so the other team has trouble getting through your defensive wall.

13. I am the best

Positive self talk is the best way to keep yourself on track. Whenever, you have self doubts, you need to squash them immediately.

They have no purpose in your head. **Keep telling yourself you are capable of doing whatever you want to do,** you are a great player, and you will succeed as long as you practice and work hard enough.

14. Press to posses

Pressure your opposition at every chance you get. Obviously, you don't want to dive in and get beat every time.

But if you put pressure on most players they are likely to make a mistake and give up the ball. After you win the ball keep it, don't give it up easily, and punish your opponents for giving up the ball.



15. Don't be a passenger

When playing, you have two choices. You can either be a passenger of the game; play and maybe play well but never make a serious impact on the game.

Or... you can **take the game into your own hands and make a difference every time you step on the field.**

Make an impact on the game; make big tackles, set up scoring opportunities, put the ball in the back of the net, lead and organize your team. Make a difference on the pitch.

16. Commit to the tackle

Never go into a tackle "half-heartedly". If your going in, you need to be fully committed. **Fully commit to every tackle and you will always come out with the ball.**

Get in there son!

17. Going for a run today?

Trying to get your fitness up? Going for a jog around the block? That is great! Keep it up!

But **why not kill two birds with one stone or improve two skills at one time.** Bring your ball with you. Go for a run with the ball. Dribble, control, and change speed and direction. Just having the ball at your feet will focus you to work harder to keep control and still go where you need to go.

18. Play the way you face

Unless you know you have space behind you, are in a 1v1 situation, or are told by your teammates to turn... you should always play the way you face.

Don't complicate the play. Pass the ball and change your position so you can get the ball back in a more dangerous area. Play the way you face.

19. School yard Soccer

When I was younger I used to love recess, lunch time, and after school. Why? Because there was always Soccer going on.

If you currently in School take advantage of all the time you can use to play Soccer. Don't worry about doing drills and skills, **just play, enjoy it, but play, always play.** Play as much as possible. If your school doesn't provide any balls, bring your own Soccer ball. Be the guy who starts all the games at your school.

20. Pre-game routine

Everyone has their own little rituals they like to do before the game. As long as it isn't affecting your performance on the field (for example, eating a 6 pack of donuts before you play) a pre-game routine is a **great way to get yourself focused on the game.** What's your routine?

21. Get some dirt on your socks

At the end of the game if you walk off just as clean and tidy as you walked on... you probably weren't playing hard enough.

Don't be afraid to get a little dirt on your socks and get stuck in on some tackles. Playing hard and fierce will help other areas of your game. It will help build your confidence as well as benefit the team.

22. Don't stop talking

Most players won't shut up when they are off the field but when they step on the Soccer field they go quiet.

Do yourself and your teammates a favor and **communicate** (talk) **the whole time you are on the field.** Please keep your conversation topics related to the game. But seriously simply talking and communicating with your teammates will get you more involved in the game and help everyone do their job better.



23. No Bounce!

One of the biggest mistakes players make when defending, is letting the ball bounce in their defensive zone.

Whenever possible attack the ball and either control it and pass to a teammate or clear the ball from danger.

When you let the ball bounce it gives opponents a chance to get to the ball and cause problems in your defensive third.

This tip is especially directed at center backs. **When defending long balls and goal kicks, never let the ball bounce**, attack it and see it clear out of your defensive zone.



24. Shake it off

We all have a poor performance sooner or later. Now, what makes a great player great is the ability to shake off a poor performance and the ability to come back and perform to his/her true potential.

There is no sense in stressing over a bad game. You need to learn from your mistakes but move forward. Look for solutions, not problems. Look towards the next opportunity to play well and develop your skills.

Some days you won't play the best, but don't accept that. Come back the next day with a clear mind and a clean slate. Each game and training session is a new chance to play to your best potential and if you have the right attitude, most of the time you will play to your best potential.

25. Have a short memory

In the game of Soccer it is important to have a short memory. You will make mistakes, you will have success, but you always need to **be present in the moment**.

If you are still thinking about your last mistake or still celebrating your last play, you will miss out on the moment at hand.

