



SOCCER CONFIDENCE ONLINE WORKSHOP

with Dylan Tooby
Progressive Soccer

Why focus on confidence?

- o play better in matches
- o especially high pressure situations
- o less frustration, stress, and depression
- o improve faster than you have before
- o achieve more in the beautiful game

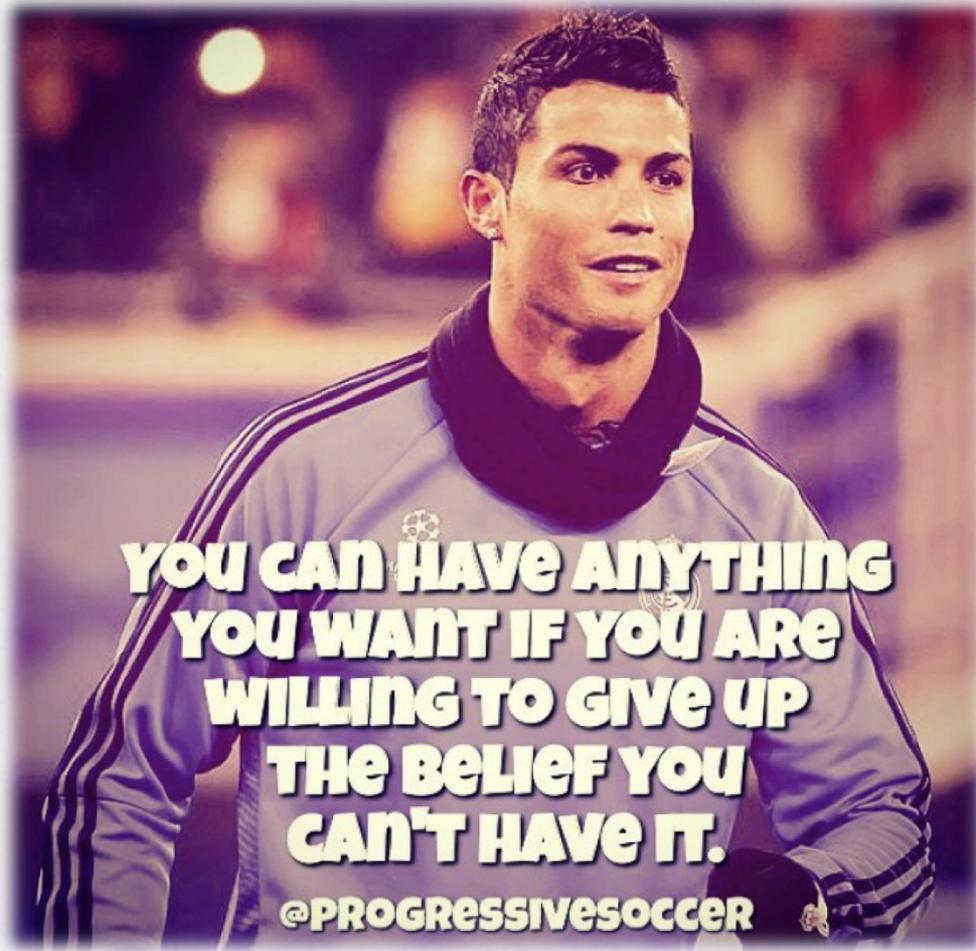


The man who
often wins is
not the
fastest or
the strongest
BUT the one
who thinks
he can.

@progressivesoccer

Soccer and Life

- o better grades in school
- o more money in business
- o stronger relationships with people
- o achieve your personal goals
- o get what you want out of life
- o create a better life for yourself
- o have way more fun

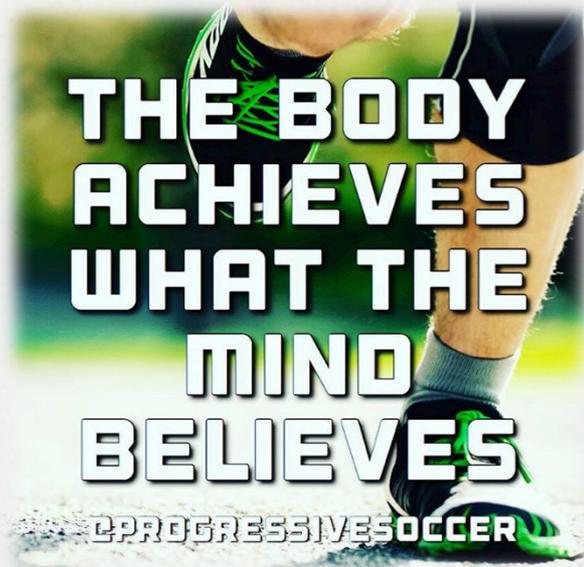


**YOU CAN HAVE ANYTHING
YOU WANT IF YOU ARE
WILLING TO GIVE UP
THE BELIEF YOU
CAN'T HAVE IT.**

@PROGRESSIVESOCCER

What if you knew?

- o you had the ability to handle anything that happened to you in soccer or life.

