



# Training Manual

Helpful guide to ensure you get the results you want

Player's Name:

Train 2 Dominate  
Progressive Soccer Training

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## SECTION A – Build Your Foundation For Success

### Module 1: How This Program Is Going To Make You Turn Heads

I've made an outrageous claim:

Use this training program and you will have the best season of your life or your money back.

I stand by that statement.

However, that outcome depends on your commitment to this training program. If you implement the ideas and consistently use the training routines, you will have the best season of your life and also receive many other priceless benefits:

- 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
- Smarter player with better decision making
- Increased self-discipline and motivation
- Faster improvements in shorter period of time
- Increased confidence and mental toughness
- Make a bigger impact in games
- Plus much more

## **What will I find in this training program?**

This program contains educational modules as well as different training workouts. Both are important and must be given equal attention.

There are 5 different sections and 22 video modules in the program:

*Section A: building a foundation for success*

*Section B: train for fast and noticeable results*

*Section C: live like you're a professional*

*Section D: play well in big games (not just practice)*

*Section E: guarantee your success*

## **How should I use it?**

I've created this program with the intention of making the training very flexible. Because we all have different schedules, commitments, ambitions, and levels of fitness we must train differently.

In Section B you will find 4 different training sessions that you can use on any given day. However, it will be up to you to decide how many sessions you can complete each day based on:

***Personal Schedule & Commitments (Module 5)***

***Body Awareness (Module 17)***

Taking this information into consideration you will decide whether you can complete the maximum of 4 training sessions, the minimum of 1 training session (*recovery – module 10*), or something in between.

This routine is also meant to accompany your current team schedule (games & practices) so the technical session (*modules 8 & 9*) can either be a team practice, game, or individual training session.

## **How long will the training take each day?**

The 4 training session maximum would result in approximately:

- 3 hours of individual training each day.

The 1 training session minimum would result in approximately:

- 25 minutes of individual training each day.

Regardless of how many sessions you decide to complete each day, you will be moving forward daily with the help of this training program.

Use the daily checklist (*module 21*) to ensure you are implementing everything you've learned throughout the modules on a daily basis.

## **How do I get started?**

### **1) Print off this training manual**

You're going to get more out of this training program if you have something you can physically hold in your hand.

As you watch each module, write your own notes all over the training manual. Write down any idea that's going to help you get better results.

Whenever you need a reminder you can quickly refer to your training manual instead of trying to find a specific idea in each video module.

### **2) Work through all the modules before training**

To get the best results with this training program I would recommend you watch all of the video modules before beginning your training.

If you want to get started and work through the modules while you do the training, you can do that as well but at least make sure you watch the videos in Section A and Module 17 (*Body Awareness*).

### **3) Complete a 21-day training cycle**

Whether you are completing the training by yourself or with members of the private support group, aim to be consistent for at least 21 days.

At an absolute minimum I would recommend you train with this program for 21 days. However, you can continue to use as long as you want because it's flexible and customizable around your changing schedule.

You will also continue to improve using the same program if you follow the principles in Module 2 (Training Principles).

### **Need Help?**

\*If you need any help while using the program please contact me:

[info@progressivesoccertraining.com](mailto:info@progressivesoccertraining.com)

or use the private Facebook support group for members only (found in the bonus section of the main menu).

Let's Go!

Dylan Tooby  
Progressive Soccer

## SECTION A – Build Your Foundation For Success

# Module 2: Unique Training Principles Most Players Don't Know About

If you want to be like everyone else, train like everyone else.  
If you want to be different, train differently.

### How do other players train?

- ***Not enough.*** Some players simply don't train enough. They claim they want to improve but when it's time to put in the work, they make excuses.
- ***Inefficiently.*** Most players DO NOT train in a way that makes them play better in games. They focus on drills and exercises that don't translate into better performances on game day.
- ***Annihilation mind-set.*** Some players train too hard. They think that pushing their bodies to exhaustion on a consistent basis is the answer to improvement. This approach leads to fatigue, loss of motivation, and injury.

### How do we want to train?

We want to train in a smart way that allows us to:

- Improve every area of our game, everyday.
- Actually perform better in matches.
- Gain energy from training (rather than becoming exhausted).
- Produce the maximum result with the least amount of training.
- Avoid burnout, loss of motivation, or injury.

## **What are the training principles we will use?**

- ***High Frequency / Short Duration / High Intensity***

Most players have long exhausting training sessions 1-2 times per week. Our development is a marathon (not a sprint). However, we still want to improve as quickly as possible.

We can do this by training for short periods of time, frequently, with high intensity.

This will create...

- ***Consistent Forward Momentum***

It's difficult to progress when you have two days forward and two days backward. We want to move forward each day (no days backwards).

For this reason, we cannot allow emotions, cheat days, or partying to pull us backwards. When you have bad days (because you will) do your training anyway.

If you're tired or sore, you don't have to train with the same intensity but you have to find a way to modify your training so you can still move forward.

However, you will need...

- ***Focus and Concentration***

When it's time to train, focus on getting the most out of the session. Don't allow distractions like cell phones, other people, or a wandering mind to get in the way of what needs to be done.

The training sessions will be short. Concentrate on completing each drill to the best of your ability because it won't last long.

Throughout your training, remember the concept of...

- ***Stimulation over Annihilation***

Hard work is important but the common approach of destroying your body with unnecessary amounts of repetitions, sets, or training will not result in progress.

Instead of annihilating your body, you want to stimulate it. Stimulate your muscle growth, stamina, and desire to improve with short, high intensity, frequent sessions.

Then focus on rest, proper nutrition, and hydration. That is where you will actually grow. Stimulate. Recovery. Stimulate. Recovery.

This can all be accomplished with...

- ***Simplicity***

You may think we need complex drills or a never-ending rotation of new drills to improve. However, the opposite is true.

We want simple drills that create results. Repetition creates progress. Doing the same drills on a daily basis will actually make you improve faster and develop your confidence quicker.

However, we must still focus on...

- ***Progression***. Although you may be performing the same drills daily, focus on executing these exercises better each time.

Find a way to challenge yourself more each time. Because we don't want to increase the duration of our training sessions, this will usually mean increasing the sharpness & speed of your movement, or increasing weight & resistance.

## **How are we going to apply these training principles?**

Ideally, we would complete the following FOUR training sessions (demonstrated with detail in Section B) each day:

**1) Morning Workout** (30 min)

**2) Gym Routine** (45 mins)

**3) Soccer Session** (90 mins – 120 mins)

\*For most players this would be a team practice or game.

**4) Recovery Routine** (30 min)

*\*Maximum daily training:*

*1 hour and 45 minutes of individual training per day*

*\*Soccer session (3) would typically be a team practice or game (with additional skill training before the team session begins). Otherwise you can perform the individual soccer training session alternative.*

However, there will be some days when you only complete the recovery session (4) depending on:

- Available time that day
- Amount of sleep
- Quality of nutrition
- Energy levels
- Degree of muscle soreness

It all depends on the decisions we make with our body awareness (Section C – Module 17). This training routine is meant to be flexible with your schedule, but also how you are feeling on a day-to-day basis.

# TRAINING PRINCIPLES

## WHAT THEY DO

- Not Enough
- Inefficiently
- Annihilation

## WHAT WE DO

- ✓ High Frequency / Short Duration / High Intensity
- ✓ Consistent Forward Momentum
- ✓ Focus and Concentration
- ✓ Stimulation NOT Annihilation
- ✓ Simplicity is Brilliance
- ✓ Progression ↗

MORNING ROUTINE  
GYM SESSION  
SOCCER SESSION  
RECOVERY ROUTINE

## SECTION A – Build Your Foundation For Success

### Module 3: Must-Know Mentality Secrets That Will Guarantee You Get Better

Mental strength is the secret weapon most players overlook (don't be like most player).

The earlier you can understand the incredible importance of mentality, the more success you will create in soccer (and life).

With a strong mentality and good attitude you will be able to:

- Progress faster than you have in the past.
- Handle the struggles of soccer (because there will be).
- Perform better in high-pressure situations.
- Become more liked by teammates and coaches.
- Create more immediate and long-term success in soccer.

#### **What are the traits of a strong mentality?**

- **Positivity**

Everything is going to work out because you are going to make it work. Be optimistic about your future and believe in your ability to create the future that you desire. Even through the toughest situations, you will find a way to succeed (if you choose to).

Focus on finding solutions. Do not dwell on problems.

- **Desire**

Yes, we want to work smart but there is no substitute for hard work. You have to earn your greatness and you will do whatever it takes to get it. You don't get what you want in life, you get what you deserve.

Question: do your daily actions match your ambitions?

You want to put in the individual training, go to team practices, and be disciplined with your lifestyle. You want to do it now. You don't want to wait until tomorrow. You want to do what others will not do, so you can have what others will never have.

Regardless of how good you become, you will desire more. You will stay ambitious because when you become complacent you will lose everything you've worked for. Stay proud of your accomplishments but never satisfied.

You always want more.

- **Growth Mind-set**

We are our happiest when we are growing. Frustration and depression occurs when we remain the same (or become worse).

Fall in love the process of self-development. You enjoy putting in the work because the reward of becoming better tastes so sweet. Develop a healthy addiction with improvement. You must become better everyday (no days backwards).

