

4) Reverse Development Training (short-notes)

Albert Einstein said...

“Insanity is doing the same thing over and over again and expecting different results.”

If you're satisfied with the player you are,
keep doing what you are doing.

**If you want (and need) to become a better player,
it's time to try something new.**

In this section you will learn exactly
how to improve every area of your game.

The truth is...

Most players approach their development backwards.

They focus the majority of their time on technical skills
and make the mistake of neglecting important areas of their development.

You have set challenging goals
that will require you to become a better player.

How will you do that?

**Player Development
+ Playing Development**

= Becoming “Good Enough” to achieve your goals

By combining these two areas of your development you will become the
type of player you need to be to increase your chances of success.

Player Development

One area of your development is not more important than another.

However...

In order to become a complete player, you must give attention to every area of your development.

I believe you should follow this structural foundation represented by the...

Player Development Pyramid

1) Mental

-> Being strong enough to handle whatever happens on the field.

2) Tactical

-> Knowing where to be, what to do, and when to be there.

3) Physical

-> Having the athleticism to be there.

4) Intellectual

-> Making the right decision when you get there.

5) Technical

-> Having the skills to execute when you are there.

Let's take a closer look at how to develop each area.

(1) Mental

How to become mentally tougher?

This is the foundation of your success in soccer (and life).

Without this it doesn't matter how strong the other areas of your game are because you will crumble under pressure and continuously fail in the face of adversity.

In order to improve your mental toughness I have outlined:

3 Steps to Mental Toughness

- i) *Get a winning mindset / attitude.***
- ii) *Practice the skill of mental toughness.***
- iii) *Invite the challenge.***

(i) Get a winning mindset / attitude

Become aware of any bad behaviours you may have and attempt to replace them with the...

4 Pillars of a Winning Mindset

1) Positivity

- > Optimistic vs. Pessimistic
- > Solution oriented vs. Problem oriented
- > Positive self-talk (if you tell yourself you can, you will)
- > Positive with other people: motivate, inspire, lift, and lead by example

2) Openness

- > Always look to learn from every person and opportunity
- > Completely open to criticism and feedback
- > Never taking criticism personally (using it as a tool to improve)

3) Desire

- > Willingness to do what it takes to win
- > Aggression / Intensity / Bravery / Fight / Work Rate / Effort
- > Always doing more than what is expected of you

4) Ambition

- > Constant progression as a player
- > Never becoming complacent with achievement
- > Always hungry for more: progression, achievement, and opportunity

(ii) Practice the skill of mental toughness

You must look at the following skills (and mental toughness) as a skill, not a genetic trait that you cannot change.

The more you practice the skill,
the more it will improve.

1) Confidence

- > Talking yourself through the ups and downs of form.
- > Choosing to eliminate self-doubt.

2) Discipline

- > Talking yourself through the ups and downs of motivation.
- > Choosing to eliminate laziness.

(ii) Invite the challenge

If it comes easy, it's not worth it.
If it's worth it, it won't come easy.

You want to do what is hard (what is challenging)
because it forces you to become a better player.

1) You want the pressure / challenge / fear / adversity.

- > Bigger challenges force you to rise and become a bigger player.
- > High pressure moments give you more experience.

2) You always respond positively.

- > You cannot change the past. You can only influence the future by responding positively in the present moment.

How to develop mental toughness?

- 1) Get the winning mindset / attitude.
- 2) Practice the skill of mental toughness.
- 3) Invite the challenge / pressure / fear / adversity.

(2) Tactical

How to become a smarter player?

Knowing where to be and what to do can often make up for a lack of physical ability or technical skill.

**The smarter you are,
the easier the game becomes.**

To make the game easier for you, here are...

2 Steps To Improve Tactical Intelligence:

- i) *Continuously learn the fundamentals of football.*
- ii) *Practice speed of awareness.*

(i) Learn the Fundamentals of Football

There are 4 moments during a football match.

It's important you understand exactly where you should be and what you should be doing, in each of these situations.

4 moments during a match:

- 1) Defending
- 2) Transition To Attack
- 3) Attacking
- 4) Transition To Defence

To better understand exactly what you should be doing in these situations you should take 3 continuous actions:

1) Self Educate

- > Don't expect other people to teach you.
- > Find information for yourself (online, youtube videos, books, etc).

2) Watch Professional Football

- > They understand and implement the fundamentals better than anyone.
- > Don't just watch; analyze their play.
- > How do they act in these 4 different moments of the game?

3) Learn From Others

- > Hopefully the coaches throughout your career will help you.
- > Listen attentively and implement what you learn.
- > Don't be afraid to ask questions

(ii) Speed of Awareness

There is a big difference between:

a) Knowing what to do
and **b) Doing it at match Speed**

The best thing you can do to ensure you are playing at match speed is to always commit to:

a) Being aware (reading the game)
instead of **b) Ball watching** (what average players do).

