

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

## Module 19: How To Dominate Matches Like The Best Players In The World

*It's good to learn from your experiences. It's better to learn from the experiences of others – Warren Buffet*

Obviously; we want to take both approaches (personal performance and professional player performance) to improve as quickly as possible.

This is another method to improve your soccer IQ and if you take the time to improve your soccer intelligence 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)

### **Which principles are we going to use?**

This module is a different than others. In the video we took a close look at some of the best players in the world, in different positions.

This is something I would encourage you to do on your own time:

Select players you admire and especially players who play in your position. Identify what makes them successful / dominate.

Simply watching these top professionals will subconsciously program your mind to make similar decisions in similar situations.

However, if you want to improve faster we need to analyse these players and ask proactive questions that will help us find the answers.

## **What makes this player dominate?**

*What do they do on the ball?*

*What do they do off the ball? (offensively / defensively)*

*What runs do they make?*

*What positions do they get into?*

*How do they closer opponents down?*

*How do they take opponents on?*

*What do they do in transition? (offensively / defensively)*

*What traits do they have?*

*What skills do they possess?*

*What makes them dominate!?*

You can watch compilations that highlight their best plays.

You can also watch full matches and spend time following one player around the field (in and out of possession). Be aware of the ball but primarily focus on what this player does during the match in different situations.

## **What principles are we going to use?**

It's good to get the answers to these questions but we need to take this information about put it into action.

*What is missing from your game?*

*What makes this player different than you?*

*What does this player do that you do not?*

*What allows them to do what you cannot?*

How can you take this information and put it into your training throughout the week? Obviously, train 2 dominate is a complete training program that will allow you to improve every area of your game but with this information you can focus on specific skills / traits / habits that will allow you to dominate in your position.