If you do what is easy, soccer will be hard. If you do what is hard, soccer becomes easy. For this reason, you want to challenge yourself daily because it will force you to grow.

You want to struggle in training, by yourself when no one is watching because it will allow you to dominate in matches, when everyone is watching.

- **Confidence**

Self-belief is created inside of your mind by constantly telling yourself: "I can do this"

Mental toughness and confidence are the act of positive self-talk. It's your responsibility to talk yourself out of the bad times and keep yourself hungry during the good times.

When things go bad, tell yourself: "I can come back from this"

When things go well, tell yourself:  
"I need to keep improving so I can keep this going"

Your confidence is created by your ability to respond positively when you lose games, have bad performances, or get cut from your teams. Your confidence will be created by your ability to respond positively to failure and use it as motivation to become better.

- **Long Term Focus**

Today's actions will create the player you become in the future. Every training session, match, and decision you make is an opportunity to move closer to your goals.

However, whether you play well or poorly today, win or lose, succeed or fail – it's all part of your growth. Therefore, failure is irrelevant. Whether you win or lose, you become better each day.

You gain motivation from failure. If you have a bad game, it will motivate you to become better. You don't lose: you either win or learn. Win or lose, stay hungry and realize each individual moment is all part of your long-term success.

Don't let winning go to your head.  
Don't let losing go to your heart.

- **Self Focused**

Focusing on others will make you bitter,  
focusing on yourself will make you better.

Although we play with and against other players, we can only compare ourselves to the player we were yesterday.

Instead of focusing on being better than everyone else, focus on being the best version of yourself. If you do this, eventually you will naturally become better than those around you.

In addition, you don't need anyone else to help you or support you. It's you against the world and that makes you stronger. You find strength in your solitude.

Obviously you will take help and good advice when it's offered but you don't expect other people to help you achieve your dream.

This is your dream, not theirs.

- **Humility**

There are two types of people in this world:

*Those who are humble,  
and those who are about to be humbled.*

The fool thinks himself to be wise. The wise man knows himself to be a fool. If you think you know everything, you obviously know nothing.

Listen when others speak. You can learn something from everyone (even if it's: what not to do). Be respectful to your coaches, teammates, referees, and opponents.

Play with class.

## **How are you going to develop these mental traits?**

### **1) Take responsibility**

Your technical skills and athleticism are your responsibility. If you don't work to improve them, they will not grow. Your mentality is the same.

Your mental development is your responsibility. Someone can place the ideas in your head but if you want to become mentally tougher, you need to work on it.

### **2) Become aware**

Constantly review the explanation of each mental trait above.

*Are you demonstrating these qualities on a daily basis? Or are you making excuses, blaming others, and talking negatively to yourself?*

Now that you are aware of these mentality secrets, you will be more likely to use them in your daily life.

### **3) Practice mental strength**

We can go into extreme detail about mentality, but at the end of the day mentality is the internal dialogue that goes on in your mind.

Win the battle of your mind and you will win everything else.

You may believe the battle is with other players, teams, coaches, your parents or environment. This is not true.

The battle is always within.

The battle is with your self-doubt, laziness, and negativity. The battle is with complacency, excuses, and procrastination. Your success depends on your ability to beat yourself. If you can win the battle within on a daily basis, everything else will eventually fall into place.

# MENTALITY SECRETS

✓ POSITIVITY

✓ LONG-TERM FOCUS

\* The Battle is Within

✓ DESIRE

✓ SELF FOCUSED

✓ GROWTH MINDSET

✓ HUMILITY

✓ CONFIDENCE

"I CAN DO THIS"

"I WILL DO THIS"

① Responsibility

② Awareness

③ Practice  
Mental Toughness

## SECTION A – Build Your Foundation For Success

### Module 4: A Real Goal Setting System To Increase Motivation & Success Rate

You are not likely to improve,  
if you don't have a strong reason to do so.

The idea of goal setting is overstressed. However, when done properly -  
Goal setting is extremely powerful because it will:

- Boost self-motivation and discipline.
- Improve your work ethic and consistency.
- Encourage you to always be in top form.
- Increase your confidence with every goal accomplished.

#### **What does real goal setting look like?**

Personally, my only requirement when setting a goal is:  
*“does it require you to grow?”*

If you can achieve the goal, remaining the same player you are today –  
it's not a real goal. Goals must challenge you to become better than you  
are today, otherwise those goals will be unobtainable.

There are three components to goal setting we will use to our advantage  
while using the Train 2 Dominate program:

#### **1) Long Term Goals**

Most players set long-term goals. These are important but it's difficult to  
find daily motivation when the actual opportunity to achieve your goal  
is usually years away.

We will create a long-term goal (ex. Becoming a pro, playing college,  
being an inspiration to young players in your city) but we must use...

## **2) Short Term Goals**

The secret to self-motivation, consistency, and discipline is having clearly defined short-term goals. When the opportunity to achieve a goal is a month, week, or only days away – you are more likely to take positive action towards that goal.

By always have current short-term goals, it will force you to find and keep your top form. Your training, nutrition, and lifestyle will all be influenced by the fact that your opportunity (ex. Big game, try-out, tournament, etc.) is coming quickly.

Accomplishing short-term goals will give you confidence and the positive momentum you need to stay on track towards accomplishing your long-term goals.

However, we often fail to accomplish our goals without...

## **3) Emotional Connection**

To increase your likeliness of preparing properly for your opportunities, you need a strong connection to each goal:

*Why must you achieve this?*

*What will you gain?*

*How will it make you feel?*

*Who are you doing this for?*

*What will happen if you don't achieve this goal?*

Think about the positive emotions associated with achieving that goal and the negative emotions associated with failing to achieve that goal.

When accomplishing your goal will make you scream with joy and failing to accomplishing it will make you cry, then you have developed true emotional connection.

## **How are we going to use goal setting to our advantage?**

### **1) Set 1 Long Term Goal (Vision)**

*What do you want to achieve in soccer long-term?*

This idea of where you want to be and who you want to be in the future, should always be in the back of your mind because, if you don't improve daily and accomplish your short-term goals, this dream will never turn into a reality.

### **2) Set as many Short Term Goals as Possible**

Make a list of all the opportunities available to you:

*What can you win?  
Tournaments? Leagues? Games?*

*What can you achieve?  
Personal awards? Or praise from others?*

*How many goals can you score this season?  
How many clean sheets can you keep?  
How many assists?*

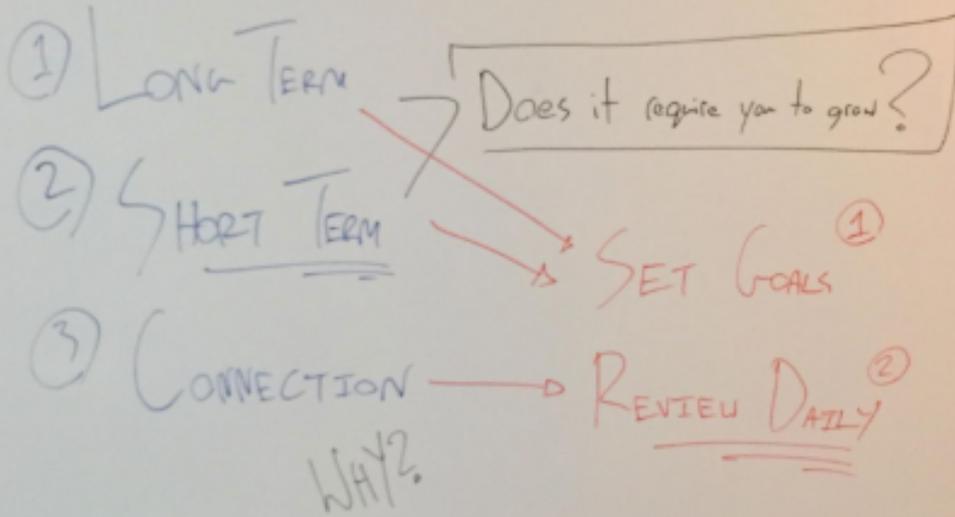
*Are there any try-outs for higher-level teams?  
Are there any big opportunities to impress? Or prove people wrong?*

### **3) Practice Daily Goal Review**

We will usually set goals in a motivated state. But shortly after we lose our motivation and focus towards that goal.

To maintain motivation and discipline, we need to review our goals daily. When we are constantly reminded of the opportunities that are quickly approaching, we will be more likely to complete our training, stay disciplined with our nutrition, and live a positively lifestyle.

# GOAL SETTING



## SECTION A – Build Your Foundation For Success

### Module 5: How To Comfortably Schedule This Program Around Your Busy Life

We are all given the same amount of time everyday, some of us just use that time better than others.

You will not be given time. You must make time for those things that are important to you. If you're serious about the accomplishment of your goals, you must make time for the training sessions in this program.

Although you may have the desire to complete these training sessions, you will fail to be consistent without proper organization.

By getting organized and scheduling your commitments, you will be able to:

- Increase motivation, focus, and discipline.
- Become more productive with your days.
- Improve your game in a shorter period of time.
- Ensure your opportunities don't pass you by.
- Reach top form when you need to be at your best.
- Become successful in the other areas of your life.