Play in the moment, don't let your past actions effect you, especially in a negative way. Learn from your mistakes, celebrate your accomplishments, but play now! **Play in the moment!**

26. Shoot EVERY single day

Shooting is easily one of the most difficult skills to master in Soccer and especially from an attacking view point, it is one of the most important.

Make a promise to yourself to practice your shooting technique every single day (both feet, different techniques, different situations, etc.). The more practice you put into your shooting the more goals you will score (and who doesn't want more goals!?).

27. Body positioning

Whenever you receive the ball... think about your body positioning.

Are you receiving the ball in a way that allows you to see the whole field (or at least most of it). Or... are you receiving the ball with your back to the rest of the field, cutting off your options. Do your best to **position your body in a way that will allow you to select more options, more quickly.**

28. A nose for goal

The best goal scorers in the world could score with their eyes closed. Why? Because they know where the goal is at all times.

Wherever you are on the field, you should know your distance and relation to the net. In many situations you may not even have the chance to get your head up and look at goal. This is why knowing where the goal is at all times is so important.

29. Sliding tackles

A perfect slide tackle has to be one of the best tools a defender can use. If you struggle with sliding, don't get frustrated, **just make a commitment to improving your sliding technique over time.**

Slide tackling is more of a mentality than a skill. There are lots of different ways to slide, but one thing always remains... **a fearless attitude.** You can't be hesitant going into a slide. You need to put your body on the line and know your going to come out with the ball.

30. Fail to prepare...prepare to fail

If you aren't willing to put in the training on your own time, give your best in practices, and take your pre-game preparation seriously, you are setting yourself up for failure.

Give yourself the best chance of succeeding and put in the work. Be certain that you are the best you could possibly be (or at least getting there) when you step on the field. **That could mean some extra time in the gym, more touches on the ball, proper nutrition, and a good nights rest. Those are only a few things that could be contributing to your performance on the field.**

But just being aware and treating your body properly is the first step to giving your best performance every time you step on the field.



31. Heart on your sleeve

**Do you really want to win?
Or does it matter that much?**

**Are you really willing to give 100% for your team?
Or could you settle with 75%?**

The best players always give their best effort and they play with their heart on their sleeve.

What does that mean?

That means they are passionate, they are willing to give all they have to get the win and put on a good performance, they are willing to get their socks dirty, leave sweat and blood on the field, and they always leave the field knowing they gave their best effort.

Play with passion. Play with a desire to win. Play with your heart on your sleeve.

32. Pick your spots

Shooting and scoring goals is actually a lot easier than you think. Too many players over complicate shooting. If you think about it, it's just like passing but a bit harder. Instead of always trying to smack the ball as hard as you can and hoping for it to go into the back of the net.

Pick your spot...Take a deep breathe... and send an accurate shot (strong pass) towards your target. You will be surprised how many times accuracy will give you success over power.



33. Juggle everyday

If you have been reading my blog for some time you will know that I have mentioned this tip time and time again, **simply because it is such an important piece of advice**. The best technically skilled players, juggle everyday.

If you want to improve your Soccer ball control you need to be committed to your development. Juggling is the best way to improve ball control. For starters set a record for yourself (right foot, left foot - switch keep ups) .Beat

your record every single day. Once you can get to 500 you can start doing other Soccer juggling exercises.



34. Don't Be Lazy!

There are so many great players out there who have the potential to go on to the top level... but one thing is holding them back... they are sooo lazy!

Technical skill isn't enough to carry you to the top. If you want to be the best player you can be... make this promise to yourself right now.

I _____ (your name here) promise that I will always be the hardest working player on the field, in practice or games, rain, snow, or sun, sick or healthy, I will always do my best to be the hardest working player on the field.

Technical skill alone is overrated. Technical skill combined with work ethic is an extremely dangerous combination.

35. Keep getting forward

If you want to score more goals you need to start applying this one simple tip.

Get forward! You can't score goals if you don't get into the right spots. If you want to score more goals especially as a midfielder, you need to finish your runs into the box. You will be surprised how many more goals you will get by simply putting yourself in the right situations.

