

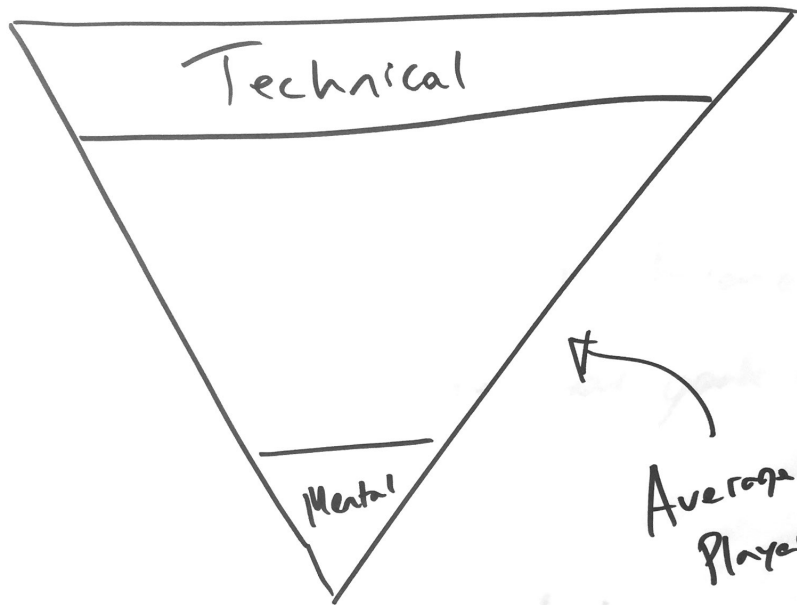
REVERSE

DEVELOPMENT

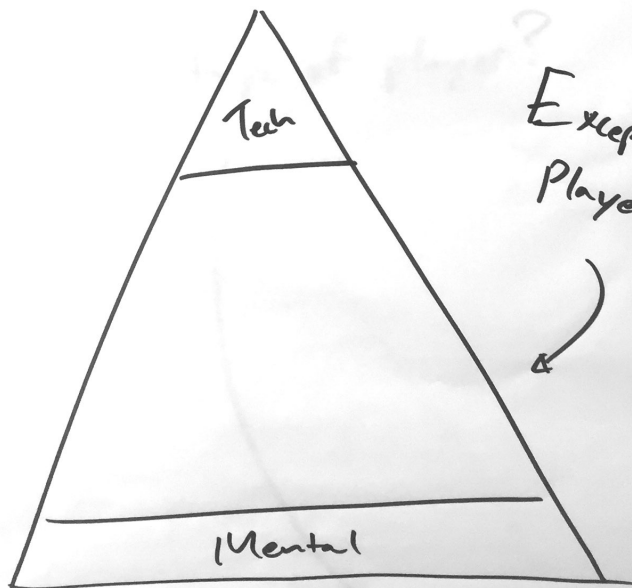
TRAINING

Average  
Player

Each  
Player (You)



Average  
Players



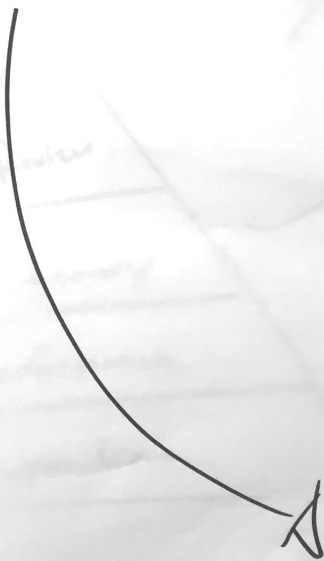
Exceptional  
Players (YOU)

1)