#### **What should we consider when getting organized?**

Certain commitments will be scheduled for you (for example: games, practices, school, etc.) Other commitments will be your responsibility and require you to make time in your schedule.

Some areas to think about may be:

- Team Practices & Matches
- School & Homework

- Work or Business
- Family Commitments
- Pleasure & Social Life
- Other Activities
- Train 2 Dominate Sessions

The better organized you are, the more likely you will be to complete all the Train 2 Dominate sessions.

Some days you won't be able to complete all of the training sessions. Even if you feel energetic, fresh, and ready to train – your daily schedule may not have enough available time.

That's life.

Don't feel bad about those days. As long as you have the desire to train and do your best to make it possible by getting extremely organized, you can be satisfied with your efforts to move forward.

Success is a lifestyle.

This mind-set doesn't only apply to soccer. Strive for excellence in every area of your life. Remember, happiness comes from growth. You can be successful in every area of your life, if you choose to be.

## **How are we going to get organized?**

### **1) Use a calendar**

Write out all of your pre-determined time commitments for the month (ex. Team practices, games, and other activities).

You should never miss a practice or game because of school, homework, or work commitments. If you know about these commitments in advance be responsible enough to handle these obligations beforehand.

## **2) Daily Scheduling / Visualization**

Most people let the day happen to them.  
You are going to make the day happen for you.

Your day starts the night before.  
Plan out the ideal day on a piece of paper.

How can you organize your day to accomplish everything you desire?

*When do you have to wake up?*  
*When will you complete certain tasks?*  
*When will you complete your training sessions?*  
*Where can you make time in your schedule?*

Before you fall asleep visualize the specific actions you're going to take tomorrow to make the day as productive as possible.

Each day isn't always going to go as planned. Things will come up. Scheduling won't always work out perfectly. That's to be expected. You will adapt and respond positively.

But some days everything will work out as planned all because you decided to make things happen, instead of letting them happen.

## **3) Set Up Your Training Area**

You cannot always control your environment but possible, pre-organize your environment to save time.

*Can you set up your personal training area at home, garage, or backyard?*  
*Can you have your practice or gym gear in the same place, ready to go?*  
*Can you save yourself time by being organized?*

Then, when it's time to do your training you won't have to spend time setting up cones, balls, or equipment. You can jump straight into training and complete your session quickly.

# SCHEDULING + ORGANIZATION

- TEAM PRACTICES / GAMES
  - SCHOOL / WORK
  - FAMILY
  - SOCIAL / FRIENDS
  - OTHER INTERESTS
- \* TRAIN 2 DOMINATE \*
- ① CALENDER
  - ② DAILY PLANNING  
↳ VISUALIZE
  - ③ PLAN IN ADVANCE  
\* SAVE TIME

## SECTION B – Train For Fast & Noticeable Improvement

### Module 6: A Complete Morning Routine To Make Everyday A Success

Win the morning and you will win the day.

Regardless of what happens throughout the rest of the day, we must ensure that our morning is taking us closer to our goals.

A 30 Minute *Soccer Specific Workout* that can be completed anywhere regardless of time, weather, or location – will ensure that we:

- Increase motivation and discipline
- Improve stamina and breathing efficiency
- Become quicker and more explosive
- Sharpen technical skills (control, dribbling, ball striking)
- Develop strength and core stability
- Increase confidence and self-esteem
- Set ourselves up for a day of success

#### **How are we going to be consistent?**

##### **1) Wake Up On Time**

This action will literally make or break your day.

When it's time to get up, don't hesitate. Get up and attack the day. If you hit the snooze, button you have decided to move backwards with your very first action of the day.

*Helpful tip: put your phone (alarm clock) in the bathroom.*

## **2) Review Goals**

Remind yourself why you need to start the day positively.

*Which short-term goals are approaching quickly?*

*What do you need to be in top form?*

If you complete a successful morning routine, you will move closer to your goals and increase your chances of success.

If you fail to complete your morning routine, you will move further away from your goals and increase your chances of failure.

## **3) Begin Without Hesitation**

Avoid all distractions until your morning workout is complete.

Don't check your phone messages.

Don't turn on the TV.

Don't go on the computer.

Whatever happens later in the day, fine. But these first 30 minutes of the day are for you. Move into your morning routine without hesitation and set yourself up for a successful day.

*\*Consume 500mL of water before completing your routine.*

# **What is the morning routine?**

## **Warm Up (10 mins)**

- 1) Walk with 5 Breathe Holds
- 2) Run Home
  
- 3) 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)

## **Movement & Ball Control (7 mins)**

- 1a) Balance Bound (x 1 each side)
- 1b) Alternate Juggle (x 50 touches)
  
- 2a) Power Bound (x 1 each side)
- 2b) Right Foot Juggle (x 50 touches)
  
- 3a) Quick Step (x 1 each direction)
- 3b) Left Foot Small Juggle (x 50 touches)
  
- 4a) Side Shuffle (x 1 each direction)
- 4b) Right Foot Big Juggle (x 50 touches)
  
- 5a) Cross Step (x 1 each direction)
- 5b) Left Foot Big Juggle (x 50 touches)

## **Strength & Dribbling (7 mins)**

- 1a) Squats (x 20 reps)
- 1b) Inside Touches (until drop in quality)
  
- 2a) Push Ups (x 20 reps)
- 2b) Right Foot Dribble (until drop in quality)
  
- 3a) Lunges (x 10 reps each side)
- 3b) Left Foot Dribble (until drop in quality)
  
- 4a) Inchworms (x 5 reps)
- 4b) 1v1 Dribble (until drop in quality)
  
- 5) Calf Raises (x 20 reps)

## **Shooting (5 mins)**

- 100 shots (alternating feet)

## SECTION B – Train For Fast & Noticeable Improvement

### Module 7: Efficient Workout Routine To Increase Speed, Explosive Power, and Skills

To become better at football, we must train like a footballer.

This seems like an obvious statement, yet if you were to analyse the gym workouts of many players they would resemble that of a bodybuilder not a soccer player.

We will use specific exercises to improve our soccer specific athleticism.

If you want to dominate on the pitch, make the commitment to become a better athlete. Athleticism will allow you to impact the game on a different level.

Obviously we always want to improve technical skills (playing our sport is the most important) so we will obviously add some technical training to our gym session.

This explosive soccer specific workout – will ensure that we:

- Increase speed, quickness, and sharpness
- Improve soccer specific movements
- Boost technical skills (touch, dribbling, passing & shooting)
- Become stronger and build better core strength
- Build bigger and more powerful legs
- Develop strength and core stability
- Improve mobility and reduce chance of injury
- Also develop upper body physique and aesthetics
- Improve breathing efficiency and stamina
- Reduce muscles soreness and promote recovery

## **How are we going to be consistent?**

### **1) Gym or At Home Alternative (no excuses)**

You may not have access to a gym, own a membership, or have time to make it there on any specific day. For that reason, I have provided an “at home alternative” to this workout. Therefore, you have no excuses.

### **2) Concentration and Focus**

No distractions during training (the worst of all: phones).

The only reason you to have your phone with you, is to listen to music or motivational podcasts while you train. Do not waste time or distract yourself by using your phone between sets.

During rest periods focus on calming your breathe and encouraging your body to recover faster (this is a skill in itself).

Also, analyse your last set:

*how can you perform the next one with better quality?*

### **3) More Done In Less Time**

Many people will spend 2 hours in the gym and achieve minimal results. You are going to take the opposite approach. Your objective is to spend less time in the gym than everyone else and get better results.

You will achieve this by being organized and efficient and focused (no distractions). Bring intensity to your workouts and commit to performing each exercise with your best effort and quality.

# **What is the gym routine? (50 min)**

## **Warm Up (10 mins)**

- 1) Walk with 5 Breathe Holds
- 2) Mobility Stretches:
  - f) Assisted Full Squat ( x 1 min )
  - g) Rotations (x 3 each direction)
  - h) Leg Swings (x 20 each side)
  - i) Dynamic Soccer Warm Up
  - j) Hamstring Hip Flexor Hold

## **Bands ( 5 mins)**

- 1) Lateral Strides ( x 20 seconds )
- 2) Forward Strides ( x 20 seconds )
- 3) Hip Flexor Drives ( x 20 seconds )

*Repeat x 1 without resistance bands*

## **Speed & Quickness ( 10 mins )**

- 1a) Side Step ( x 1 each direction )
- 1b) Figure 8 Step ( x 1 each direction )
- 1c) Lateral Shuffle ( x 1 each direction )
  
- 2a) Quick Step To Sprint ( x 1 each direction )
- 2b) Side Shuffle To Sprint ( x 1 each direction )
- 2c) Cross Step To Sprint ( x 1 each direction )
- 2d) Rotation To Sprint ( x 1 each direction )

## **Skills ( 10 mins )**

- 1) Passing & Dribbling Drill ( x 3 sets w/ 50 alternate juggles between each)
- 2) Shooting & Dribbling Drill ( x 3 sets w/ 50 alternate juggles between each)

## **Core ( 5 mins )**

- 1) Farmers Walk ( x 50 yards each side )
- 2) Front Bridge ( x 30 seconds )
- 3) Side Bridge ( x 30 seconds each side )
- 4) Glute Bridge ( x 30 seconds )

## **Explosive Legs ( 10 mins )**

- 1) Squat ( 1 x 20 reps )
- 2) Quad Extension ( 1 x 20 reps )
- 3) Calf Raise ( 1 x 20 reps )
- 4) Hip Adductor ( 1 x 20 reps )
- 5) Hip Abductor ( 1 x 20 reps )
- 6) Glute Thrust ( 1 x 20 reps )
- 7) Hamstring Curl ( 1 x 20 reps )

*Additional but recommended training:*

**Body Building (optional) - max 15 mins**

- 1) Select 1 Exercise for specific body part
- 2) Start at light weight for 20 reps & Pyramid Up To 3 reps
- 3) Reverse Pyramid down to 25 reps ( w/ 30 second isometric hold )

*\*30 seconds rest between sets*

**Steam (optional) - 10 to 30 mins**

Relax in steam ( read book, listen to podcast, stretch, etc. )

## SECTION B – Train For Fast & Noticeable Improvement

### Module 8: Technical Session To Increase Real Match Skills, Stamina, and Confidence

Technique is the foundation of football. Although, we are working to become a complete player we must always put the highest emphasis on developing our technical skills.

