

SECTION A – Build Your Foundation For Success

Module 3: Must-Know Mentality Secrets That Will Guarantee You Get Better

Mental strength is the secret weapon most players overlook (don't be like most player).

The earlier you can understand the incredible importance of mentality, the more success you will create in soccer (and life).

With a strong mentality and good attitude you will be able to:

- Progress faster than you have in the past.
- Handle the struggles of soccer (because there will be).
- Perform better in high-pressure situations.
- Become more liked by teammates and coaches.
- Create more immediate and long-term success in soccer.

What are the traits of a strong mentality?

- **Positivity**

Everything is going to work out because you are going to make it work. Be optimistic about your future and believe in your ability to create the future that you desire. Even through the toughest situations, you will find a way to succeed (if you choose to).

Focus on finding solutions. Do not dwell on problems.

- **Desire**

Yes, we want to work smart but there is no substitute for hard work. You have to earn your greatness and you will do whatever it takes to get it. You don't get what you want in life, you get what you deserve.

Question: do your daily actions match your ambitions?

You want to put in the individual training, go to team practices, and be disciplined with your lifestyle. You want to do it now. You don't want to wait until tomorrow. You want to do what others will not do, so you can have what others will never have.

Regardless of how good you become, you will desire more. You will stay ambitious because when you become complacent you will lose everything you've worked for. Stay proud of your accomplishments but never satisfied.

You always want more.

- **Growth Mind-set**

We are our happiest when we are growing. Frustration and depression occurs when we remain the same (or become worse).

Fall in love the process of self-development. You enjoy putting in the work because the reward of becoming better tastes so sweet. Develop a healthy addiction with improvement. You must become better everyday (no days backwards).

If you do what is easy, soccer will be hard. If you do what is hard, soccer becomes easy. For this reason, you want to challenge yourself daily because it will force you to grow.

You want to struggle in training, by yourself when no one is watching because it will allow you to dominate in matches, when everyone is watching.

- **Confidence**

Self-belief is created inside of your mind by constantly telling yourself: "I can do this"

Mental toughness and confidence are the act of positive self-talk. It's your responsibility to talk yourself out of the bad times and keep yourself hungry during the good times.

When things go bad, tell yourself: "I can come back from this"

When things go well, tell yourself:
"I need to keep improving so I can keep this going"

Your confidence is created by your ability to respond positively when you lose games, have bad performances, or get cut from your teams. Your confidence will be created by your ability to respond positively to failure and use it as motivation to become better.

- **Long Term Focus**

Today's actions will create the player you become in the future. Every training session, match, and decision you make is an opportunity to move closer to your goals.

However, whether you play well or poorly today, win or lose, succeed or fail – it's all part of your growth. Therefore, failure is irrelevant. Whether you win or lose, you become better each day.

You gain motivation from failure. If you have a bad game, it will motivate you to become better. You don't lose: you either win or learn. Win or lose, stay hungry and realize each individual moment is all part of your long-term success.

Don't let winning go to your head.
Don't let losing go to your heart.

- **Self Focused**

Focusing on others will make you bitter,
focusing on yourself will make you better.

Although we play with and against other players, we can only compare ourselves to the player we were yesterday.

Instead of focusing on being better than everyone else, focus on being the best version of yourself. If you do this, eventually you will naturally become better than those around you.

In addition, you don't need anyone else to help you or support you. It's you against the world and that makes you stronger. You find strength in your solitude.

Obviously you will take help and good advice when it's offered but you don't expect other people to help you achieve your dream.

This is your dream, not theirs.

- **Humility**

There are two types of people in this world:

*Those who are humble,
and those who are about to be humbled.*

The fool thinks himself to be wise. The wise man knows himself to be a fool. If you think you know everything, you obviously know nothing.

Listen when others speak. You can learn something from everyone (even if it's: what not to do). Be respectful to your coaches, teammates, referees, and opponents.

Play with class.

How are you going to develop these mental traits?

1) Take responsibility

Your technical skills and athleticism are your responsibility. If you don't work to improve them, they will not grow. Your mentality is the same.

Your mental development is your responsibility. Someone can place the ideas in your head but if you want to become mentally tougher, you need to work on it.

2) Become aware

Constantly review the explanation of each mental trait above.

Are you demonstrating these qualities on a daily basis? Or are you making excuses, blaming others, and talking negatively to yourself?

Now that you are aware of these mentality secrets, you will be more likely to use them in your daily life.

3) Practice mental strength

We can go into extreme detail about mentality, but at the end of the day mentality is the internal dialogue that goes on in your mind.

Win the battle of your mind and you will win everything else.

You may believe the battle is with other players, teams, coaches, your parents or environment. This is not true.

The battle is always within.

The battle is with your self-doubt, laziness, and negativity. The battle is with complacency, excuses, and procrastination. Your success depends on your ability to beat yourself. If you can win the battle within on a daily basis, everything else will eventually fall into place.

MENTALITY SECRETS

✓ POSITIVITY

✓ LONG-TERM FOCUS

* The Battle is Within

✓ DESIRE

✓ SELF FOCUSED

✓ GROWTH MINDSET

✓ HUMILITY

✓ CONFIDENCE

"I CAN DO THIS"

"I WILL DO THIS"

① Responsibility

② Awareness

③ Practice
Mental Toughness