To increase focus (concentrate) on awareness while playing, constantly ask yourself these questions during each moment of the match:

- > While defending
- > As soon as your team gains possession
- > While attacking
- > As soon as your team loses possession

3 Questions To Increase Speed of Awareness

- 1) Where should I be?*
- 2) What should I be doing?*
- 3) What are the variables?*

How to become a smarter player?

- 1) Continuously learn the fundamentals of football.
- 2) Practice speed of awareness.

(3) Physical

How to become more athletic?

You may know players who are very athletic (strong, fast, fit) but for some reason they don't use these skills in matches.

To ensure you improve and use your athleticism, you must focus on two different components of...

Physical Progression

- 1) **Development** of athleticism through study and training.
- 2) **Application** of athleticism through effort and awareness.

4 Keys of Development

1) Run

-> Continuously learn about and practice the skill of running.

2) Sprint

-> Continuously learn about and practice the skill of sprinting.

3) Strengthen

-> Continuously improve total body strength, power, and balance.

4) Mobilize

-> Continuously improve total body mobility and flexibility.

4 Keys of Application

1) Posture

-> Always be conscious of the way you hold yourself when you play.

2) Effort

-> Get around the field. Work harder.

-> Don't stop when you're tired. Stop when you are done.

3) Sharpness

-> Always be mentally sharp and physically ready to move explosively.

4) Body

-> Use your body to keep possession, win individual battles, and defend.

How to become more athletic?

1) Development of athleticism through study and training.

2) Application of athleticism through effort and awareness.

(4) Intellectual

How to improve decision making?

The ability to make the right decision at the right time, is a big separator between average and great players.

To increase your ability to make the right decision more consistently overtime, here are...

3 Ideas To Improve Decision Making

1) You know what to do - Just Do It!

- > Do not allow yourself to freeze or hesitate.
- > It is better to act and fail, than fail to act.

2) Focus on speed of execution

- > Making the right decision vs. Completing it at match speed.

3) Continuous review and learning

- > Do not allow yourself to make the same mistakes.
- > Learn from: personal mistakes / successes, watching professionals, and most importantly watching yourself (video footage)

(5) Technical

How to become more skillful?

Technique is what allows you to execute what you visualize in your mind.

However, if your technique is not good enough.
You will not be able to execute with your feet, what you see in your mind.

In order to improve your technical skills here are...

3 Steps to Technical Progression

1) Repetition

-> The more time you spend practicing a skill, the more you will improve.

2) Self-Analysis

-> Evaluate your mistakes / successes.

-> Then make educated changes to your technique.

3) Comparison

-> Analyze professionals and compare your technique to theirs.

-> What are they doing differently? What can you learn from them?

Please understand...

Having a weak foot is a choice.

If you currently have a weak foot, it's only because you've chosen to give one foot more attention than the other.

Choose to make both of your feet strong, through:
repetition, self-analysis, and comparison.

Player Development Pyramid

1) Mental

- > Get the winning mindset / attitude.
- > Practice the skill of mental toughness.
- > Invite the challenge.

2) Tactical

- > Continuously learn the fundamentals of football.
- > Practice speed of awareness.

3) Physical

- > Develop your athleticism through study and training.
- > Apply your athleticism with effort and awareness.

4) Intellectual

- > You know what to do - just do it!
- > Focus on speed of execution.
- > Continuous review and learning.

5) Technical

- > Repetition
- > Self-Analysis
- > Comparison

Playing Development

There is a big difference between...

Being a good player
and *Being a good performer*

How can you convert talent (ability)
into consistent performances in real matches?

You can create consistent performances by:

a) *using your strong mental foundation*
and **b)** *focusing on every area of the...*

Playing Development Pyramid

1) Preparation

- > Taking action to improve your chance of better performance.
- > Training, nutrition, hydration, sleep, rest, and lifestyle.

2) Performance*

- > Implementing the player development pyramid into match situations.
- > Especially mental: your skills don't matter, if you don't believe.

3) Recovery

- > Taking action to reduce soreness, injuries, or fatigue that could hold you back from moving on to another cycle of preparation and performance.

4) Review

- > Evaluating your performance to learn from your mistakes / successes and increase your chances of performing better next time.

Action Steps for this section:

1) Review the short-notes.

2) Evaluate your current development.

-> Are you focusing on all the areas of “player” development?

-> Are you focusing on all the areas of “playing” development?

3) Create a plan to implement these new ideas into your:

a) *individual training*

b) *team practices.*

and c) lifestyle.

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