We will practice real skills that will allow you to create an impact in games. Use drills that will translate into more production during games. Drills that will make you a better goal scorer, playmaker, and confident footballer regardless of your position.

We will use a 25 – 45 technical training session – that will ensure we:

- Improve long passing and first touch
- Develop sharper decision making in front of goal
- Become better at crossing and finishing
- Practice the ability to finish 1v1 chances with goalkeeper
- Improve shooting technique with both feet
- Boost dribbling skills and quicker 1v1 moves
- Increase stamina and ability to focus when tired
- Build confidence and composure in front of net
- Get more out practices than others (our previous self)

#### **How are we going to implement this session?**

##### **1) Free Day or Before Team Practice**

You can either:

a) perform a shortened version (25 mins) of this technical session before your team practice

or

b) perform an individual technical session (45 mins) on days where you don't have team practices or games.

The decision to train by yourself would depend on your schedule and factors assessed regarding body awareness (module 17).

## **2) Individual or Partner**

This session can be performed individually or with a partner(s).

Also...

You may not have the luxury of multiple balls. However, the more balls you bring to training, the more repetitions you will accomplish = faster development of your technical skills.

## **3) First to arrive & Last to leave**

Although, I'm encouraging you to be smart and efficient with your training throughout this program. Team practices and games are situations where I would encourage you to be:

*First to Arrive  
and Last to Leave*

Still, these periods when no one else is present must be used efficiently to get the maximum amount of results in the shortest period of time.

*"What you do when no one is watching,  
will determine how you perform when everyone is"*

## **What is the technical session?**

Low end of time limit: before team practice

High end of time limit: individual training

\* = individual (no partner) alternative

### **(A) Warm Up (10 mins)**

1) Walk with 5 Breathe Holds

2) Mobility Stretches:

k) Rotations (x 3 each direction)

l) Leg Swings (x 20 each side)

m) Quad + Hamstring Stretch (x 5 each side)

n) Downward + Upward Dog (x 5 reps)

o) Deep Squat + Forward Bend (x 5 reps)

### **(B) Skill Training ( 18 mins - 32 mins )**

Long Passing ( x 3 minutes - x 6 minutes )

*\*Wall Passing*

Placed Finishing ( x 3 minutes - x 6 minutes )

1v1 (Breakaway) Finishing ( x 3 minutes - x 6 minutes )

Crossing & Finishing ( x 3 minutes - x 6 minutes )

*\*Volleys*

One Time Shooting ( x 3 minutes - x 6 minutes )

*\*Laces Shooting*

Skill Move to Finish ( x 3 minutes - x 6 minutes )

### **(C) Team Practice**

**- Dominate This Opportunity**

### **(D) Cool Down ( x 5 minutes )**

1) "Extra" for Stamina ( x 1 repetition )

2) Tension Release Exercises:

a) Leg Shakes

b) Bike (tension release)

c) Straight Leg Inversion

d) Wide Leg Inversion

e) Reverse Pike

f) Forward Bend

## 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:

- p) Rotations (x 3 each direction)
- q) Leg Swings (x 20 each side)
- r) Quad + Hamstring Stretch (x 5 each side)
- s) Downward + Upward Dog (x 5 reps)
- t) 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:

- g) Leg Shakes
- h) Bike (tension release)
- i) Straight Leg Inversion
- j) Wide Leg Inversion
- k) Reverse Pike
- l) Forward Bend

## SECTION B – Train For Fast & Noticeable Improvement

### Module 10: Recovery Sessions That Will Make You Feel Brand New Every Morning

Take care of your body, so we can continue to train and move forward.

It's difficult to be consistent and intense with your training when you're constantly sore and stiff. How your body feels each day will be directly related to the recovery work you do.

A 25 Minute *Recovery Session* that can be completed anywhere regardless of time, weather, or location – will ensure that we:

- Reduce soreness and stiffness
- Decrease chance of injury
- Increase mobility and flexibility
- Increase motivation due to feeling fresh
- Prolong playing career
- Allow you to continue training while others players are sore

#### **How are we going to be consistent?**

##### **1) Two alternatives (no excuses)**

You won't be able to make any excuses because I've given you two different recovery sessions: at home & gym.

I would also encourage you to use a combination of both recovery sessions throughout the week to get the best benefits.

## **2) Tension release**

You're objective and mind-set during every recovery session should be to remove tension and tightness from your body. When completed, you should feel as if you could potentially play another game if you had to.

Become aware of your body. Where is the soreness? Can you relieve this tension during the session? Instead of focusing on time elapsed during stretches or exercises, focus on tension released.

## **3) Most important session of the day (don't skip this one)**

Everyday is going to be different and you must plan your days differently, depending on your personal schedule (module 5) and body awareness (module 17).

At a maximum you could train 4 times per day. However, there is one session you should never miss. This is your recovery session. This is the absolute minimum you do in a day.

If you need to, you will be able to complete the session at home within 25 minutes before bed. More importantly, this recovery session will allow you to come back feeling fresh and brand new each morning.

It will increase your energy levels and reduce muscle soreness, which will translate into motivation and more positive forward momentum.

## **What is the recovery session?**

### **Gym Recovery Session**

*Optional: 5 minutes upper body pump*

1) Hot tub:

*5 minute relax*

*5 minutes stretches:*

2) Cold Pool:

*breathe holds + 2 lengths ( x 3 sets )*

3) Steam Room:

*5 minutes relax*

*5 minutes stretches*

### **At Home Recovery Session**

1) Foam Rolling ( x 15 minutes )

2) Static Stretching ( x 10 minutes )

*\*Best to feel your body and relieve specific tension but here is a list of specific muscle parts to target (refer to video if you need reference):*

*x 30 seconds per stretch (focus on tension relief over time)*

*Upper Back*

*Glute*

*Hip*

*Groin*

*Quad*

*IT Band*

*Shins*

*Calves*

## SECTION C – Live Like You’re A Professional

### Module 11: How To Eat For More Energy, Better Recovery, and Faster Growth

The quality of our nutrition will directly impact the quality of the results we achieve when using this training program.

We must eat in a way that promotes:

- Higher energy levels
- Faster recovery (reduces soreness & stiffness)
- More efficient muscle growth
- Reduced chance of unnecessary injuries
- Increased stamina
- Longer playing career
- Better general health

#### **Which principles will we use to achieve these objectives?**

##### **1) Eat Real Food (not “food-like” products)**

This is the most basic, yet most important principle:

Eat food that comes from the earth.

Do not eat processed foods that were produced in factories.

## **2) Foundation of Plant Based / Whole Foods**

The majority of your calories should come from:

- Leafy Greens
- Vegetables
- Fruits
- Nuts & Seeds
- Legumes (Beans)
- Grains

If you consume animal products, ensure that the majority of your calories still come from plant based whole foods.

## **3) Macro Awareness / Not Obsession**

It's important to understand macronutrients. However, I don't recommend trying to meet exact numbers everyday. This is not natural.

Simply ensure you are including each macronutrient in your diet.

On a basic level:

*Carbohydrates and Fats are converted into energy.  
Protein is use to repair and build new muscle tissue.*

If you feel you're low on energy,  
add more energy into your diet (carbs & fats).

If you feel you're not building muscle efficiently,  
add more protein to your diet.

But...

More important than macronutrients are the micronutrients that come primarily from vegetables & fruits, which will aid in keeping your vitamin & mineral levels healthy.

#### **4) Consume Foods in their Natural Form**

Cooking (heat) destroys the natural enzymes of many foods. This is bad because enzymes boost digestion and fight chronic disease.

Obviously, we cannot consume certain foods in their raw state. But focus on consuming a majority of your plant based foods in their raw state to absorb the maximum amount of nutrients and enzymes.

#### **5) Low Calorie Density / High Nutrient Foods**

If you want to eat large amounts of food and stay lean, focus on low calorie density foods such as vegetables and fruits. These foods hold high volume (take up space in your stomach) but contain low amounts of calories.

