

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

Module 20: The Sad Truth Why Most Players Never Improve (Don't Do This)

The reason most players never improve (or don't improve quickly enough) is because they don't learn from their mistakes.

What good is a mistake, if it doesn't make you aware of your weakness?

What good is a failure, if it doesn't teach you how to succeed?

What good is a loss, if you don't learn a lesson?

The speed at which we improve is directly related to how quickly we learn from our mistakes.

Reviewing your performances is a skill we must master practice:

- Improve faster than the average player
- Get better in a shorter period time
- Perform better and win more matches
- Have less stress, frustration, and anger
- Make coaches and teammates happier
- Achieve more long-term success in soccer

What are we going to focus on to achieve this?

1) Analyse your personal performance (games & practices)

Win or lose.

Bad performance or good.

It's all part of the process.

It's all helping you get closer to where you want to be.

After each practice or game take some time to review your individual performance.

*What did you do well?
Where did you succeed?*

Remind yourself to continue these habits.

But more importantly...

*What did you do poorly?
Where did you fail?*

This is where the real opportunity for growth is. Never try to fail but when it happens realize that failure is not final. Failure is feedback. Failure is information that you can use to improve.

2) Why did you fail in these situations?

After identifying these failures try to identify exactly why you failed:

*why did you make that mistake?
what is missing from your athleticism?
what is missing from your technique?
what do you need to change about your decision making?
what changes do you need to make to your mentality?*

3) How are you going to fix that?

Now that you have an idea of why you failed in those specific situations you need to take this information and put it into your training.

*Do you need to make adjustments to your training?
Do you need to spend more time on a specific skill?
Do you just need to be patient and consistent with your training?*

It's crucially important that you encourage yourself to keep trying in matches. Don't be afraid to make mistakes. These are your opportunities to grow and learn. You will not improve if you are afraid to make mistakes.

Accept that mistakes and failures are part of the process. They are tools for growth. Fail yourself forward.

It's okay to make mistakes.
Just don't make the same mistakes.

How do we review ourselves successfully?

1) Take Responsibility

Nobody else is going to fix your failures, mistakes, or weaknesses. This is your responsibility. The good news is you have the power to improve every area of your game. You will improve your weaknesses, correct your mistakes, and overcome your failures if you decide to focus on the areas of your game that you've identified.

2) Be Honest With Yourself

Do not hide from your weaknesses.

Most players will remain the same because they refuse to admit what is holding them back. If someone criticizes a part of your game, don't get defensive. Take that information and use it to improve.

It's good to be critical of yourself. Just make sure you do it in a positive way. You want to become better, you always desire more, but you know development takes time. Be patient. Be persistent. With focus your weaknesses will soon become strengths.

3) Motivation From Loses & Wins

*Losers become discouraged by failure.
Winners become motivated by failure.*

Whether you win or lose you must find motivation to keep improving. The trick is to remain ambitious when you're playing well and to stay motivated when you're playing poorly.

The day-to-day result is irrelevant. It's all part of the bigger picture. Achieving your long-term goals and becoming the player you aspire to be in the future.

*Don't let a loss go to your heart.
Don't let a victory go to your head.*

Stay humble.
Keep moving forward.

