

Pre Game Success Checklist

Review these 10 success principles before each match (and/or practice), make a personal commitment to actually applying them when you play, and you will drastically increase your chances of playing well on game day. To accelerate your improvement, review this checklist after each match (and/or practice) and honestly ask yourself if you followed these 10 principles.

1) I will always BELIEVE in myself.

Everything starts with my self-belief. I am going to play well and help my team win because I'm a great player, I'm getting better everyday, and I deserve to have a great performance. I will only focus on everything I'm going to do well and eliminate all negative, self-limiting thoughts from my mind. I am not afraid of losing or playing poorly. Instead, I am excited about what will happen when I play my best.

2) I will always be PRESENT in the moment.

All I can do is focus on doing my best. I will not think about the mistakes I made in the past, I will not think about what could go wrong in the future. Whether I am passing, dribbling, shooting, defending, or taking my first touch, I will only focus on how to perform this skill to the best of my ability. My mind will not be in the past or the future, it will always be in the present moment.

3) I will always play DIRECT when possible.

Creating chances and scoring goals will help my team win games. Whenever possible I will quickly move the ball forward into the opposition's final third. I will not slow the play down by dwelling on the ball unnecessarily. I will never hesitate when there is open space in front of me. Whether that means playing a pass to a teammate or dribbling with speed and purpose, I will play direct with the intention of creating as many chances and scoring as many goals as possible.

4) I will always TAKE CARE of the ball.

Although I want to play direct I realize the importance of keeping possession. When our team possess the ball we control the play and force the opposition to chase the ball. I will not give away possession cheaply by being careless with my passes or not being aware of my surroundings. I will play simple when possible and let the ball do the work.

5) I will always TAKE MY CHANCES when they arise.

After the game I will be satisfied that I took all my opportunities. I will not shy away from taking shots, making forward passes, or taking players on in 1v1 situations. I will not be afraid to take risks because I could potentially fail. I realize it's better to try and fail, than to not try at all. Sometimes my efforts will not go as planned but I know I can analyze those moments, learn from them, and become a better player because I took a risk.

6) I will always focus on my POSITIONING when I don't have the ball.

During the game I will constantly ask myself "where should I be?" This will help me focus on my positioning when I don't have the ball. I realize what I do off the ball is just as important as what I do on the ball, Being in the right position at the right time will allow me to be more effective on the field and more involved in the play. Defensively, I will track back and help my teammates defend. Instead of reacting, I will analyze the field, read the play, and anticipate where the ball will be. Offensively, I will work hard to get into forward positions and provide passing options for my teammates.

7) I will always play a PHYSICAL game and not just technical game.

Somedays my technique may be off. However, my work rate and aggression will always be on. I will play with intensity and enjoy working hard to help my team. I will be aggressive, fight for 50/50 balls, and do everything I can to win my individual battles. I will pressure opponents with intensity and force them to make mistakes. Even when everyone else has given up, I will always play my hardest until the referee blows the final whistle.

8) I will always COMMUNICATE with my teammates.

To have a bigger influence on the game I will communicate as much as possible. By giving descriptive communication I can organize my teammates and help them make better decisions on the field. I will never be negative with my teammates even when they make mistakes or blame others. Instead, I will motivate and encourage them. I will always be a leader on the field even if I'm not wearing the captains armband.

9) I will always REACT POSITIVELY to whatever happens.

Whatever happens on the field I will always react positively and come back stronger. If I make a mistake on the ball, I will quickly learn from that mistake and believe in my ability to do better next time. If I make a mistake I will try to get back on the ball as soon as possible and play my way back into the game. If our team concedes a goal, the referee makes a bad call, or my teammates are not playing to their full potential I will always react positively and focus on the only thing I can control, which is playing my best.

10) I will always remind myself to HAVE FUN when I'm playing.

This is the best game in the world and I am privileged to play it. I started playing this game because I love it and it makes me happy, when times get tough I will remember why I started playing: because it's fun. I realize I play my best when I'm having fun. However, I also realize that performing well and winning makes the experience more enjoyable and I will do everything in my power to make those two things possible.