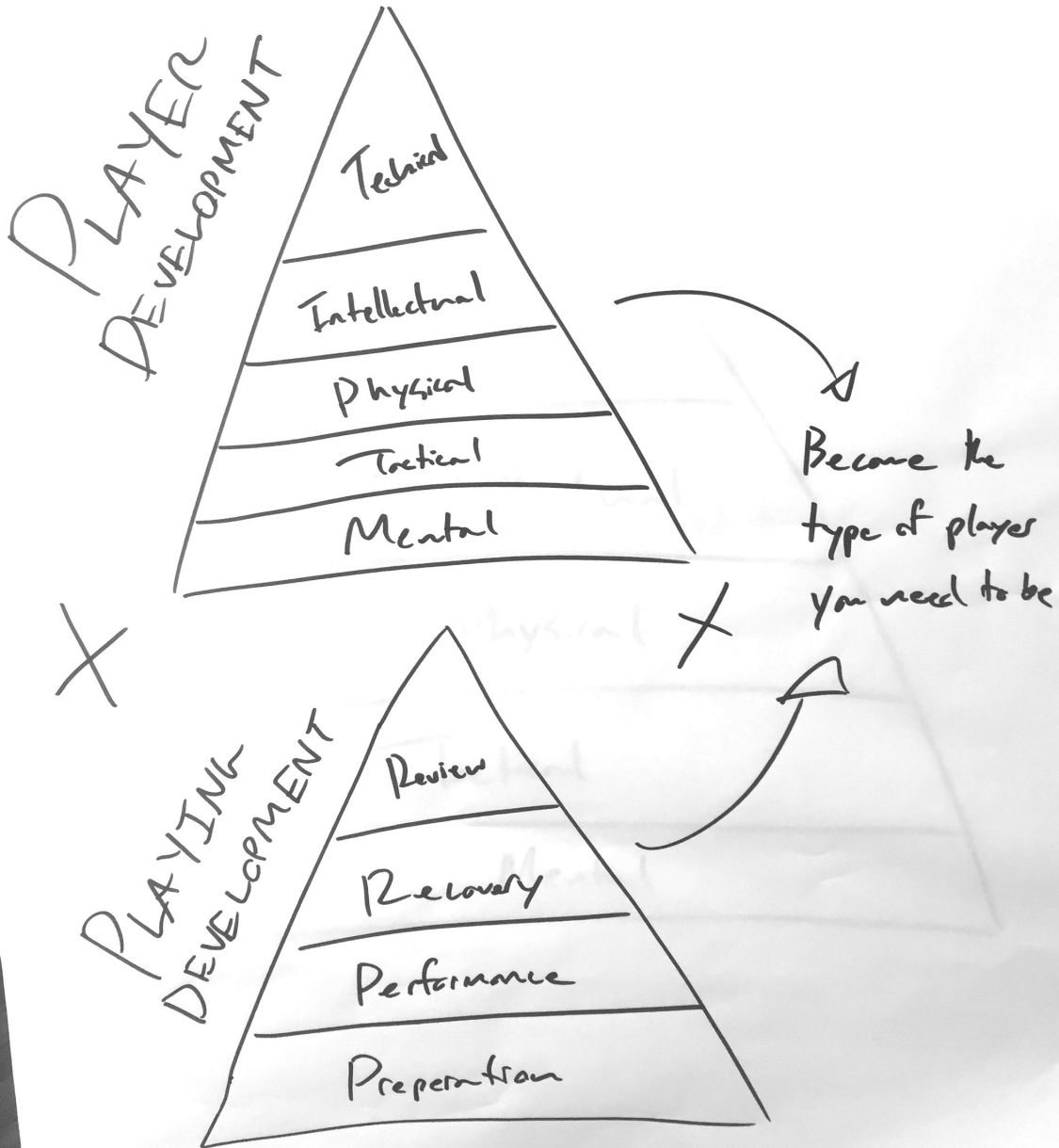
Who do you need to become  
in order to achieve your goals?

2)

