

3) The Rite Of Passage (short-notes)

It may be difficult for you to hear...

...but you have some bad habits, behaviours, and weaknesses that are holding you back from becoming a great player.

If you continue to hide from these weaknesses you will be unable to become the player you need to be or achieve your goals.

No More Hiding!

It's time to address these weaknesses and eliminate them forever.

Many players hide from their weaknesses and are never able to break through the...

Weakness Ceiling

Players who deny their weaknesses have limited potential. They can only become so good and they will only achieve so much.

Players who admit their weaknesses have unlimited potential. They can continue to become better and they will continue to achieve more.

Do not hide from or deny your weaknesses.
Bring them to the surface so you can eliminate them.

What are your weaknesses?

Weakness Elimination System (WES)

1) Admit

-> Identify your weaknesses.

2) Experience

-> Visualize what it feels like to have these weaknesses.

-> Visualize what it feels like if they never improve.

3) Commit

-> This can no longer hold you back.

-> Promise to doing whatever it takes to remove this weakness.

4) Act (daily)

-> Make a plan to do something each day that will remove your weakness.

-> Follow through. Strategies don't work, unless you do.

5) Review

-> Is the process working or do you need to make changes?

Action steps for this section:

1) In your opinion what are your biggest weaknesses?

-> Write them down.

2) Think about times in your past when other people criticized or made fun of you for certain weaknesses?

-> Write them down.

3) Ask 3 people you respect (teammates, other players, coaches, friends, parents) what they think your biggest weaknesses are?

-> Write them down.

4) Make a list of the top 5 weaknesses you must eliminate immediately.

5) Implement the Weakness Elimination System on your top 5 using the methods you will learn in step 4 (Reverse Development Training).

Complete these action steps (first 4) before you move onto the next step of the Soccer Success System.