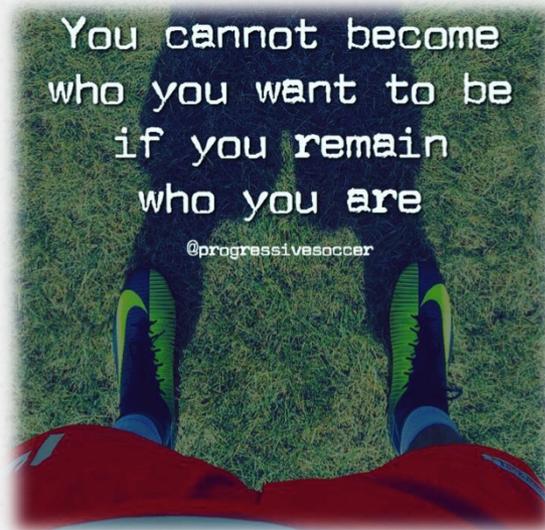


My Confidence Journey



The Gift Of Confidence

- o I cannot do this for you
- o I can only show you how to do it for yourself



My First Test Group

- o thank you
- o zoom interface
- o content of the course
- o group interaction

Soccer Confidence Workshop

- o In 2 weeks
- o \$39 USD per player
- o Free for you today

SOCCER CONFIDENCE
ONLINE WORKSHOP

with Dylan [Tooby](#)
Progressive Soccer

Train 2 Dominate

- o At the end of this workshop I will encourage you to buy my advanced training course:

Train 2 Dominate – The fastest way to

- o 50% discount link
- o I'll give it to you after you complete the confidence workshop

TRAIN 2 DOMINATE

**THE QUICKEST WAY TO REACH TOP FORM
BECOME A STANDOUT PLAYER
AND DOMINATE WHEN YOU PLAY**



Workshop Outline

- Why is confidence is important?
 - What is confidence?
 - How to develop confidence?
 - How to use confidence?
 - Question + Answer
-
- Lectures
 - Small Group Work
 - Discussions

Expectations of Players

- o want to be here for yourself
- o listen quietly during lectures
- o take notes on important points
- o participate (group work + discussions)
- o apply what you learn
- o get something out of this experience
- o give a good testimonial

Lets Get Confident!

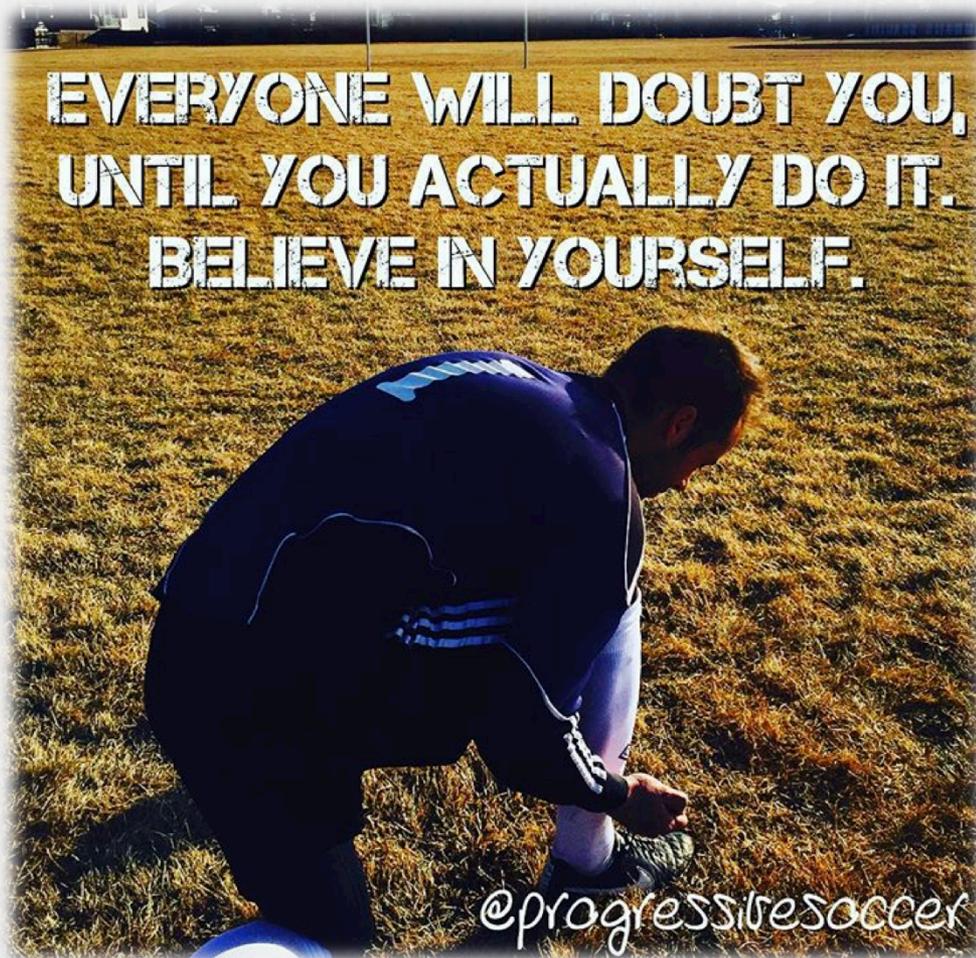


They told me I couldn't.
So I had to do it.

Why is confidence important?