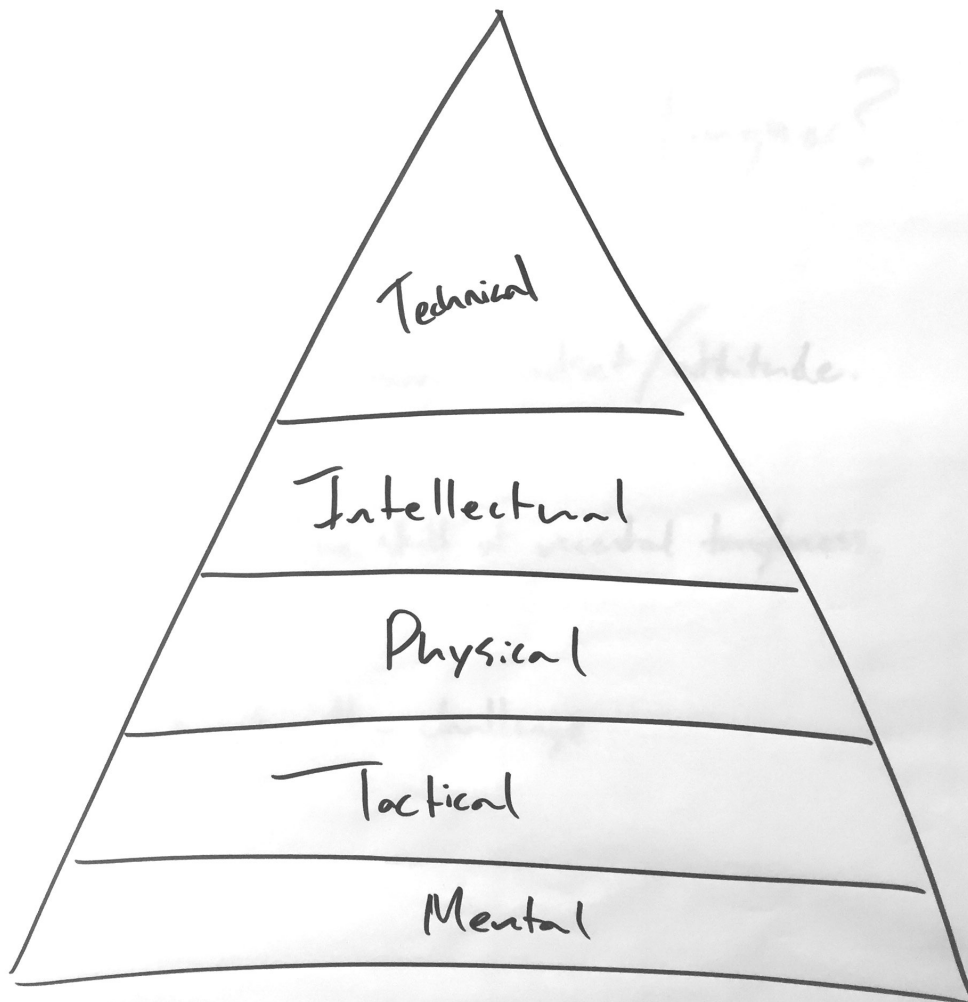
How are you going to become  
that type of player?



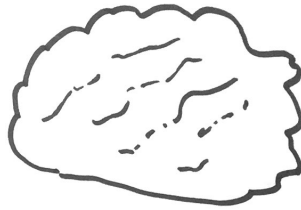
# BECOMING "GOOD ENOUGH"



# PLAYER DEVELOPMENT



MENTAL



How to become mentally tougher?

1) Get a winning mindset/attitude.

2) Practice the skill of mental toughness.

3) Invite the challenge.

Foundation of Success

(1)