##### **Calorie Density Per 1b**

*Eat more of these:*

Vegetables – 100 cal

Fruit – 300 cal

Starches – 400 cal

Grains – 500 cal

Legumes – 600 cal

*Eat less of these:*

Ice Cream – 1200 cal

Breads – 1400 cal

Cheese – 1600 cal

Sugar – 1800 cal

Nuts & Seeds – 2800 cal

Oils – 4000 cal

## **How are we going to be successful with nutrition?**

### **1) Eat for Purpose Over Pleasure**

The majority of people are overweight because they eat for pleasure instead of purpose. Food has a function = fuel your body.

Most people are over-fed and undernourished. They eat large quantities of foods that don't provide much nutritional value. For that reason, their brain demands more because the body isn't getting the nutrients it needs.

Consuming too much food is not healthy. Realistically, you want to eat the least amount of food with the most amount of nutrition. This would be ideal for our bodies.

However, eating food is satisfying. Luckily, there is a way to make nutrient rich foods taste delicious. Thus, you can eat for purpose and pleasure.

### **2) Understand Temptation**

It is not your fault that you crave foods that are unhealthy for you.

Food companies have created artificial foods packed with sugars, fats, and salts. These foods are not natural. They don't occur anywhere in nature. They are literally man-made drugs.

Nowadays we have an abundant supply of food. So although our bodies work the same as they did in the past, our environment does not.

In the past we had to consume the highest calorie foods without hesitation, because we may not have been able to eat for long periods of time. The excess food would be stored as fat. Then we would burn off the fat during periods of starvation. For this biological reason, your brain is constantly telling you to seek out the highest calorie foods.

Fake foods with unnatural levels of sweetness, salt, and fat (not found anywhere in nature) have become the norm. Therefore, when we eat natural fruits or vegetables they taste bland and unsatisfying.

We are meant to be satisfied by these natural foods. Overtime we can get back to our intended norm but just like any drug addiction it takes time and discipline to overcome.

### **3) Further Your Nutrition Education**

You don't need a meal plan.  
You need an understanding of nutrition.

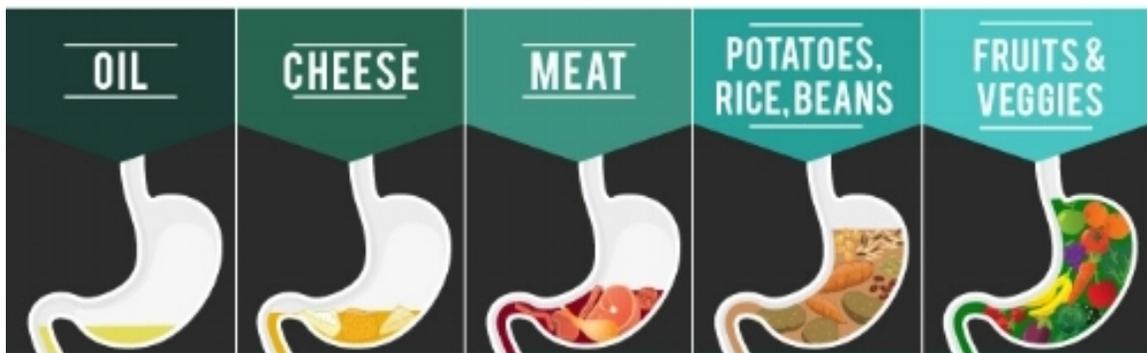
We all prefer different foods. You need to create a diet / lifestyle that works specifically for you. Discover which healthy foods and meals you prefer. Find a way to incorporate them into your diet.

If someone else is telling you exactly what to eat (ie: meal plan) and you don't enjoy that diet, you will rebel into bad eating habits.

This is your life. Therefore, you must take responsibility. Continuously educate yourself about nutrition. Use your education to create a healthy and enjoyable way of eating that you can maintain for the long-term.

Your healthy style of eating should be permanent, not be temporary.

## CALORIE DENSITY WHAT 500 CALORIES LOOK LIKE



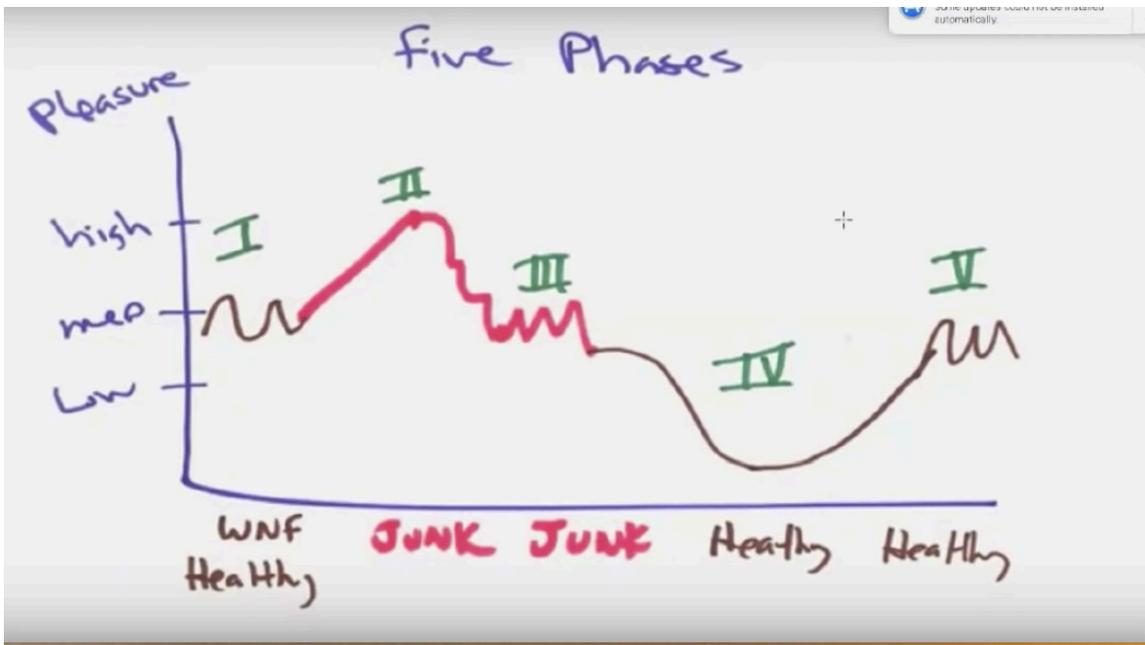
## CALORIE DENSITY WEIGHT LOSS KEY

CALORIES  
PER POUND

- 100 CALS.** - VEGETABLES (NON-STARCHY)
- 300 CALS.** - FRUIT
- 400 CALS.** - POTATO, CORN, SQUASH, OATS
- 500 CALS.** - WHOLE GRAINS, RICE, PASTA
- 600 CALS.** - BEANS & LEGUMES Eat More  
^

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- 750 CALS.** - AVOCADOS v  
Eat Less
- 1200 CALS.** - ICE CREAM
- 1400 CALS.** - BREAD/BAGELS/WRAPPS
- 1600 CALS.** - CHEESE, DRY CEREAL
- 1800 CALS.** - SUGAR, CRACKERS, POPCORN
- 2500 CALS.** - CHOCOLATE
- 2800 CALS.** - NUTS, SEEDS, BUTTERS, TAHINI
- 4000 CALS.** - ALL OILS, OIL-POPPED POPCORN



# NUTRITION

- 1) EAT REAL FOOD
- 2) FOUNDATION OF PLANT BASED
- 3) MACRO AWARENESS ~~OBSESSION~~
- 4) IN THEIR NATURAL STATE
- 5) LOW CALORIE DENSITY ✓  
HIGH NUTRIENT ✓

- A) PURPOSE > PLEASURE
- B) UNDERSTAND TEMPTATION
- C) KEEP LEARNING

The bottom page contains a smaller version of the 'Five Phases' graph, showing pleasure levels for 'Healthy', 'Junk', 'Junk', 'Healthy', and 'Healthy' phases.

## SECTION C – Live Like You’re A Professional

### Module 12: Unusual Drinks You Can Use To Make Your Gains Come Quicker

Proper hydration will allow your body to operate more efficiently.

Poor nutrition can result in unnecessary fatigue, soreness, lower energy levels, and an overall less efficient body.

When you consistently hydrate your body properly you can expect:

- Higher energy levels
- Faster recovery (reduces soreness & stiffness)
- Better joint health
- More efficient muscle growth
- Reduced chance of unnecessary injuries
- Increased stamina
- Helps to avoid cramping
- Better digestion and general health

### **Which principles will we use to achieve these objectives?**

#### **1) Water Above All Else**

I'll show you different drinks you can consume to produce different results. However, the most important drink that you consume is water.

The fact that your body is made up of 70% water should be a good indication of what your body truly needs and desires.

*\*I would encourage you to drink purified / filtered water instead of contaminated tap water (which contains toxins, metals, chemicals, etc.)*

## **2) Don't Drink Your Calories**

I would encourage you to stop drinking calorie dense fluids. Stop drinking sodas, juices, or any processed drinks.

Firstly, most of these drinks are packed full of artificial sugars and chemicals. Both of which have negative impact on your body.

Secondly, they don't fill you up the way food does. Therefore you can consume calories from drinks but it will not increase your level of satiation (feeling full).

## **3) Consume Fluids Before, During, and After Training**

Water consumption is important throughout the day but extremely important around training.

Aim to drink at least 500mL of water before training and during training. Consume 1 litre of water post training to speed recovery.