- o play better in training and matches
- o win more and have more fun when playing
- o apply your ability under pressure
- o find your potential in soccer
- o handle problems, obstacles, and struggles
- o improve faster than you have before
- o achieve more in the future

**EVERYONE WILL DOUBT YOU,
UNTIL YOU ACTUALLY DO IT.
BELIEVE IN YOURSELF.**



@progressivesoccer

What if we neglect confidence?

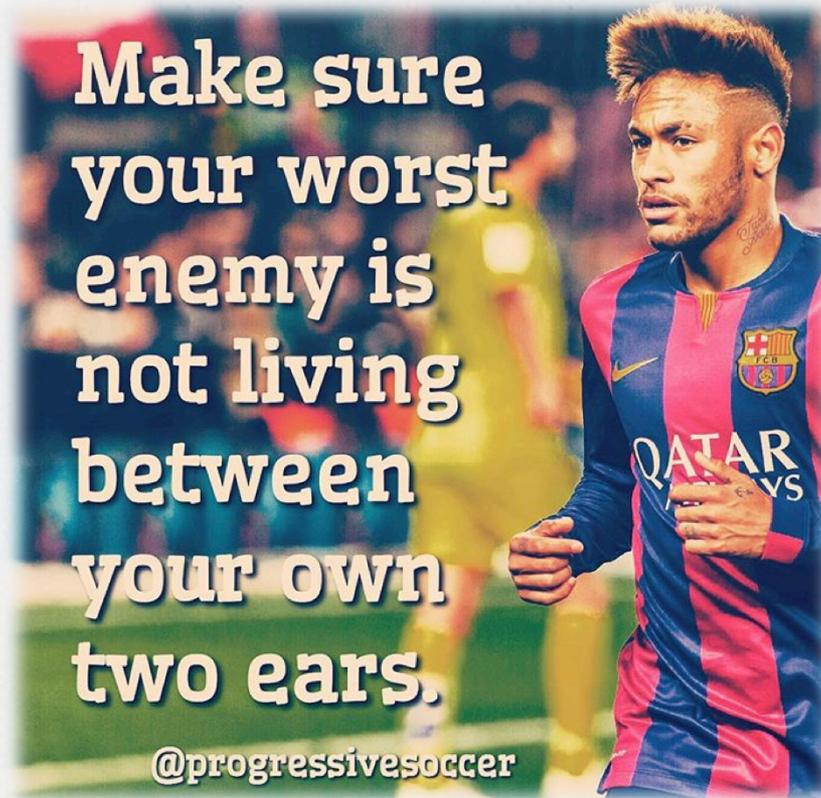
- o frustrated, stressed, sad, and depressed
- o quit and settle for less
- o wont pursue your dreams
- o give up when times get tough
- o lose and play poorly more often
- o struggle to come back from bad form
- o lose respect of your peers
- o become full of shame and regret
- o life will be harder

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

@progressivesoccer



Michael's Confidence Story



**Make sure
your worst
enemy is
not living
between
your own
two ears.**

@progressivesoccer

Mindset Shift

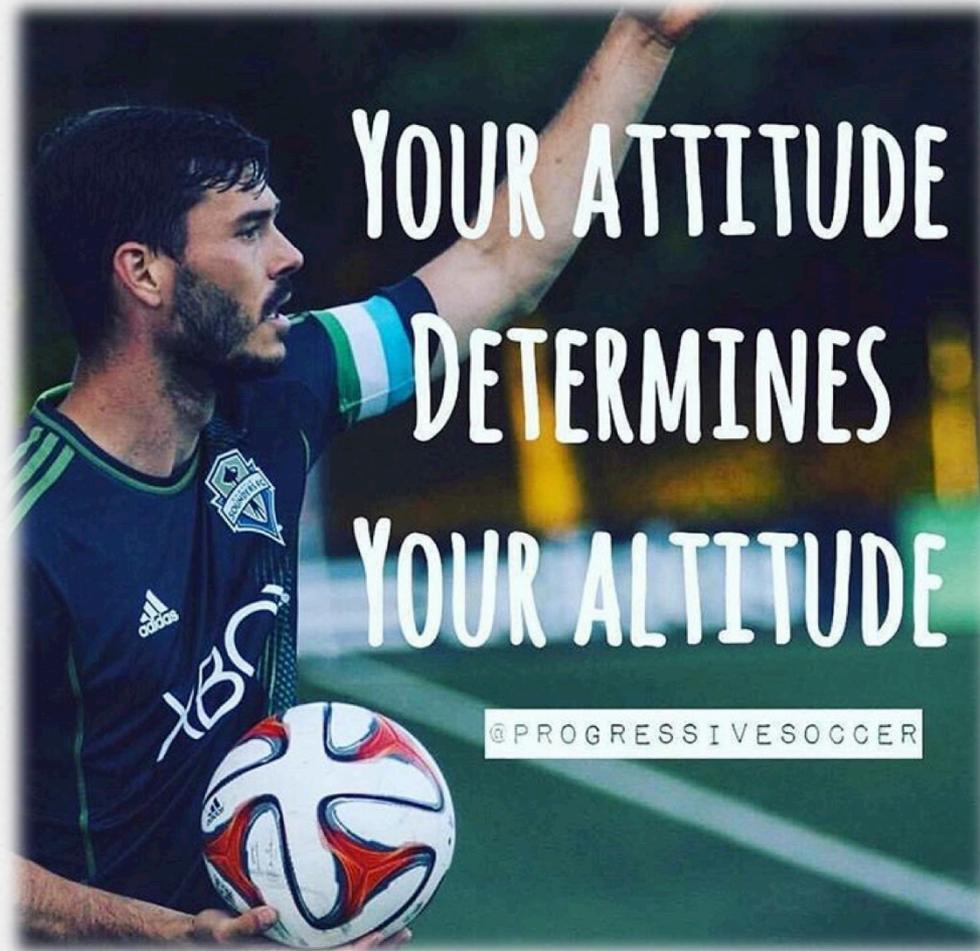
- o this is what I want to help you find today
- o understand confidence
- o transform your mindset
- o set yourself up for success
- o and figure this out when you're young