Start by giving yourself goals for each game. For example: "Today I am going to get into the opponents box 5 times"... Next time you can move it up to 7 and then 10. Soon you will find the goals start to come simply because you are giving yourself the chance to Score goals.

Get Forward!



36. Cross Training

Playing different sports is a great way to improve your coordination, keep your fitness, and learn more about your body.

Treat everything you do as a form of training. Even walking to the Bus can be training if you really think about it. If you ever have the opportunity to play other sports (even if you are not good) take the opportunity with a smile on your face and willingness to learn.

37. Emulate the best

Who is your favorite player that plays the same position as you?

I want you go to YouTube right now and watch 5 compilation videos of them. **What do you like about them so much? What makes them so good? And more importantly... how could you work to improve your technique or physicality so you can be more like them?**

Maybe you can pick up a few things just by watching some videos, other things you will have to attempt on the training pitch and in games, but just the idea of having it in your mind and wanting to do it will help you incredibly.

38. Work your ass off

Ya I said it. No beating around the bush on this one.

If you want to be the best player on the pitch, **you should also be the hardest working player on the pitch.** Obviously there is a difference between playing hard and playing stupid. Be smart with the energy you exert but work when your ass off when you have to.

Train hard, play hard. Whenever you step on the pitch give your best effort. Regret kills. You don't want to leave the field knowing you could have giving more than you did. Walk off the field everyday knowing that you did all you could and more and you honestly got the most out of your time on the Soccer field.

39. Call for the ball

There are too many quiet players on the field. If you want the ball you have to ask for it!

If you currently struggle with being vocal and demanding the ball. This is something you need to get over quickly. **Coaches don't notice quiet, timid players. If you want to be noticed, add quality communication to your list of skills.**

If you know you should be getting the ball because you are in a dangerous position or it is the right play to make, or simply just because you should always want the ball, DEMAND IT. Don't politely ask for it. " Oh could I please have the ball" - Demand it! - **YES! PASS! Give me the ball!**

40. Get your head up

If you want to be a play maker you need to have vision. If you want to have vision, you have to have your head up. The more options you can see the better decisions you can make. Whenever you are practicing your ball skills, try and keep your head up.

Dribbling around?

Get your head up.

About to make a pass?

Get your head up.

In a good goal scoring area?

Get your head up.

The more you can play with your head up, the more success you will have on the Soccer field.



41. Pre-game meal

Prior to your game you need to fuel your body for success. Obviously you need energy so eat foods high in nutrients and energy. Whole grain carbohydrates are a must (NOT WHITE!). Stay away from white breads, pastas, and rice. They do have energy but they also provide a lot of sugar and fat. Take the healthy alternative and load up on BROWN breads, pastas, rice, etc.

Eat vegetables and fruits (not too much fruit prior to game - in moderation). Lots of vegetables. Most people don't know that vegetables actually have a significant portion of carbohydrates and will give you energy throughout your game.

Eat lean proteins - in moderation - eggs, chicken, turkey, fish, nuts, beans are all great sources - you don't want to eat too much protein before games - it will leave you with lots of GAS!

After your game is when you want to consume more protein, whole grain carbs, and vegetables. Be sure to drink at least 1 liter of water before your game. Around 250 mL at half time (in small sips) and another 2 liters after your game.



42. Keep your head

Many things will happen throughout the course of a Soccer game. **Whatever happens, remember that you need to keep your cool and keep working towards the greater goal:** winning the game and playing your best. If you lose your temper and argue with an official or get into a confrontation with an opponent you are not focused on the greater goal.

Keep your head!

43. First touch

Your first touch is so important. At the top level it will be the difference between having a successful play and an unsuccessful play. Every time you have the chance to receive a pass, think about your first touch.

Where should it go?

With what type of weight?

With what type of technique?

If you can learn to master your first touch you will be extremely successful on the Soccer field. Remember, **you always want to take positive space with your first touch.** Instead of stopping the ball dead, push it into a direction where there is open space or towards goal.

44. Use your body

Learning to shield the Soccer ball properly is an essential skill that is overlooked in most youth clubs. **If you can learn to use your body to protect the ball at a young age, it will help you for years to come.**

Basically, it's as simple as keeping your body between the defender and the ball. In order to do this properly you need to have a stronger upper and lower body as well as quick feet to keep your body between the ball and your opponent.