## **What are these other drinks?**

Here are a few drinks I consume to obtain helpful benefits:

### ***Green Tea / Ginseng Tea***

- increase energy and mental alertness

### ***Apple Cider Vinegar, Lime Juice w/ Cold Water***

- aid in digestion / reduce insulin levels

### ***Lemon, Ginger, Turmeric w/ Hot Water***

- aid in digestion and elimination / reduce inflammation

### ***Sleepy Time Tea***

- increase speed at which you fall asleep & quality of your sleep

## SECTION C – Live Like You’re A Professional

### Module 13: How To Increase Sleep Quality For Super-Human Recovery

Sleep is where the progress is made. You create stimulation for development through your training but the real results come from the most important form of recovery: sleep

It’s impossible to get noticeable results from your training if you don’t master the skill of a good night sleep.

When you provide your body with quality sleep you can expect:

- Faster and better recovery from training / playing
- Faster gains (muscle growth and stamina)
- Higher energy levels
- Better focus and mental clarity
- Reduced chance of unnecessary injuries / soreness
- Increased health and longevity

### **Which principles will we use to achieve these objectives?**

#### **1) Aim for 6 – 8\* hours**

Different people can operate effectively on different levels of sleep. However, if we are looking to optimize our growth and recovery I would suggest aiming for at least 8 hours of sleep each night.

## **2) QUALITY and Quantity of Sleep**

There is a big difference between being in bed and getting quality sleep. Your sleep quality can be effected by different factors such as: body temperature, stress levels, digestion, melatonin production, etc

I'll show you some helpful tips to improve sleep quality but start becoming more aware of the quality of your sleep. Try different things and assess how you feel each morning.

*Did you wake up constantly throughout the night?*

*Were you tossing and turning?*

*Did you fall asleep quickly?*

*Do you feel rejuvenated or tired when you wake up?*

## **3) Listening to your body**

I recommend 8 hours of sleep per night. However, your body will tell you when it needs more.

Perhaps you've had a demanding playing / training schedule, your nutrition hasn't been adequate, personal life has increased stress levels, all of these factors can effect your bodies recovery requirements.

Don't be afraid to increase sleep quantity when needed.

Be honest with yourself. There is a difference between being lazy, sleeping on your goals, letting your days get away – and – listening to your body, giving it more time to recover when it truly needs it.

## **How can we improve the quality of our sleep?**

### **1) Go To Bed At Same Time**

If possible, get your body into the routine of going to bed at the same time. I realize this isn't always possible. However, the routine of falling asleep and waking up at the same time each day will increase the quality of your sleep and speed at which you fall asleep.

### **2) Use Sleep Aids**

Personally I use two sleep aids to improve the quality of my sleep:

Sleepy Time Tea (contains valerian root and chamomile)

Melatonin (0.5 – 1.0 mg per night for consistent use)

### **3) Reduce Blue Light Before Bed**

Blue light exposure before bed inhibits your body's ability to produce melatonin (sleep hormone) and fall asleep quickly.

If possible, don't watch TV, use computer, or mobile devices 1 hour before bed. However, if you needed you can use certain applications (flux for computer) or simply reduce your cell phone brightness (+ warmer screen option) to reduce the negative side effects of blue light.

### **4) Colder Temperature**

Sleeping at a cooler temperature has been proven to improve sleep quality. Personally, I set my thermostat to 19.5 degrees Celsius (for comparison - room temperature is usually 22 degrees Celsius).

However, you may want to experiment with different temperatures and see which produces the best results for you.

I also like to sleep with a window slightly open to reduce the temperature but provide my body with fresh air to breathe while sleeping.

## **5) Dark Room**

Sleeping in complete darkness has also been proven to improve sleep quality.

Turn off all lights, close doors, and use blackout blinds.

### **\*When it is time to wake up:**

NO HESITATION  
NO SNOOZE BUTTON  
GET YOUR ASS UP  
ATTACK THE DAY WITH PURPOSE

This is your first choice of the day, make one that will take you closer to your goals and set you up for success throughout the rest of the day.

## SECTION C – Live Like You’re A Professional

### Module 14: The Complete Weight Loss & Weight Gain Guide (Easy To Understand)

It’s impossible to perform at your best if you don’t have your weight under control. We want to be lean and light, yet strong and powerful.

Obtaining and maintaining an ideal body weight will:

- Improve speed and quickness
- Increase stamina and breathing efficiency
- Reduce the chance of injury
- Eliminate unnecessary stress on the body
- Improve overall athletic performance
- Boost self-esteem and confidence

#### **How do we know if we should loss weight?**

Question: *do you have clearly defined abs?*

This is a good indication of if you need to lose weight or not:

*Over 15% -> Need to Lose*

*13 – 15% -> Getting Better*

*11 – 12% -> This is Good*

*8 – 10% -> Amazing*

#### **How do we know if we should gain weight?**

Question: *do you really want to gain weight?*

In most situations, we don’t necessarily want to gain weight. Becoming bigger and heavier doesn’t usually make you better at soccer. However, we do want to build muscle and strength.

*Do you want to gain weight (mass)?  
Or do you actually want to build muscle? get stronger?*

You can be bigger, stronger, and look better at a lighter weight, if you are lean and have muscle on your body.

## **How are we going to lose burn fat?**

### **1) Reduce Calories**

If we want to burn fat, we must consume fewer calories than our body burns.

You can attempt to burn fat by increasing exercise but the amount of calories you burn through exercise is actually quite small, in relation to the amount of calories you can effortlessly eat.

### **2) Reduce Time Eating Window**

Increase the amount of time where you don't eat food during the day.

This is referred to as intermittent fasting. When you refrain from eating, your insulin levels drop - which puts you into a fat burning state. Every time you eat your insulin levels will increase and you will burn less fat.

Obviously you still need calories and nutrients, especially if you're training and playing. However, you can consume those calories in a shorter time window during the day and still maintain muscle and energy.

#### **4) Hack Insulin Levels**

You can use certain tricks to control insulin levels:

- i) Drinking apple cider vinegar & lime with meals
- ii) Cinnamon, acid, and vinegar on food
- iii) Strength training before meals
- iv) Walking after meals

#### **3) Don't Eat Directly After Exercise**

The hormonal effect of exercise forces your body to burn more fat (reduce insulin) post-exercise. This effect will be diminished if you consume food immediately after training because eating will increase insulin levels (especially high carbohydrate & protein rich meals).

You can take advantage of this hormonal effect by not eating directly after your workouts to get more of the fat burning benefit.

### **How are we going to build muscle?**

#### **1) Stimulate Muscle Growth**

If you're consuming excessive calories but not stimulating your muscles to grow, you will gain fat (not muscle). Gaining weight is not beneficial if it isn't converted into muscle.

Train to stimulate muscle growth with progressive strength training.

#### **2) Increase Calories (and Protein)**

To gain muscle efficiently you should eat in a caloric surplus = consuming more calories than your body burns. This will ensure your body has all the nutrients it needs to recover from your training and rebuild broken down muscle tissue.

### **3) Increase Meal Frequency**

When insulin levels are low the body is in a fat burning state. When insulin levels are high, the body is in a muscle building state.

By increasing the frequency of your meals, you're insulin levels will remain higher throughout the day, which will promote muscle growth and weight gain.

### **4) Eat Directly After Exercise**

To build as much muscle as possible, consume a source of carbohydrates and protein immediately after exercise.

This will pump depleted glycogen back into the muscle. It will also start the recovery process of broken down muscle tissue faster.

## **How should we obtain our ideal weight?**

### **1) Determine Your Ideal Weight**

*What do you believe your ideal weight for performing your absolute best in soccer would be?*

*At which weight would you feel light and explosive?*

### **2) Monitor Progress Daily**

Each day monitor your weight (step on the scale).

*Are you moving closer to that goal?  
Or are you moving further away?*

Depending on your results, make adjustments to your nutrition, training, and meal frequency based on the recommendations above.

### **3) Focus on Nutrition**

If you're struggling to lose weight or gain weight, it usually comes down to your nutrition.

Take a closer look at the foods that you're eating. They are the answer to your success or struggle.

### **4) Be Patient**

Most people give up with their weight loss / weight gain goals because they don't see immediate results.

People don't put on 20 lbs in 2 days  
and they are not going to take it off in 2 days either.

Make small progress towards your goals each day and realize it takes time to change your body composition. Be patient.



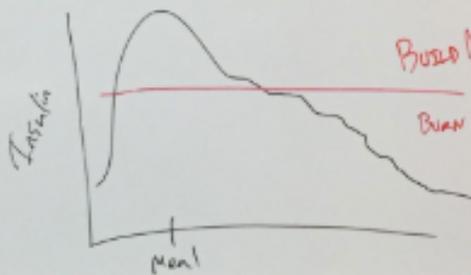
# WEIGHT CONTROL

- 1 Determine \*
- 2 Monitor # Patience
- 3 Nutrition

## SHOULD I LOSE WEIGHT?

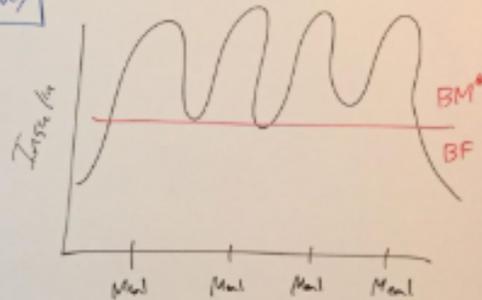
- 15%+ → Need to Lose
- 13-15% → Getting Better
- 11-12% → This is Good
- 8-10% → Amazing!