Confidence Is Power

- o you can solve every problem
- o you can overcome every obstacle
- o you can improve every area of your game
- o you can achieve your goals*

Foundation of Success

- o mentality is greater than technique but we spend more time developing our technique than our mentality
- o it doesn't matter how good your skills are if you don't have the confidence to use them
- o put focus on your mentality / confidence
- o take responsibility for your confidence



YOUR ATTITUDE
DETERMINES
YOUR ALTITUDE

@PROGRESSIVESOCCER

Confidence Activity

- o write down 1 personal goal you want to achieve in soccer and 1 personal goal you want to achieve in life





If someone
else can
do it, why
can't you?

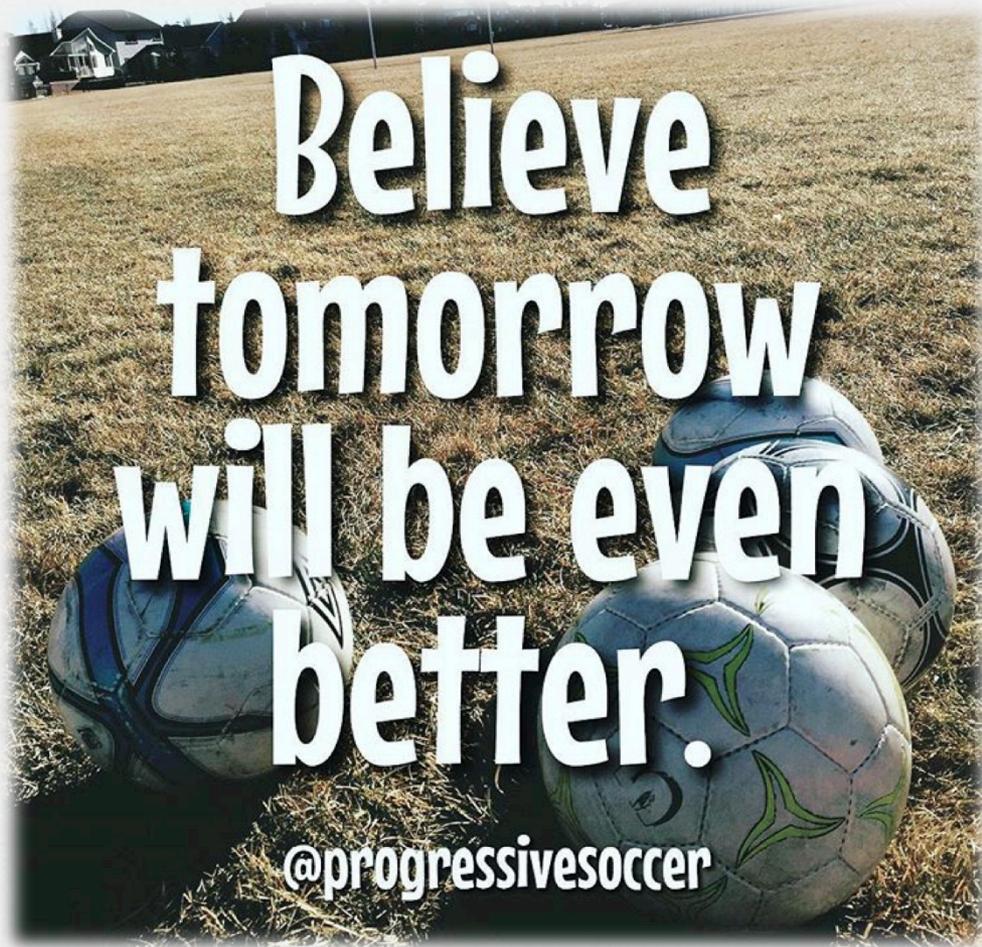
@PROGRESSIVESOCCER

Key Points

- o understand the importance of confidence
- o make a personal commitment to give more attention the development of your confidence (and mentality)
- o developing confidence is your responsibility

What is confidence?