# 4 PILLARS OF WINNING MINDSET

POSITIVITY

OPENNESS

DESIRE

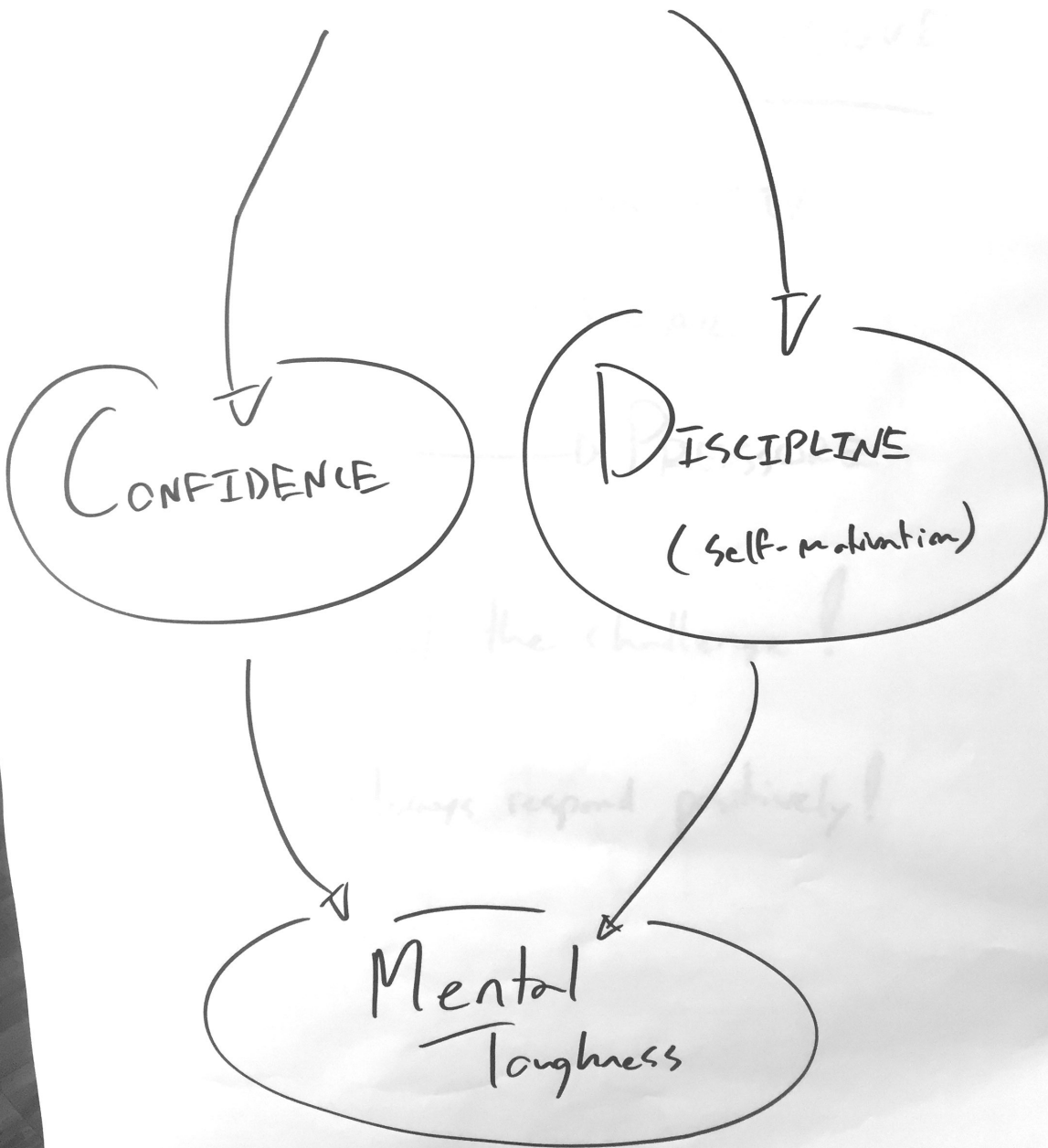
AMBITION

FOUNDATION OF SUCCESS

(2)

# PRACTICE THE SKILL

---



3

# INVITE THE CHALLENGE

→ ADVERSITY

→ FEAR

→ PRESSURE

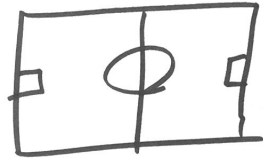
1) You want the challenge!

2) You always respond positively!

(5)

~~BUT.....  
BUT.....  
BUT.....  
1/A BUT.....~~

# TACTICAL



How to become a smarter player?

