

SECTION E – Guarantee Your Success

Module 21: Easiest Way To Make This Program Worth Your Time, Money, and Effort

Sadly, most players will invest in a training program but usually achieve minimal results. Why?

This usually does not come down to the inefficiency of the training program but the player's ability to implement everything they've learned and be consistent with the workouts.

The best training program is the one you are going to do and by using the daily checklist I've created for you (on the next page) you can increase your likeliness of obtaining all of the benefits this program promises:

- Improve technical skills (dribbling, shooting, passing, etc)
- Increased athletic performance (speed, quickness, stamina)
- Better body composition (leaner, stronger, more muscle)
- Faster recovery time after matches / training
- Reduced soreness, stiffness, and chance of injury
- Improved energy levels, mental clarity, and mood
- Increased self-discipline and motivation
- Faster improvements in shorter period of time
- Make a bigger impact in games
- Have the best season of your career
- Plus much more

How are we going to make the most of what we've learned?

ACTION	Mo	Tu	We	Th	Fr	Sa	Su
Wake Up On Time							
Monitor Weight							
Review Goals							
Morning Routine							
Gym Session							
Soccer Session							
Recovery Routine							
Study Session							
Nutrition							
Hydration							
Vitamins							
Supplements							
Nasal Breathing							
Positive Self - Talk							
Performance Analysis							
Plan Tomorrow							
Sleep Routine							
Bed On Time							

DAILY CHECKLIST

WAKE UP ON TIME ✓

MONITOR WEIGHT ✓

REVIEW GOALS ✓

MORNING ROUTINE ✓

GYM SESSION ✓

SOCCER SESSION ✓

RECOVERY ROUTINE ✓

STUDY SESSION ✓

NUTRITION ✓

HYDRATION ✓

VITAMINS ✓

SUPPLEMENTS ✓

NASAL BREATHING ✓

POSITIVE SELF-TALK ✓

PERFORMANCE ANALYSIS ✓

PLAN TOMMOROW ✓

SLEEP ✓
ROUTINE

BED ON
TIME ✓