- o confidence is a choice
- o confidence is responsibility for your situation
- o confidence is responding positively
- o confidence is optimism
- o confidence is trying again after you fail
- o confidence is doing what you're afraid to do
- o confidence is a skill



**Believe
tomorrow
will be even
better.**

@progressivesoccer

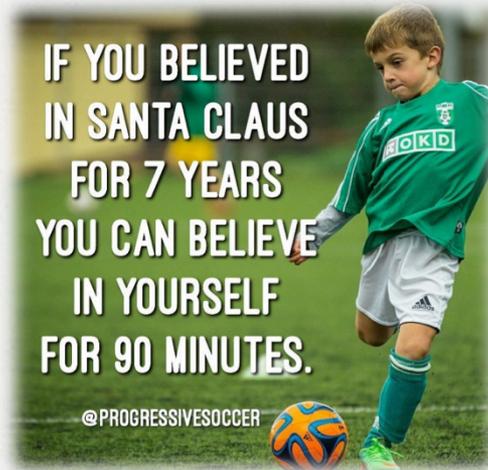
Situational vs. True

- it's easy to be confident during good times
- it's harder to be confident during bad times



Positive Self - Talk

- o become aware of your thoughts
- o do not allow negative self - talk
- o say I can, I will, and I will find a way



My Semi-Final Fail



Confidence Activity

- o write down 1 situation from your past where you were confident and 1 situation from your past where you were not confident



Confidence vs Arrogance

- Confidence is a form of self-belief that lifts others up.
- Arrogance is a form of self-belief that pushes others down.
- Don't tell people how good you are. Show them. Inspire them. Wish well for them.



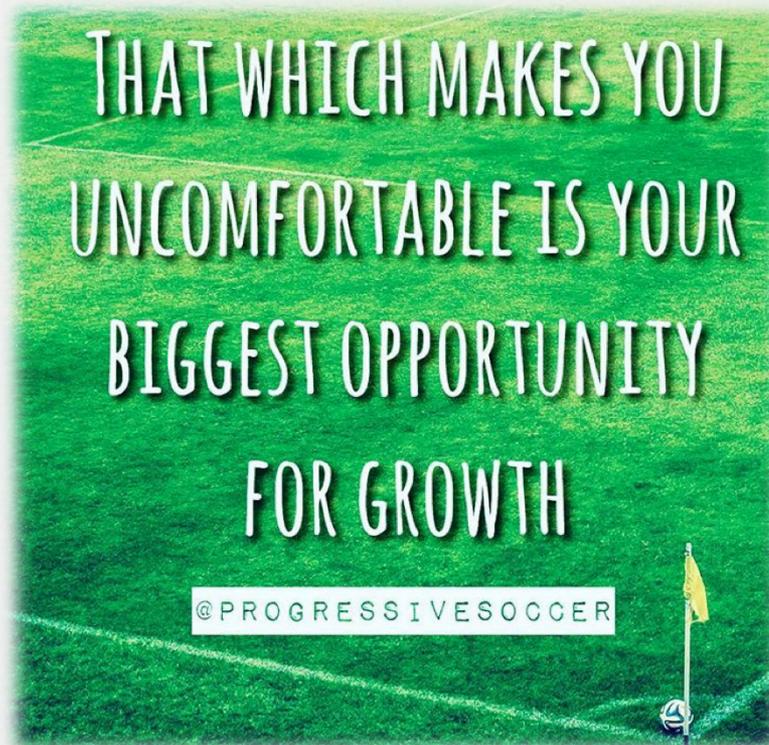
**CONFIDENCE
IS CONTAGIOUS.
SPREAD IT.**

@PROGRESSIVESOCCER

Key Points

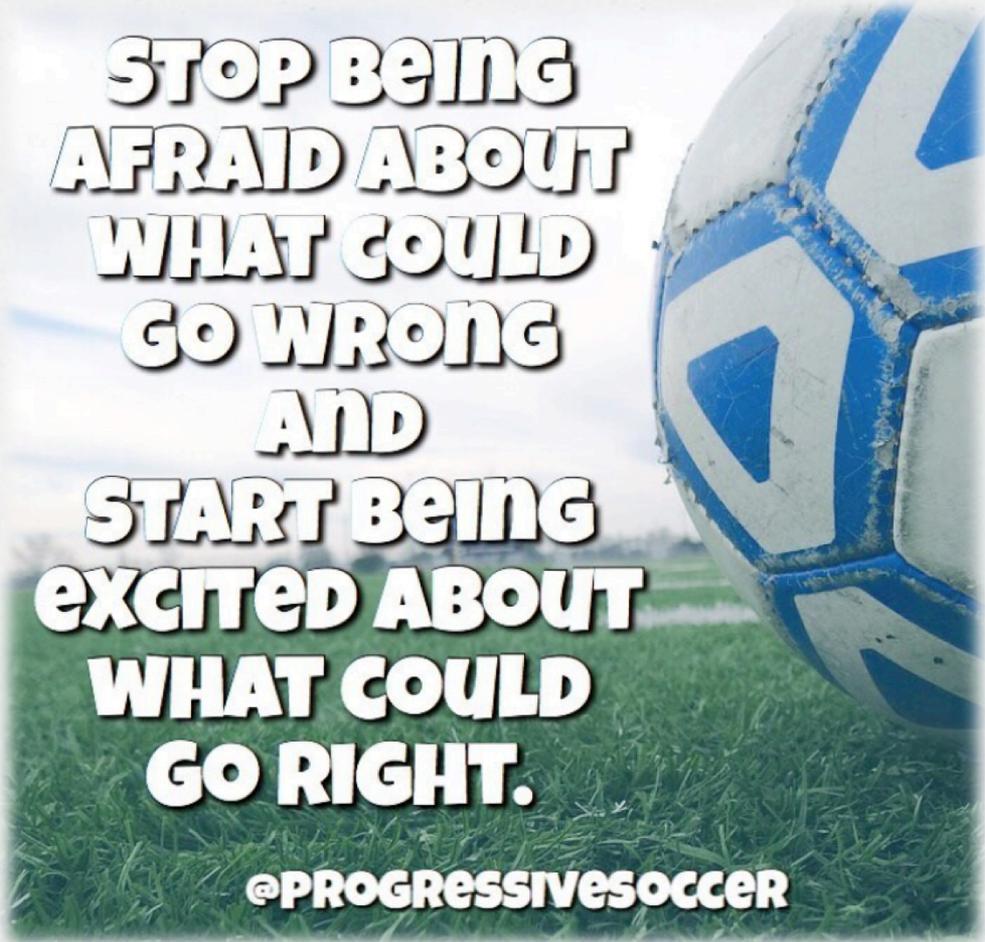
- o confidence is a choice you make
- o confidence is a skill you develop
- o true confidence is shown during hard times
- o confidence is the conversation you have with yourself inside your head
- o as you become more confident also become more humble