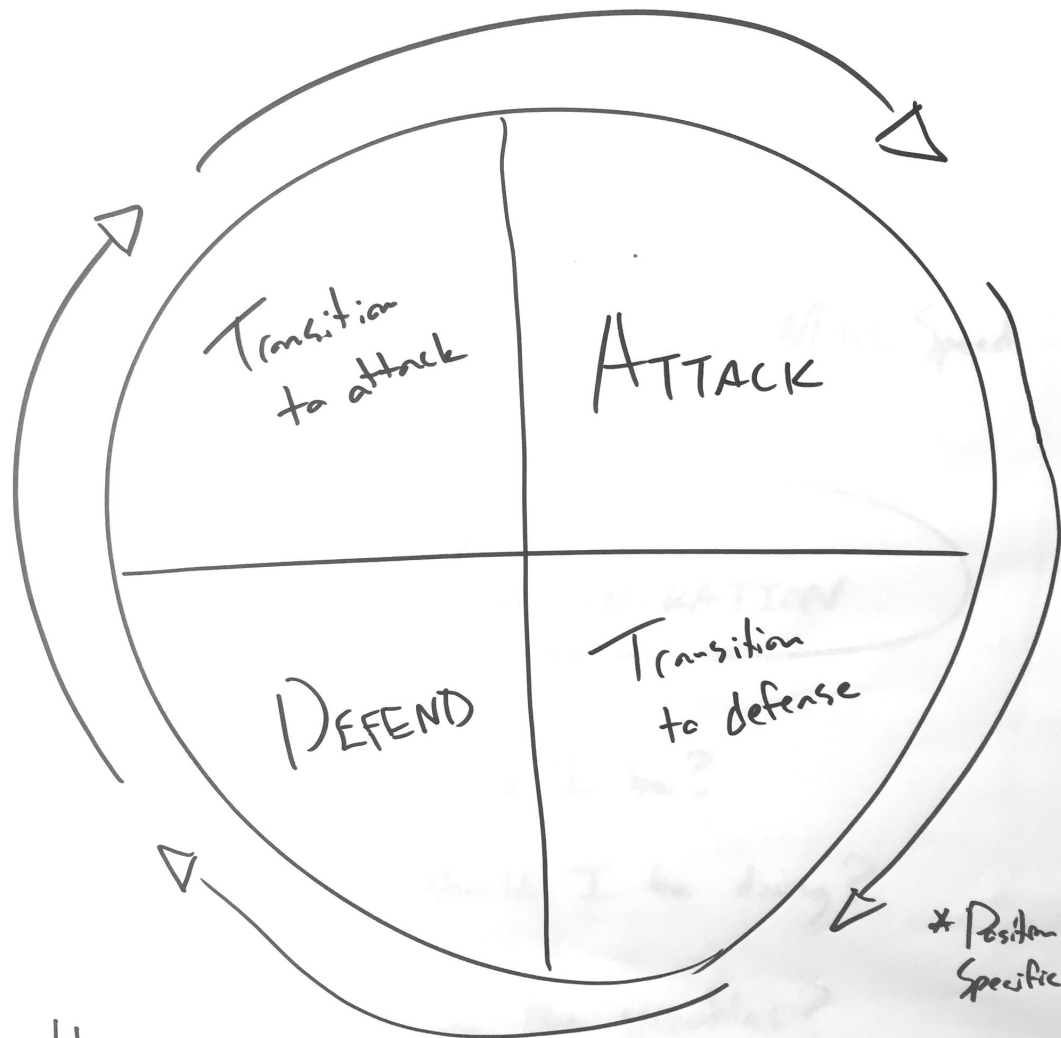
1) Learn the fundamentals of football.

2) Practice speed of awareness.

Knowing what to do.

Doing it at match speed. 4

# FUNDAMENTALS OF FOOTBALL



## How To LEARN:

- 1) SELF EDUCATE
- 2) WATCH PROFESSIONALS
- 3) LEARN FROM OTHERS

# SPEED OF AWARENESS

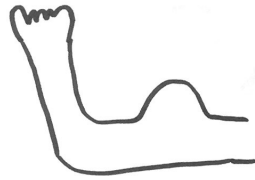
vs. ~~"Ball Watching"~~

Know what to do → Doing at Match Speed

FOCUS / CONCENTRATION

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

# PHYSICAL



How to become more athletic?

## DEVELOPMENT

- 1) RUN
- 2) SPRINT
- 3) STRENGTHEN
- 4) MOBILIZE

+

## APPLICATION

- 1) POSTURE
- 2) EFFORT
- 3) SHARPNESS
- 4) BODY

INTELLECTUAL (✓) (X)

How to improve decision making?

