

So You Want To Be A Soccer Player?

A Beginner's Guide To Soccer Player Development



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Introduction

This E-Book has been created with one purpose in mind: **to help you become a better Soccer player**. If you want to become a better Soccer player the first and most important thing you need is **the desire to improve**. If you want to improve.. you will.

The information in this E-Book has the potential to kick start your Soccer career and guide you towards long term Soccer success. However, **the valuable information in this E-Book is completely useless unless you choose to take action and apply what you learn**. If you want to see results you have to take action.

So you want to be a Soccer Player? Well it's time to wake up to the harsh reality of the Soccer world. Hopefully you're reading this book sooner rather than later, because the more time you have ahead of you, the better you can prepare yourself for the road ahead.

Are you ready to put in the work necessary to make it to the top? Are you ready to commit your time and effort to improving your skills? Are you ready to do whatever it takes to relentlessly pursue your dreams? Or are you all talk? Would you rather spend your time playing video games and eating chocolate bars, instead of training in the gym or watching game tapes?

**We all have the potential to be great Soccer players,
some of us are just willing to work a little harder to get there.**



Before we get started, ask yourself a few questions:

1) Do you actually enjoy playing Soccer?

If you want to make Soccer your life, or at least a big part of it, it has to be your passion. Are you itching for the next time you get to step onto the Soccer field? Do you day dream about playing Soccer, scoring goals, and winning games? Or are you playing because your mother or father has pushed it on you? Are you playing only because your friends are doing it? If you reading this E-Book right now, I'd like to think that's probably not the case; but let's just take a second to make things clear. **Your passion is what is going to keep you moving towards success while others fall off the path.** When you're passionate about what your doing, you don't mind putting in the work necessary to get better, you enjoy it.

2) Are you willing to put in the work?

Let's be honest, there's nothing wrong with playing Soccer at a recreational level. The beautiful thing about Soccer is everyone can enjoy playing the game regardless of your skill level. However, **if you're serious about becoming a better Soccer player and progressing your career you must be willing to put in countless hours of practice and study.** It is not going to be a smooth road. There are going to be bumps, obstacles, and mountains to climb. However, if you're committed to achieving your goals, then these mountains will inspire you. Every obstacle you overcome will make you stronger, better, and take you that much closer to achieving your goals.

3) Are you ready to start today?

The journey starts now. Today! Not tomorrow. Not after you get some more free time. Not after you take another week off. Not "someday" down the line. Right now! I think Reverend Ike worded it best when he said *"I've heard of Monday, Tuesday, Wednesday, Thursday, and Friday. But I've never heard of Someday"*. **If you're serious about reaching your full potential as a Soccer player, the time is now.**

I hope you've actually gone through the process of asking yourself these questions and coming up with honest answers. This journey isn't cut out for everyone, but if you're one of those that realize you have what it takes to make it (and believe me, we all have what it takes), then let's take a step together and get started on chasing down your Soccer dreams.



Era Of The Complete Soccer Player

In today's modern game, the players are better than ever. Every player is becoming more technically skilled, faster, stronger, quicker, smarter and more mental tough. Every player is becoming "well rounded. The best players are the best because they have worked to improve all areas of their game. They are good defenders as well as good attackers. They are physically fit and technically skilled. Players understand the game better than ever before, they are smarter. They are good communicators, motivators, and leaders. The best players work to develop all aspects of their game and leave nothing behind.

If you're serious about becoming a better Soccer player and playing at the highest level you can achieve, then you need to do the same. Commit to developing all areas of your game. Work to remove your weaknesses and develop your strengths even more. Commit and work to become a more **complete Soccer player**.



There are four areas of Soccer player development.
When combined together they create the “Complete” Soccer player:

1. **Technical**
2. **Physical**
3. **Tactical**
4. **Mental**

If you want to tap into your full potential as a Soccer player you need to consistently work to improve every area (rather than 1 or 2). Remember, there is always room for improvement. No matter how good you are, you can always get better. You should always want to get better. Commit to a career of continual improvement and you will be rewarded for your efforts in one way or another.