How to develop confidence?



What's holding you back?

- o not understanding confidence
- o not allowing yourself to have confidence
- o identifying with being unconfident
- o negative self – talk
- o holding onto past experiences
- o lack of growth

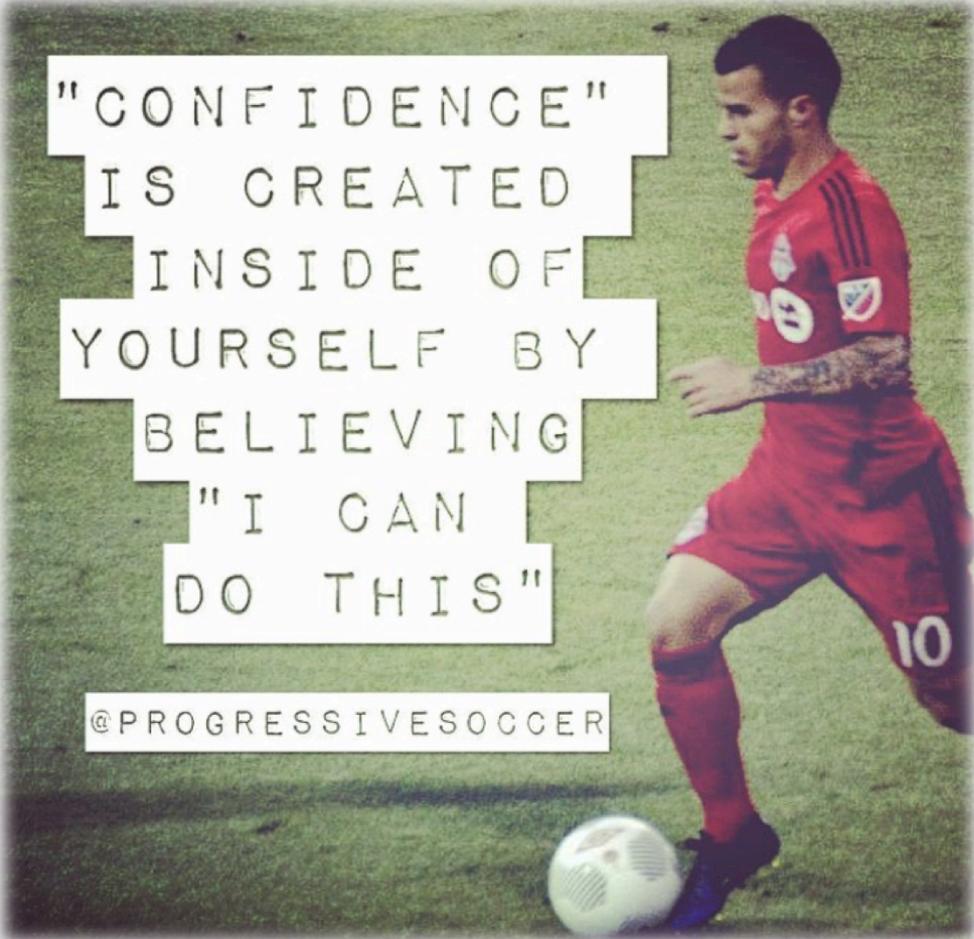
A blue and white soccer ball is positioned on the right side of the image, resting on a green grass field. The background is a blurred outdoor setting with a clear sky. The text is overlaid on the left side of the image.

**STOP BEING
AFRAID ABOUT
WHAT COULD
GO WRONG
AND
START BEING
EXCITED ABOUT
WHAT COULD
GO RIGHT.**

@PROGRESSIVESOCCER

How to build confidence?

