

## SECTION A – Build Your Foundation For Success

### Module 1: How This Program Is Going To Make You Turn Heads

I've made an outrageous claim:

Use this training program and you will have the best season of your life or your money back.

I stand by that statement.

However, that outcome depends on your commitment to this training program. If you implement the ideas and consistently use the training routines, you will have the best season of your life and also receive many other priceless benefits:

- Improve technical skills (dribbling, shooting, passing, etc)
- Increased athletic performance (speed, quickness, stamina)
- Better body composition (leaner, stronger, more muscle)
- Faster recovery time after matches / training
- Reduced soreness, stiffness, and chance of injury
- Improved energy levels, mental clarity, and mood
- Smarter player with better decision making
- Increased self-discipline and motivation
- Faster improvements in shorter period of time
- Increased confidence and mental toughness
- Make a bigger impact in games
- Plus much more

## **What will I find in this training program?**

This program contains educational modules as well as different training workouts. Both are important and must be given equal attention.

There are 5 different sections and 22 video modules in the program:

*Section A: building a foundation for success*

*Section B: train for fast and noticeable results*

*Section C: live like you're a professional*

*Section D: play well in big games (not just practice)*

*Section E: guarantee your success*

## **How should I use it?**

I've created this program with the intention of making the training very flexible. Because we all have different schedules, commitments, ambitions, and levels of fitness we must train differently.

In Section B you will find 4 different training sessions that you can use on any given day. However, it will be up to you to decide how many sessions you can complete each day based on:

***Personal Schedule & Commitments (Module 5)***

***Body Awareness (Module 17)***

Taking this information into consideration you will decide whether you can complete the maximum of 4 training sessions, the minimum of 1 training session (*recovery - module 10*), or something in between.

This routine is also meant to accompany your current team schedule (games & practices) so the technical session (*modules 8 & 9*) can either be a team practice, game, or individual training session.

## **How long will the training take each day?**

The 4 training session maximum would result in approximately:

- 3 hours of individual training each day.

The 1 training session minimum would result in approximately:

- 25 minutes of individual training each day.

Regardless of how many sessions you decide to complete each day, you will be moving forward daily with the help of this training program.

Use the daily checklist (*module 21*) to ensure you are implementing everything you've learned throughout the modules on a daily basis.

## **How do I get started?**

### **1) Print off this training manual**

You're going to get more out of this training program if you have something you can physically hold in your hand.

As you watch each module, write your own notes all over the training manual. Write down any idea that's going to help you get better results.

Whenever you need a reminder you can quickly refer to your training manual instead of trying to find a specific idea in each video module.

### **2) Work through all the modules before training**

To get the best results with this training program I would recommend you watch all of the video modules before beginning your training.

If you want to get started and work through the modules while you do the training, you can do that as well but at least make sure you watch the videos in Section A and Module 17 (*Body Awareness*).

### **3) Complete a 21-day training cycle**

Whether you are completing the training by yourself or with members of the private support group, aim to be consistent for at least 21 days.

At an absolute minimum I would recommend you train with this program for 21 days. However, you can continue to use as long as you want because it's flexible and customizable around your changing schedule.

You will also continue to improve using the same program if you follow the principles in Module 2 (Training Principles).

### **Need Help?**

\*If you need any help while using the program please contact me:

[info@progressivesoccertraining.com](mailto:info@progressivesoccertraining.com)

or use the private Facebook support group for members only (found in the bonus section of the main menu).

Let's Go!

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