This concept should be applied not only to Soccer, but to all areas of your life. **Never stop improving.** Commit yourself to a lifestyle of never ending improvement and your life will be filled with success, both on and off the Soccer field.



Technical Development

The most athletic Soccer player is useless without good technical skills. Players who rely solely on their physical attributes and neglect developing their technical abilities may as well stop playing Soccer and take up Wrestling. I am not down playing the importance of being physically fit (infact being physically fitter than your competition can give you huge advantages on the Soccer field). However, relying on physical fitness alone will result in a very short Soccer career.

Technical skill should be the cornerstone of every Soccer player's development. Being able to run the whole field in under 10 seconds or playing your positioning tactically perfect are both great, but if you can't even receive a pass when a teammate gives you the ball, you're going to be a waste of space on the pitch. **If your serious about becoming a better Soccer player, you need to commit to becoming a better technically skilled player.** Your basic skills are something you need to practice everyday. Remember, you can always get better.

There are several different areas of Technical Soccer player development:

- **Dribbling**
- **Ball Control**
- **Passing**
- **Shooting & Finishing**
- **Tackling**
- **Heading**

Do yourself a favour and commit to continually improving each of the above skillsets on a regular basis. Some areas may need more attention than others but no area should be neglected. Below are some examples of how you could start improving these skills right away.

Dribbling. Dribble a ball around the house. If you go for a washroom break, the ball comes with you. If you have to make a sandwich in the kitchen, the ball is on your foot. The more touches you get on the ball, the better your dribbling will become. You don't have to speed around your living room or do triple step overs around your cat but the simple act of keeping the ball at your feet will help to improve your dribbling skills over time. Those touches will add up. Here's a video to help you get started: <http://www.youtube.com/watch?v=mzkgS6pA7iY>

Ball Control. Juggle a Soccer ball every day. Set a record. Whatever your record may be, the next day practice your juggling again and beat your score by at least 1. Each day will require you to improve your focus, self-expectations, and ball control. It only takes 5-10 minutes a day. However, if you're dedicated enough, you may find it easy to put in even more time. Challenge yourself with different juggling techniques (here are some to get you started: <http://www.youtube.com/watch?v=QIEIQ0GTWYI>) Become confident and comfortable with both feet and different parts of your body.

Passing. Pass the ball against a wall 100 times a day (sounds like a lot but it will probably take 3 minutes). Always practice with both feet and work to become comfortable with all parts of your boot: inside, outside, laces, toe, even your heel. When the ball comes back to you practice your receiving. Your "first touch" is so important in Soccer. A good first touch will make the difference between losing and keeping possession of the ball 9 times out of 10. Here's a better idea of how it looks: <http://www.youtube.com/watch?v=pROwVt0Pi1Y>



Shooting. Similar to passing your shooting technique can be practiced against a wall (I usually outline a net on the wall with a piece of chalk or some tape) or a net. Spending 10 minutes a day improving your shooting technique is one of the best things you can do for your Soccer future (Example: <http://www.youtube.com/watch?v=EheJehuLKQU>). If you can learn to become a confident striker of the ball you will have a huge advantage over most players in your league. Always focus on your technique before power and don't forget to practice with both feet, I cannot stress this enough.

Tackling. Obviously practicing your tackling on your own is much easier said than done. The best opportunity to improve your tackling is in your team training sessions. If you can learn to enjoy defending and tackling you will become a better Soccer player instantly. Focus on closing down your opponents quickly and making strong, hard tackles. **The player who wants the ball more is always the one who comes out in possession.** Want it.

Heading. Too many players neglect heading and don't give it enough attention. Being able to win aerial battles will significantly improve your value as a Soccer player. Again this is a difficult skill to practice on your own but if you are committed to improving, there is always a way. Throw a Soccer ball against the wall with an upward trajectory. Jump high and meet the ball, head it back towards the wall (Here's how it looks: <http://www.youtube.com/watch?v=JKLZLVpIULI>). As you improve you can focus on improving your heading accuracy and power.



Realistically you could complete all of these exercises in less than 30 minutes a day. If you're really motivated to become a better player 30 minutes may not seem like long enough. You can spend all day practicing and improving your technical skills. Just make sure you tell your mother where you are so she doesn't think you've gone missing. Remember, no matter how good you are, you can always get better.