1) You know what to do (TACTICAL)  
JUST DO IT!

2) Speed of execution.

3) Continuous review and learning.

↳ personal mistakes/successes  
↳ professionals  
↳ watching yourself

# TECHNICAL

How to become more skillful?

1) REPETITION

2) SELF-ANALYSIS

3) COMPARISON



\* Drills?

\* Can't improve?

How to convert talent into  
consistent performances?

BEING A GOOD PLAYER

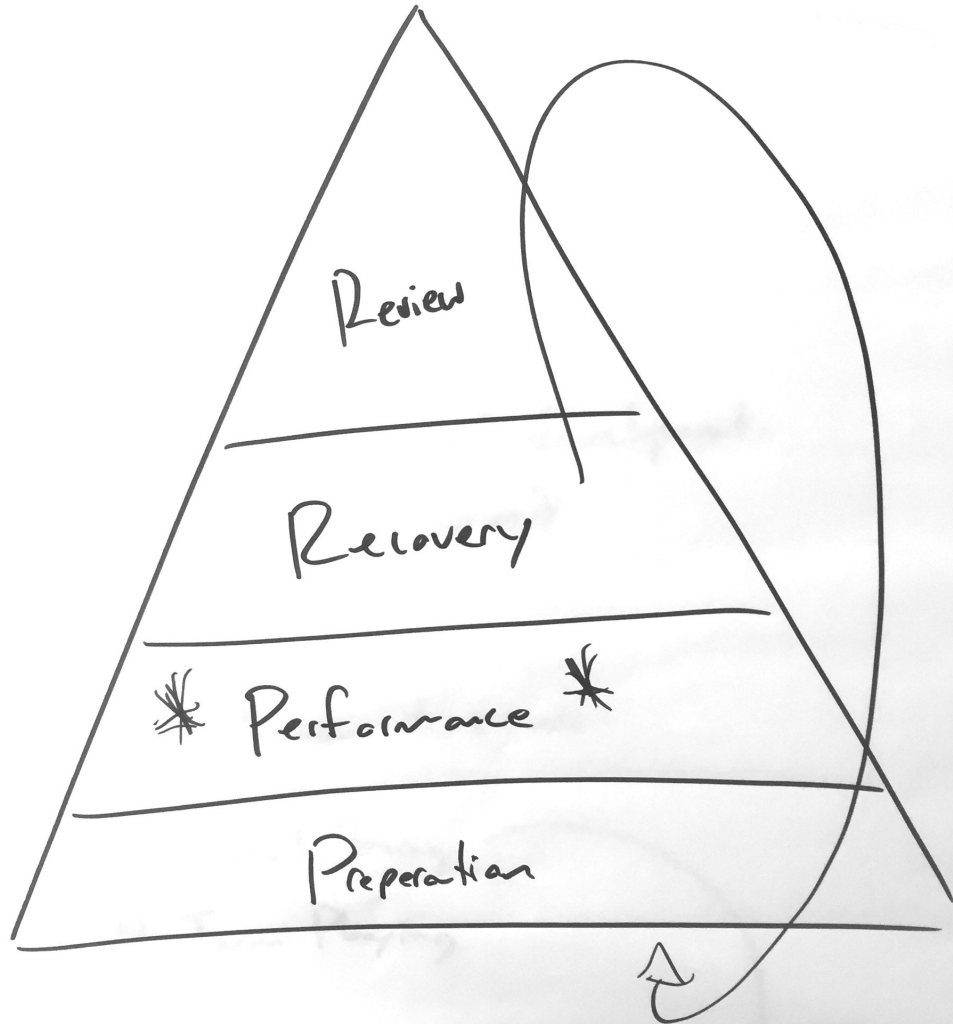
VS.

BEING A GOOD PERFORMER

How to convert talent into  
consistent performances?



# PLAYING DEVELOPMENT



$$* \text{ EXPERIENCE} = \$^x$$

# Take ACTION on your development

---

1) Review the short notes.

2) Evaluate your current development.  
(Player + playing)

3) Implement new ideas into:

1) Personal Training

2) Team Playing

Total player development  
+ Focus on weaknesses (STEP 3)

