

SECTION A – Build Your Foundation For Success

Module 2: Unique Training Principles Most Players Don't Know About

If you want to be like everyone else, train like everyone else.
If you want to be different, train differently.

How do other players train?

- ***Not enough.*** Some players simply don't train enough. They claim they want to improve but when it's time to put in the work, they make excuses.
- ***Inefficiently.*** Most players DO NOT train in a way that makes them play better in games. They focus on drills and exercises that don't translate into better performances on game day.
- ***Annihilation mind-set.*** Some players train too hard. They think that pushing their bodies to exhaustion on a consistent basis is the answer to improvement. This approach leads to fatigue, loss of motivation, and injury.

How do we want to train?

We want to train in a smart way that allows us to:

- Improve every area of our game, everyday.
- Actually perform better in matches.
- Gain energy from training (rather than becoming exhausted).
- Produce the maximum result with the least amount of training.
- Avoid burnout, loss of motivation, or injury.

What are the training principles we will use?

- ***High Frequency / Short Duration / High Intensity***

Most players have long exhausting training sessions 1-2 times per week. Our development is a marathon (not a sprint). However, we still want to improve as quickly as possible.

We can do this by training for short periods of time, frequently, with high intensity.

This will create...

- ***Consistent Forward Momentum***

It's difficult to progress when you have two days forward and two days backward. We want to move forward each day (no days backwards).

For this reason, we cannot allow emotions, cheat days, or partying to pull us backwards. When you have bad days (because you will) do your training anyway.

If you're tired or sore, you don't have to train with the same intensity but you have to find a way to modify your training so you can still move forward.

However, you will need...

- ***Focus and Concentration***

When it's time to train, focus on getting the most out of the session. Don't allow distractions like cell phones, other people, or a wandering mind to get in the way of what needs to be done.

The training sessions will be short. Concentrate on completing each drill to the best of your ability because it won't last long.

Throughout your training, remember the concept of...

- ***Stimulation over Annihilation***

Hard work is important but the common approach of destroying your body with unnecessary amounts of repetitions, sets, or training will not result in progress.

Instead of annihilating your body, you want to stimulate it. Stimulate your muscle growth, stamina, and desire to improve with short, high intensity, frequent sessions.

Then focus on rest, proper nutrition, and hydration. That is where you will actually grow. Stimulate. Recovery. Stimulate. Recovery.

This can all be accomplished with...

- ***Simplicity***

You may think we need complex drills or a never-ending rotation of new drills to improve. However, the opposite is true.

We want simple drills that create results. Repetition creates progress. Doing the same drills on a daily basis will actually make you improve faster and develop your confidence quicker.

However, we must still focus on...

- ***Progression***. Although you may be performing the same drills daily, focus on executing these exercises better each time.

Find a way to challenge yourself more each time. Because we don't want to increase the duration of our training sessions, this will usually mean increasing the sharpness & speed of your movement, or increasing weight & resistance.

How are we going to apply these training principles?

Ideally, we would complete the following FOUR training sessions (demonstrated with detail in Section B) each day:

1) Morning Workout (30 min)

2) Gym Routine (45 mins)

3) Soccer Session (90 mins – 120 mins)

*For most players this would be a team practice or game.

4) Recovery Routine (30 min)

**Maximum daily training:*

1 hour and 45 minutes of individual training per day

**Soccer session (3) would typically be a team practice or game (with additional skill training before the team session begins). Otherwise you can perform the individual soccer training session alternative.*

However, there will be some days when you only complete the recovery session (4) depending on:

- Available time that day
- Amount of sleep
- Quality of nutrition
- Energy levels
- Degree of muscle soreness

It all depends on the decisions we make with our body awareness (Section C – Module 17). This training routine is meant to be flexible with your schedule, but also how you are feeling on a day-to-day basis.

TRAINING PRINCIPLES

WHAT THEY DO

- Not Enough
- Inefficiently
- Annihilation

WHAT WE DO

- ✓ High Frequency / Short Duration / High Intensity
- ✓ Consistent Forward Momentum
- ✓ Focus and Concentration
- ✓ Stimulation NOT Annihilation
- ✓ Simplicity is Brilliance
- ✓ Progression ↗

MORNING ROUTINE
GYM SESSION
SOCCER SESSION
RECOVERY ROUTINE