You no longer have any excuses. I have just shared with you some valuable ideas on how to improve your basic Soccer skills. The rest is up to you. You can either choose not to apply this advice and stay the same player you are today or you may chose to start taking action and put these ideas into action. You're a smart person. I know you'll make the right choice.

Physical Development

"The dictionary is on the only place you will find Success come before Work"
- Vince Lombardi

In order to become a more effective player on the pitch you need to commit to becoming more physically fit. Becoming physically fit is not an easy task. It will not happen overnight and it will not happen without hard work and sacrifice. Becoming physically fit is as much a mental task as a physical one. Are you going to be mentally strong enough to get up early in the morning and go for a run while your competition is sleeping? Are you going to be motivated enough to push yourself forward in the gym when others would give up? Are you going to have the discipline to provide your body with proper nutrition and recovery while your opponents take back double cheeseburgers and cherry cola. **If you're serious about becoming a better Soccer player you should have no shortage of motivation. Now all you have to do is find and combine focus, discipline, and mental toughness.**

I know some of you may dread the thought of going to the gym or running on your own time, but if you really want to achieve your dreams, it's something you're going to have to get used to. Give it a chance. Once you get into a consistent physical conditioning routine, exercising and training becomes fun. Once you get over that initial hump, physical conditioning can be a lot of fun, a stress reliever, it does wonders for your self confidence, and not to mention it is a crucial ingredient in achieving your full potential as a Soccer player.

Being fit is more than being able to run for 90 minutes. There are several components of being physically fit and you need to give quality attention to each component.

For the purpose of this book I have separated Physical Soccer player development into four main categories:

- **Strength & Power**
 - **Flexibility**
 - **Endurance**
- **Speed & Acceleration**

Below are examples of how you could improve each area of your Physical fitness:

Strength & Power. Improving your strength and power will help you protect the ball, win challenges, and blow past your opponents with blistering speed (just to name a few benefits). The most common way to improve strength and power is through challenging weight training routines. If you're not already on a weight training program, you need to start. Focus on "functional training" rather than "body building"; looking good is one thing but performing well on the field is a whole different topic. Use full body exercises like, squats, dead lifts, bench presses, and clean & jerks.

If you're below the age of 14 or new to strength conditioning you should start with bodyweight exercises (here's an example: <http://www.youtube.com/watch?v=Bq5gvlIGQvk>) Once you have become comfortable controlling your own bodyweight you can start using weights.

Flexibility. Realistically you should stretch every day. Stretching does wonders for your general health as well as improving your performance on the Soccer field. Take 5 minutes out of your busy day and stretch the major parts of your body. Here is an example of some stretches you could do to improve your flexibility: <http://www.youtube.com/watch?v=8BewDTFU-gA>

Flexibility is something that is too often overlooked. If you want to prolong your career by 10 years and avoid injuries and soreness make improving your flexibility one of your major fitness goals.

Endurance. The game is 90 minutes long. Can you play at the top of your game for 90 minutes or are you fading off by the 60th? The best way to improve your endurance is by running. If your really committed you can go for a run every day. You may want to start with at least 3 times a week. All it takes is 15 minutes. Over time you can increase the length of your runs and the speed at which you run. If you find running for long distances boring there are other short distance running drills you can do to improve your endurance (Try this out: <http://www.youtube.com/watch?v=DPyEMA8-27c>)

Speed & Acceleration. To increase your speed and acceleration you need to focus on sprint training. Doing a combination of short distance hill and flat ground sprints (30, 50, and 80 yard variations) is a great way to get started. I would recommend doing exercises like this at least twice a week - <http://www.youtube.com/watch?v=USFRiMM8Ldk> . Seeing improvements is all about consistency. Put in the work and you will be rewarded for your efforts. Focus on quick, powerful starts and pushing yourself a bit faster each time.