- CALORIES
- TIMING
- FASTING
- FREQUENCY



## SHOULD I GAIN WEIGHT?

GAIN WEIGHT VS BUILD MUSCLE ✓  
GET STRONGER ✓



## SECTION C – Live Like You’re A Professional

### Module 15: Which Supplements Can Make You Fitter, Faster, and Stronger

Should you use supplements?

That depends on several factors but I would NOT encourage the use of supplements if:

- 1) *You are under the age of 16*
- 2) *You are not consistent with your training*
- 3) *You are not consistent with proper hydration*
- 4) *You are not consistent with proper nutrition*

Supplements can aid in your training and help you get faster results. However, if these other components are not in place you will be wasting your money.

When supplements are used in combination with consistent training, hydration, and nutrition you can expect:

- Faster recovery after training / playing
- Increased energy levels and stamina
- Speed up the process of muscle growth
- Reduce unnecessary fatigue and exhaustion
- Give you that extra 10%

### **How should I use supplements to get the best results?**

#### **1) All natural**

Supplements can range from basic vitamins to sport-performance powders. Whenever selecting a supplement you want to choose the most natural option.

Especially when you look at sports supplements like pre-workouts and BCAAs you will quickly discover that most of the options come with artificial sugars, chemicals, and excessive amounts of caffeine.

If you are going to use supplements try to select the most natural option available (limited or zero “Non-Medical” ingredients).

## **2) Least amount for maximum result**

There are so many different supplements on the market, it’s easy to become overwhelmed and find a reason to take everything possible.

You want to be smart about your supplementation intake. Based on your needs try to determine which supplements you truly need and which you can do without.

## **3) Consistently**

In order to get the real benefits of supplements you need to use them on a consistent basis. You can’t take a vitamin 1 day and expect it to have an impact on your body. The real benefits come from consistent use.

However, when my goals are cleansing / detoxification or fat loss I will eliminate performance supplements (list below) from my routine because they have adverse effects on my insulin levels which will work against my goals.

If my goals are optimum performance or muscle building, I will be consistent with the sports performance supplements (list below).

## **What supplements do I use?**

### **1) Energy**

B Complex (w/ B12), Vitamin D, Co-Enzyme Q10 (daily)  
Ginseng and Rhodilia (only when noticeably low on energy)

### **2) Recovery**

Magnesium, Potassium, Zinc. Omega 3 (daily w/ food)

### **3) Performance**

Vega Natural Sports Performance:

- Energy Booster (before)
- Electrolytes (during)
- Recovery Accelerator (after)

Branch Chain Amino Acids (BCAA) – pre and post training

Creatine – pre and post training

Citruline – pre training

Glutamine – post training

### **4) Sleep**

Melatonin (30 mins before bed)

## SECTION C – Live Like You’re A Professional

# Module 16: Breathing: What We’ve Been Doing Wrong All This Time

What if everything you knew about breathing was wrong?

I realize this is a crazy concept but I’ve personally corrected my breathing over the last 2 years and it has made some incredible changes to my general health and sports performance.

If you are currently breathing inefficiently, learning to breath correctly during your daily life, training, and performance can:

- Increase energy levels
- Improve stamina (without doing fitness training)
- Lower heart rate and blood pressure
- Increase recovery during and after matches
- Increase calmness and composure
- Produce better sleep quality (which leads to better recovery)
- Improve overall match performance

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

### **1) Nasal Breathing**

You should always be breathing through your nose. The nose has been designed to improve the absorption of oxygen and act as a filter against harmful pollutants / toxins found in the air. The only time your mouth should be open is when you are talking or eating.

Practice nasal breathing throughout your daily life, while training / playing, and during sleep. In the beginning this will feel awkward and isn’t always possible during intense period of play but whenever possible, breathe through your nose.

## **2) Breath Holds**

Throughout this program we will use breath hold exercises to increase our stamina and ability to recover faster without actually doing fitness training or running.

To perform the basic breathe hold exercise while walking:

- i. Exhale through your nose.*
- ii. Cover your nose.*
- iii. Count your steps.*
- iv. Hold your breath until you have a need for air.*
- v. Progress the amount of steps you take over time.*

## **3) Breathe Light (NOT DEEP)**

The best breath is one you cannot see.

If you look at someone in great shape, their breathing is calm, silent, and soft. Compared to someone who is in poor shape, their breathing is erratic, loud, and heavy.

We've been told to take deep breaths to calm ourselves or to recover faster. However, this isn't the correct information. Instead of breathing deeper we actually want to focus on breathing lighter.

Calming your breath, making it softer, reducing the amount of oxygen your body needs to operate. Efficient bodies use less oxygen to produce work. Inefficient bodies require more oxygen to produce the same amount of work.

During daily life, training, moments of recovery or needed composure – focus on lightening your breath. Breathe light to breathe right.

## **How are we going to implement these principles?**

### **1) Practice proper nasal breathing technique**

- i. *Close your mouth.*
- ii. *Set your jaw (bottom and top teeth touching).*
- iii. *Nasal breathe (light and calm).*

### **2) Catch Yourself & Change Habit**

Now that you are aware of how to breathe properly you will catch yourself multiple times throughout the day, breathing through your mouth.

The more you catch yourself and immediately change the habit. The quicker you will convert from a mouth breather to a nose breather.

### **3) Breath Awareness When Playing**

You will not always be able to breathe through your nose when playing. Obviously there are times when you are lost in the moment. Dribbling through players, battling for possession, slide tackling, etc.

Whenever possible become aware of your breath during play, especially during moments of recovery.

Instead of panting with your mouth open focus on nasal breathing, calming your breathe, and attempting to recover as quickly as possible.

*\*When you first transition from mouth breathing to nasal breathing, it will feel awkward. You may even feel that you are not being as efficient with your breathing. This is normal.*

*With every change comes resistance. Remain focused on the long-term benefits, keep practicing, change the habit, and overtime you will start to realize the incredible benefits of proper breathing.*

THE  
OXYGEN  
ADVANTAGE



THE SIMPLE, SCIENTIFICALLY PROVEN  
BREATHING TECHNIQUES FOR A HEALTHIER,  
SLIMMER, FASTER, AND FITTER YOU

---

PATRICK  
MCKEOWN

FOREWORD BY DR. JOSEPH MERCOLA  
READ BY ALAN SMYTH

# BREATHING

① NASAL BREATHING

Ⓐ MOUTH CLOSED  
JAW SET  
LIGHT NOSE

② BREATHE HOLDS

Ⓑ CATCH YOURSELF!

Ⓒ CONTROL DURING PLAY

③ BREATHING LIGHT

~~NOT DEEP~~

## SECTION C – Live Like You’re A Professional

### Module 17: How To Safely Avoid Burnout, Overtraining, and Injuries

***Body Awareness:*** *the art of listening to your body and adjusting your training without losing momentum.*

This is a crucial component of the training program because what we want to do (to achieve our goals) and what our body wants us to do, are two different things. We must find a balance between the two.

Throughout this program, you will have to listen to your body to adjust the amount and type of training you do each day.

Failure to listen to your body can result in soreness, fatigue, loss of motivation, and increased chance of injury.

Listening to your body and adjusting your training properly will create:

- Increased recovery time
- Increased muscle and stamina gains
- Reduced chance of injury or sickness
- Reduced fatigue, soreness, and stiffness
- Increased motivation and mental focus
- Better performances on match day

#### **How will we practice proper body awareness?**

Your body will tell you what it’s capable of each day. To understand it more clearly we must assess certain factors to make the best adjustments to our training.

## **Factors Affecting Your Ability To Train:**

- 1) *Soreness*
- 2) *Energy levels*
- 3) *Mental focus*
- 4) *Injuries (knocks)*
- 5) *Sleep*
- 6) *Nutrition & Hydration*
- 7) *Response to training / playing*

Based on these areas you will have to determine if you are able to increase, maintain, or reduce your training.

Keep in mind - injuries, fatigue, and exhaustion are rarely a result of overtraining. In most situations they are a case of being undernourished.

Your body will be able to handle increased training demands if you increase the quality of your nutrition, hydration, and sleep. However, we must always listen to our bodies and adjust accordingly.

*\*When focusing on fat loss (module 14) it's understandable that your body will feel tired and weaker because it's in a depleted state to achieve a specific goal. Use this information to adjust your training while still moving forward.*

## **How will we practice proper body awareness?**

### **1) Assess Your Body**

Each day assess the 7 factors addressed above.

Overall, how do you feel? Are you capable of increasing training, maintaining, or do you need to reduce training?

## **2) Modify Training**

Just because you feel lower on energy, have muscle soreness, or a small injury doesn't mean you have to completely stop your training.

You want to continue your training but in a modified way that will still allow you to move forward without hurting your recovery, energy levels, motivation, etc.