- o confidence comes from taking responsibility
- o confidence comes from keeping your power
- o confidence comes from self – talk
- o confidence comes from competence
- o confidence comes from growth
- o confidence comes from attacking fear
- o confidence comes from failing
- o confidence comes from using confidence



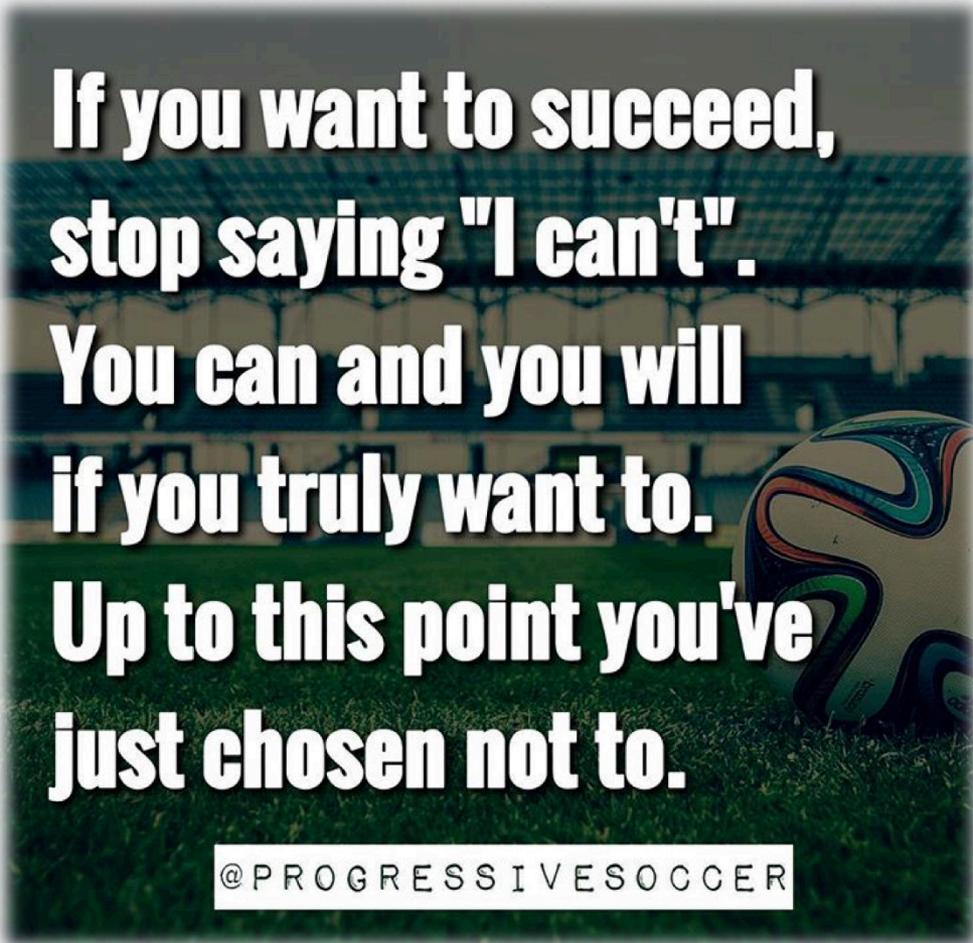
"CONFIDENCE"
IS CREATED
INSIDE OF
YOURSELF BY
BELIEVING
"I CAN
DO THIS"

@PROGRESSIVESOCCER

Positive Self - Talk

- o become aware of your thoughts and words
- o don't allow negative thoughts and words
- o talk yourself forward
- o eliminate the voice of self - doubt

- o stop saying - "I CANT"
- o start saying - "I CAN"



**If you want to succeed,
stop saying "I can't".
You can and you will
if you truly want to.
Up to this point you've
just chosen not to.**

@PROGRESSIVESOCCER

Become Better Daily

- o confidence comes from growth
- o focus on your weaknesses
- o if you're not moving forward, you are moving backwards
- o if you're doing what needs to be done to move forward, you should feel confident



@progressivesoccer

Change Your Relationship With Fear

- o let go of your fear of embarrassment
- o let go of your fear of failure
- o fear is opportunity for growth
- o if you do what you're afraid of you will become more confident
- o if you don't do what you're afraid of you will become less confident



Everything you
desire, is on the
other side of fear.