All of these areas work together. Don't make the mistake of neglecting any aspect of your physical fitness. Improving your physical fitness is a great way to see improvements on the Soccer field. It's not going to be easy, it's going to take commitment, dedication, and hard work, but you can do it. No more excuses, the tools to improve your physical fitness are right in front of you. It's your job to put them to use. **Are you willing to put in the work?**

Tactical Development

The best players on the field may not always be the strongest, fastest or even most skilled but they **are usually the smartest**. Knowing how to play the game properly, how to play your position and formation properly are extremely important skills that take years to master. As you progress to higher levels of competition in Soccer, becoming tactically aware and game smart will become more and more important.

My advice to aspiring young Soccer players: **Watch Professional Soccer**. I know it doesn't sound like a very valuable piece of information, but give it a chance. Watching the top professional teams and players is one of the best ways to improve your understanding of the game. There is so much to learn from watching these games and the better and more experience you become, the more you will realize there is to learn. Don't just watch the ball. Watch the players both on and off the ball. Try to learn at least one thing every time you watch a Soccer game. If you aren't already you should be watching at least 1 full professional Soccer match per week.

You need to learn the roles and responsibilities of each position and how they work in different formations. There's nothing more frustrating as a Coach, then having players run all over the field chasing the ball like a pack of dogs. **You must develop your tactical understanding and game intelligence if you want to play at the top level.**

Tactics are something most players rely on their coaches to deal with, but the more tactically aware you are, the more success you will have on the field. There are also tons of books on Soccer tactics you can read. Take a trip to your local library and brush up on your tactics. Who knows, after a reading a few you may start to have dreams of becoming a world class Soccer Manager one day (after your successful career as a player of course). Being tactically aware will also make you more coachable and a better teammate. You'll adapt to new systems easily and feel comfortable playing in every position, regardless of where the Coach places you.

Improving your tactical skills will come with experience but remember to always be open to the advice your coaches, mentors, and teammates share with you. Don't be stubborn, take all advice with an open mind. The second you begin to think you know everything is the second your progression as a Soccer player will come to a stop.



Mental Development

Too many players make the mistake of neglecting the mental side of Soccer. If you are one of those players, please do yourself a huge favour. **Raise your right hand and smack yourself in the face.**

Just joking, I don't want to promote any self abuse, but seriously if you're going to neglect the mental aspect of your development, you're abusing your future as a Soccer player.

Being mentally strong is just as important as being technically skilled or physically fit. If your mind isn't on the same level as the other aspects of your game, your Soccer career is going to suffer.

You need to be motivated. The more consistent you become with your training, the easier it will be for you to keep your motivation up. If you find yourself running a little low on motivation, simply take a second to think about how it would feel to finally achieve your dreams.

Have you ever accomplished something that took hard work and dedication? If so, you know how good it feels when you finally turn your goals into accomplishments. You're probably experiencing that feeling right now just thinking about it. Wouldn't you like to feel that way again? Stay motivated. Earn your success.

You need to be focused and disciplined. If the big party this weekend or beating the next level of Grand Theft Auto, is more important to you than improving as a Soccer player, then there's seriously something wrong with your priorities.

You want to be a Soccer player, right? That's why you're reading this E-book, right? Now don't get me wrong, there is nothing wrong with enjoying a party with some friends, or relaxing with some video games. I do both from time to time. But when these distractions become your main focus and Soccer becomes second, you need to make some serious adjustments. Stay focused on your goals. Stay disciplined in your efforts.

You need to commit yourself to improvement. Every day you wake up you have an opportunity; you can either move forward or backwards. You can either put in the necessary work to become a better Soccer player or you can say "I'm good enough" and take the day off.

Don't let this happen to you. **The key to making it as far as you can as a Soccer player is continually improving.** Do you think the best players in the world were born that way? Not a chance! They worked hard every day of their lives (well maybe not every single day, but definitely a majority of them) Each day make an effort to improve as a Soccer player

even if is in the smallest detail. Those small improvements will add up over time to make you the type of Soccer player you want to be.