Modifying your training can mean:

- i. Reducing the amount of training sessions (1-4)*
- ii. Reducing the intensity or duration of the drills.*
- iii. Eliminating certain exercises from the routine.*

Some days you may start a workout with the intention of modifying but after a short warm up, you will quickly find that the movement has made you feel better, increased energy, and relieved soreness.

## **3) Make Adjustments to Your Lifestyle**

Throughout your daily body assessment you may have determined that certain factors were negatively effecting how your body feels.

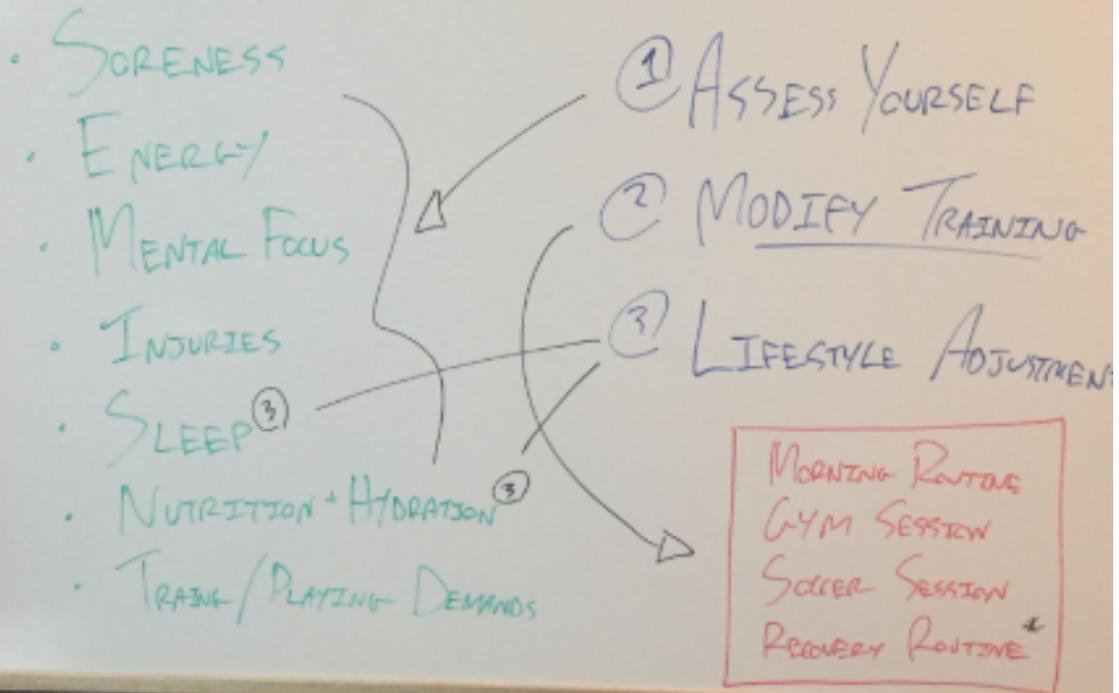
Although we can't always control certain factors like:  
team games and practices

We can control certain lifestyle factors like: nutrition, hydration, sleep, and recovery sessions. Be honest about the effort you've put into each of these areas because they are directly effecting how your body feels.

If you can make adjustments to these areas to increase your recovery, energy, mood, and the way your body feels each morning; do it!

It's going to allow you to make more out of each day, continuously move forward, and progress faster.

# BODY AWARENESS



## 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](http://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.

## 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.

## 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

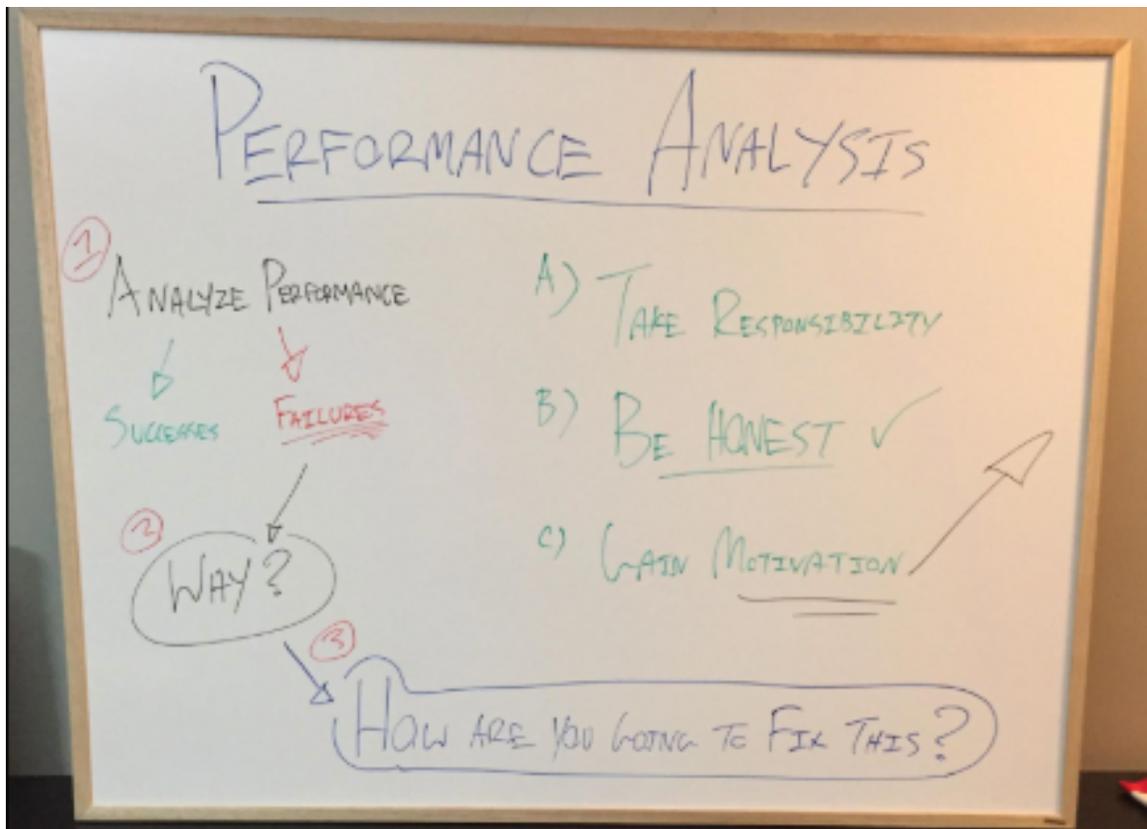
*Losers become discouraged by failure.  
Winners become motivated by failure.*

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.



## 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?**

<b>ACTION</b>	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 ✓

## SECTION E – Guarantee Your Success

### Module 22: The Truth About Your Football Future

The truth is...

You are going to use the methods and principles from this program. You are going to improve. You are going to achieve goals. You are going to have the best season of your life.

But...

All of that is just a bonus to what's really important:

It's not about what you achieve,  
but who you become.

The principles in this program can be used to become not only a successful soccer player but also a successful person.

And because I want the best for you...

I'm going to hold you to a higher standard.

You will achieve success in soccer.

But you are also going to achieve success in the other areas of your life.

I've given you the tools to make that happen.  
Now it's up to you to follow through.

**A few more things I'd like to say:**

## **1) Thank you!**

Once again I would like to personally thank you for investing in this course. Your belief in my ability to make you a better player is humbling.

Your purchase is helping me turn my passion for football into a profession. For that reason, you are awesome!

## **2) Congratulations (just the beginning)**

Well done. You've already taken more personal action with this program, than most players will in their entire career. However, this is just the beginning for you. Working through these modules is a great start but the real results are going to come from consistent training and daily application of the principles learned.

If you don't hold yourself accountable you will fall back into your old habits and get your old results. If you want new results, take these new ideas and put them into action.

## **3) Testimonial**

If you follow through with this program and:

- a) notice some positive changes in your game*
- b) achieve some meaningful personal goals*

Please contact me and share your transformation story:

Email: [info@progressivesoccertraining.com](mailto:info@progressivesoccertraining.com)

Facebook: [www.facebook.com/dylantooby](http://www.facebook.com/dylantooby)

IG: [www.instagram.com/progressivesoccer](http://www.instagram.com/progressivesoccer)

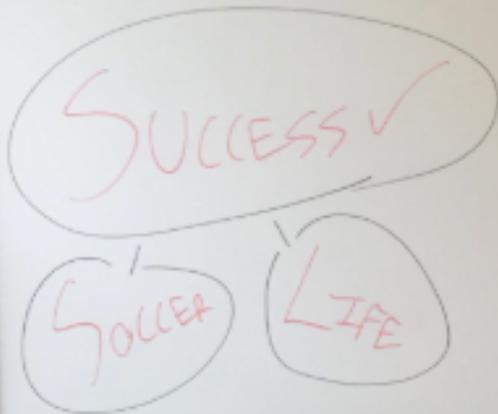
## **4) Referral**

If you find this program valuable please encourage your friends and teammates to get their own personal access to this course:

[www.progressivesoccertraining.com/train-2-dominate](http://www.progressivesoccertraining.com/train-2-dominate)

You Will Do THIS!

It's NOT what you achieve,  
But who you become.



THANK YOU

CONGRATULATIONS

TESTIMONIAL @progressive-soccer  
Dylan Tudy  
info@progressivesoccertraining.com

REFERRALS