45. Get to bed

Without adequate rest your body will never be able to recover properly. Make sure your getting at least 8 hours of sleep every night. That means you son, don't be out until 3:00am chasing girls around the night before your match.



46. Pass and move

This game is actually very simple. All you have to do is...

PASS

+

MOVE

=

SUCCESS

Pass and Move.

Pass and Move.

So simple, get it in your head right now and it will take you a long way. Receive the ball with a good first touch into space. Pass to an open teammate and move to receive the ball in a different position. Dribble in 1v1 situations and when you have dangerous space to attack.

Otherwise play simple. 1 touch, 2 touch. **Pass and move.** Play calm but keep the ball moving quickly.

47. Deadlifts

If you are into weight training. Now, you probably shouldn't be using weights until about 14-15. Even then you want to be comfortable with different bodyweight exercises before you start using weights.

If you do workout in the gym or at home with weights. You need to start incorporating deadlifts into your workouts. The thing with deadlifts is you need to have very good form or else you will hurt your lower back. Watch a couple videos on the Internet. Then start with very light weight. Gradually increase your weight. **Deadlifts are great for developing strong legs. Mainly your hamstrings which will help improve your speed, acceleration, vertical and agility.**

48. Eat whole grains

Get off the white bread. Start eating whole grain carbohydrates (foods produced with Whole Grain Wheat):

Whole Grain Cereals.
Whole Grain Breads.
Sprouted Breads.
Whole Wheat Wraps.
Brown Rice.
Whole Grain Pasta.
Whole Grain Oats.
Sweet Potato.
Squash.

Just a few to get you started.



49. Pre-game butterflies

Do you ever feel nervous before a big game? You shouldn't be. That feeling actually isn't nerves... it's excitement. So you can either choose... to be nervous...or excited.

Use that energy to psych yourself up for the game (not out of it). You've been training hard, doing your best in practice, your confident in yourself, your going to do great.

I'm not nervous...
I'm excited...
Let's do this!



50. Take your shots

You know those situations where you probably should have shot but for some reason you decided to dribble longer or pass to a teammate?

If you slowly work to reduce those situations and what I mean by that is...
start taking the shot when you know you should!

If you can do this more often, you will begin to score more goals instantly.

Take your shots. If it's on. Hit it!
Focus on using good technique to hit the target and your good to go.

Hit it!



Final Chapter:



If you take anything from this E Book, I hope it is the idea that; **with hard work, commitment and consistency, you can achieve anything you desire** (not only in Soccer but all areas of your life).

Use the ideas, techniques, and methods in this E Book on a regular basis and you will begin to see changes in your on field performance.

That is a guarantee.

You are capable of achieving greatness and since you promised yourself a life of greatness already, it's time to get started on that journey.

I started this book off by asking you a question you may have not been too certain about, but now with a bit of education, some enlightenment, and a enough motivation to uplift a small army. I ask you again....

***What do you want to achieve
as a Soccer player?***

Pay it forward

I sincerely hope that this E Book has helped you and motivated you to become a better Soccer player.

There is nothing that would make me happier, than knowing I have helped you improve your game, even if in the smallest detail.

Now, since I have gone out of my way to create this Soccer Training E Book and provide you with some valuable information and advice that will help you become a better Soccer player...

...I am asking you to do your part and help someone else improve their game. Together, we can work to help players all over the world become better at Soccer and if you ask me, that's a pretty powerful idea.

All I am asking you to do is post this simple message below to either your Facebook, Twitter, MySpace, or Youtube account, send an email to your contact list, or (if you really want to help me and others) **you could do all of the above.**

Copy and Paste The Text Below:

The Soccer Essentials actually helped me become better at Soccer.

It can help you do the same. This stuff really works.

Get started here -> <http://www.the-soccer-essentials.com>

Ask me if you have any questions.





This Soccer Training Guide was written by Dylan Tooby of The Soccer Essentials.

The Soccer Essentials provide Soccer training videos, tips, and advice for players of all ages and abilities, who are serious about becoming better Soccer players.

Home page:

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