

SECTION B – Train For Fast & Noticeable Improvement

Module 9: The Ultimate Guide To Confidence Performances In Big Games

Proper preparation creates confidence.

Obviously, you're training to dominate throughout the week but on game-day it's important that you give yourself the best possible preparation to perform well in big games when it matters most.

We will use a helpful pre-game routine, plus 25-minute individual training session before your team begins their warm up:

- Improve confidence and self-belief
- Increase likeliness of starting game well
- Boost sharpness and quickness
- Increase technical skills and athleticism
- Get more out of games than others (our previous self)

How are we going to give the best performance?

1) Preparation is a lifestyle (not something you do on game day)

You can't cover up a bad week with 1 positive day of preparation. Preparation is a lifestyle. Always be ready, so you don't have to get ready.

Your preparation isn't just what you do on game day. It's what you do throughout the entire week leading up to game day. Your training, nutrition, lifestyle, and sleep quality throughout the week will have an impact on how you perform on game day.

2) Set Yourself Up For Success

Game day preparation is obviously still important and must be taken into consideration. Here are a few components of my pre-game routine that you could add to yours:

- i. Finish Large Pre-Game meal with good source of carbohydrates, fats, and protein 4-5 hours before kick-off. If feeling hungry or need a little boost, I would have a small easily digestible meal 2-hours before kick-off (ex: Smoothie or fruit).
- ii. Ginseng or Green 1.5 hours before kickoff
- iii. Get game ready at home (minus shin guards and shoes). Pack bag and make sure I have everything necessary to play. Apply heat rub to lower body.
- iv. Prepare pre-game and post-game supplements.
- v. Listen to the pre-game audio + checklist (bonus material).

3) Give Yourself Enough Time

You're planning to do more than other players before the match. Therefore, you must give yourself more time than other players.

Everyone's team has different expectations on arrival time and team warm up time. To be safe give yourself an extra 25 minutes to complete your personal warm up before the team warm-up begins.

What is the pre-game session?

(A) Warm Up (10 mins)

- 1) Walk with 5 Breathe Holds
- 2) Mobility Stretches:
 - a) Rotations (x 3 each direction)
 - b) Leg Swings (x 20 each side)
 - c) Quad + Hamstring Stretch (x 5 each side)
 - d) Downward + Upward Dog (x 5 reps)
 - e) Deep Squat + Forward Bend (x 5 reps)

(B) Individual Skill Training (12 minutes)

- Run (at slow pace x 400m) x 2 minutes
- Juggling (alternate, small and big each side, air controls) x 2 minutes
- Dribbling (inside cut, outside, fake shot, cruyff) x 2 minutes
- Passing (one touch – inside / outside , two touch , fast feet multi touch) x 2 minutes
- Shooting (alternate feet – two touch, one touch) x 2 minutes
- Run (at faster pace x 400m) x 2 minutes

**I didn't include dribbling and shooting in video but you could add this into your personal warm up to get more repetitions on the ball, increase sharpness, and confidence going into the game.*

(C) Team Warm Up (usually 30 minutes)

(C) Team Game

- Dominate This Opportunity

(D) Cool Down (x 5 minutes)

Tension Release Exercises:

- a) Leg Shakes
- b) Bike (tension release)
- c) Straight Leg Inversion
- d) Wide Leg Inversion
- e) Reverse Pike
- f) Forward Bend