@progressivesoccer

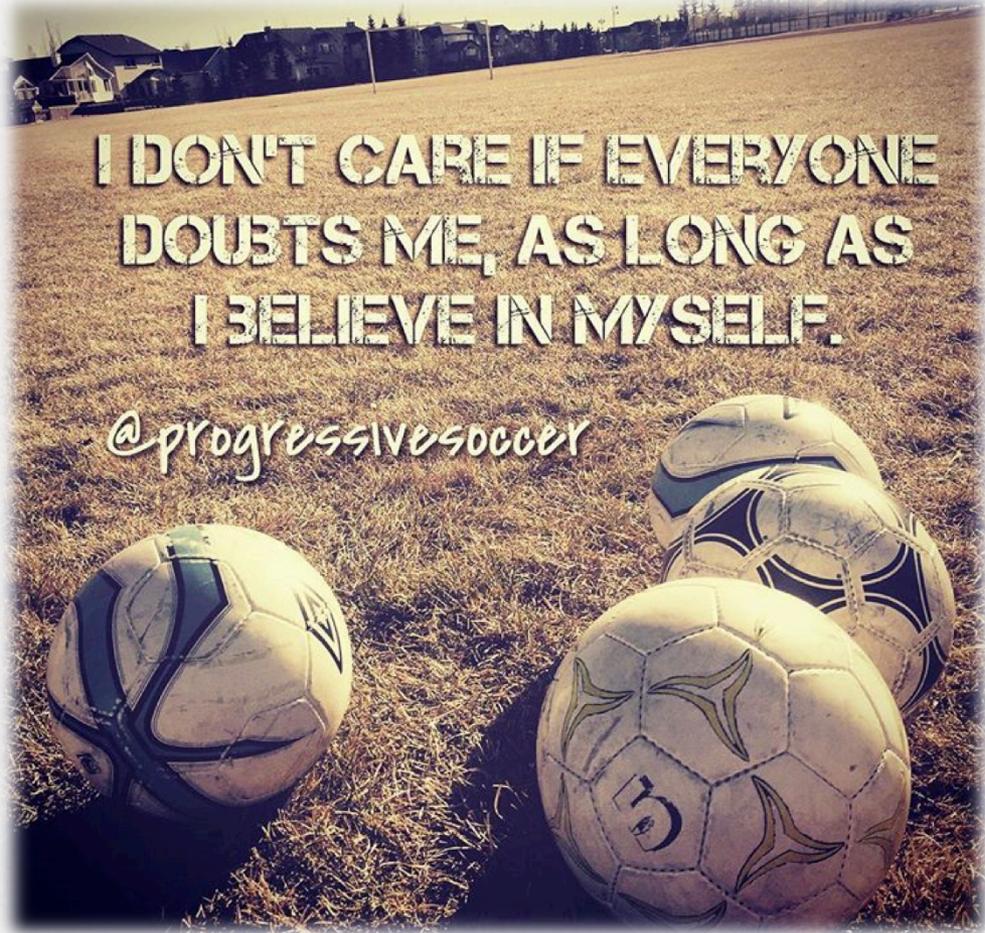
**Do what scares you
and you will no
longer be afraid.**





Gain confidence
from your
victories
and motivation
from your
defeats.

©progressivesoccer



I DON'T CARE IF EVERYONE
DOUBTS ME, AS LONG AS
I BELIEVE IN MYSELF.

@progressivesoccer

My Self Development Journey



Confidence Activity

- o write down 1 thing you currently do that increases your confidence and 1 thing you currently do that decreases your confidence

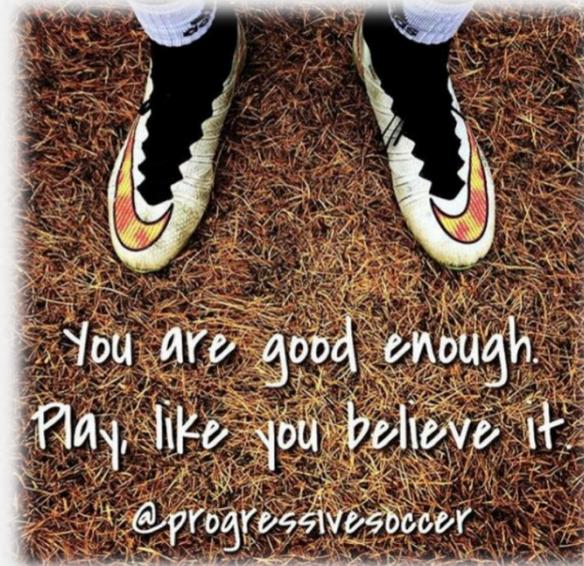


Key Points

- o allow yourself to have confidence – stop identifying with being unconfident or holding onto your past experiences
- o take responsibility for your own confidence and don't let other people effect it
- o be aware of your thoughts / words – reframe negative talk with positive talk
- o become better daily – no days backwards
- o change your relationship with fear

How to use confidence?

- o the information in this workshop is useless, if you don't make a personal commitment to put it into practice



Jordan's Story



**IF YOU THINK YOU
KNOW IT ALL, YOU ARE
NOT LISTENING**

Soccer Specific Situations

- before play
- during play
- after play
- other areas of your life



Confidence Activity

- o write down 3 situations where you currently struggle with confidence in soccer



Key Points

- o don't say I KNOW anymore
- o put new ideas into practice
- o implementation = progression

Question + Answer

- o do you have any questions about confidence that I have not answered in this workshop?



Confidence Review

- o confidence may be the most important soccer skill you can master
- o developing confidence is your responsibility
- o confidence is a choice / skill
- o confidence is created through your thoughts, words, and actions
- o confidence must be used to be improved

Do NOT Waste This Experience

- o don't leave this workshop and go back to your old unconfident habits
- o think about what you've learned and make adjustments to your current training, performances, and lifestyle
- o review this content and ask yourself: am I doing the things I said I would do?

TRAIN 2 DOMINATE

**THE QUICKEST WAY TO REACH TOP FORM
BECOME A STANDOUT PLAYER
AND DOMINATE WHEN YOU PLAY**



Testimonial

- o what did you think about the lecture?
- o what did you think about Dylan's coaching?
- o what did you specifically learn?

- o how do you think this information will make you better?

- o what would you say to players who are thinking about signing up for this confidence workshop?

Thank You!

- o I'll send you the 50% discount link for Train 2 Dominate in a follow up email
- o Send me a soccer related photo of yourself
- o Send me a digital version of your testimonial
- o Start working on your confidence!



SOCCER CONFIDENCE ONLINE WORKSHOP

with Dylan Tooby
Progressive Soccer