

SECTION D – Play Your Best In Real Games (not just practices)

Module 18: Soccer Study Methods To Show Up Smarter Every Time They See You

Your only fear should be staying the same.

If you're not smarter each time you step on the field, you risk staying the same player (or improving very slowly) and wasting your potential.

You can't rely on luck, coaches, or getting older to make you a more intelligent player. Good coaches and playing experience, these are both things that will help you become smarter but they are luxuries.

You must take responsibility for your own progress. Although most players neglect it, becoming a smarter player should not be viewed any differently than improving your technical skills or physical fitness.

If you take the time to improve your soccer IQ you can expect to:

- Make smarter decisions on the field
- Understand your position more clearly
- Become a better team player
- Make a bigger impact in games
- Perform better with less effort (smarter movement)
- Get better each day (without physical effort)
- Improve faster than others (your previous self)

What principles are we going to use?

1) Analyse Football

The smartest players I've played with are usually the ones who watch the most football. However, if you want to improve even faster; don't just watch football, analyse it!

You should make an effort to analyse at least 1 professional match per week. However, the more you watch the more opportunity you have to learn.

The best teachers in the world (professional players) are always available to teach you lessons. You can watch full matches on live TV, streaming websites, or the website I use most:

www.footballfullmatch.com

You can also watch highlights and learn from the most meaningful plays of every match. This is what I do. Watch 1 or 2 full matches per week and watch highlights from all the leagues every night while I'm doing my recovery session at home.

2) Analyse Footballers

In module 19 we take a closer look at some of the best footballers in the world and analyse what makes them dominate.

This is something you can and should do on your own time:

Select players you admire (especially players who play in your position) and analyse their play. It gives you an opportunity to look at a player who is constantly in similar situations to you on the field.

What makes them successful?

What makes them dominate?

YouTube is the best for this because you can watch high quality compilations of different players from many different leagues.

3) Analyse Your Own Performances

In module 20 we take a closer look at how to analyse your own performances for faster growth.

Learning from other players (especially professional players and teams) is extremely important but it won't be beneficial if you can't learn from your own personal experiences.

The reason most players stay the same or improve very slowly is because they continue to make the same mistakes, they don't address the weaknesses in their game, and they expect to get better without confronting their problems.

How to analyse Football? Footballers? and Self?

Whether you're watching professional football or analysing your own performance. There are certain things you should focus on. To simplify the process I've highlighted three key focuses:

1) Movement

*What does the player do when they do not have the ball?
What do they do when their teammates are in possession?
What do they do when their team is out of possession?*

2) Decision Making

*Which decisions do they make in different situations?
When do they dribble, pass, shoot, cross?
When do they tackle, press, cover, jockey?
When do they keep possession?
When do they play forward?*

3) Technique

You can also learn how to improve your technique but watching professionals or analysing your own. Instead of just focusing on what happened: ex. goal was scored or cross was made...

Ask: how did that happen?

What was the technique they used?

What did they do with their foot?

What did their body-positioning look like?

How did they follow through?

How did they produce that result?

Knowledge is NOT power.

Knowledge put into action is power.

All of the information you acquire through these study methods has the potential to make you a smarter / better player. However, that will only happen if you take these new ideas and try them in your practices / games.