You need to be open to criticism. Don't be stubborn. Don't be one of those players who thinks they already know everything there is to know about Soccer (and life for that matter). Your coaches, teammates, and parents are only providing you with criticism and advice because they want to help you improve. They want to help you see your dreams come true. If you want to improve (and I know you do) be open to any criticism. Listen to their advice and try applying it to your game. If you honestly feel that the advice they are giving you isn't valuable, then don't use it, but still be respectable and listen to what they have to say. Who knows, that little piece of advice might help you get to the next level .

You need to remain positive. "Whether you think you can or can't... your right" - Henry Ford. The best thing you can possibly do for your Soccer career is work to eliminate negative self-talk and self-doubt. You have enough doubters and people hoping you fail as it is, you don't need to add to the army.

Be confident in your ability as a Soccer player. If your not, start putting in the work to get to where you want to be. However, no matter your skill level, remain positive on the Soccer field. If your thinking about messing up before you receive the ball, you will. If your thinking about succeeding... you will.

Stay positive. **Always look for solutions instead of problems.** Stay positive with yourself but also your coaches and teammates. Being negative and critical of your teammates isn't going to help anyway. Remain positive and make the most out of every situation.



Developing your Mental skillsets is something that takes years to master but as long as you are looking to learn and improve you will be miles ahead of your competition. The earlier you can get your head around this concept the better, so no matter how young or old you are work to develop your mental toughness. When times get tough your ability to remain mentality strong is what will carry you through.



Excuses or Results

If you want something bad enough, you won't let anything stop you from getting it. Becoming a great Soccer player is no different. **How badly do you want success?** No sacrifice is too large, no obstacle too challenging. Whatever it takes, you are willing to do it.

I know too many people who always make excuses for why they can't do something. Nothing is more irritating than a person who can come up with more and more excuses for why they can't do something.

"It's too cold outside." – Put on an extra sweater!

"I don't have the time." – Wake up earlier!

"It's too hard." – Suck it up you little wussy!

If this is one of your current habits, you need to drop it immediately. Grow up. Take on the responsibility and get your results.

If you're really committed to achieving your goals, you'll find a solution to every problem. You'll find a way to put those excuses aside and get the results your after. Are you someone who makes excuses? Or someone who knows what they want and gets results?

Your Opportunity

Remember when you said you wanted to be a Soccer Player?

Well, the opportunity is right here in front of you.

Your journey starts now.

Not tomorrow or the next day. Right now!

Maybe you'll go juggle the ball, do a couple pushups, or go for a jog. Maybe you'll watch a professional Soccer game, read some books on Soccer tactics, or ask for advice from your coach. **Whatever the case, start working to become the best Soccer player you can be.**

Get motivated, get focused, and start putting in the work.

We all have the ability to be great Soccer players. The difference between the ones that become great and the ones, who could have been great, is the work they are willing to put in to get there.

Remember there is no success without hard work and commitment.



Work to improve all areas of your game: **Technical, Physical, Tactical, and Mental.**

Whatever level you want to achieve in your Soccer career... it's possible as long as you take your future into your own hands. Your success depends on your commitment to your own development.

How bad do you want to succeed?

2 Week Beginner Training Program

Thanks for reading this E-Book. I hope it has educated, inspired, and motivated you to become a better Soccer player. Take your future into your own hands and start working to be the best you can be. When you combined hard work with dedication and a desire to improve... amazing things can happen.

If you have any feedback or questions you can email me
@ info@the-soccer-essentials.com

Complete this 2 week training program and email me. I want to hear about your progress. I guarantee if you stick to this training program and give your best effort everyday you will see changes in your game in 2 weeks. But this is only the beginning. 2 weeks isn't going to make you into the player you want to be. It's going to take years of practice and dedication but you can speed up the process by leveraging the power of all my training tools.

I am here to help you and I genuinely want you to succeed and become the best player you can possibly be. Think of me as your Soccer mentor. I will provide you with the tools to take your game to the top level but it's up to you to put in the work to get there.

Day 1, 3, and 5:

- 3 mins Speed Dribbling over 10 meters
 - Beat Your Juggling Record By 1
- 5 mins Two touch passing against wall (alternating feet)
- 5 mins Shooting against wall (alternating feet – open touch)
- 10 Push Ups, Squats, Sit Ups (5 seconds down, 5 seconds up)

Day 2, 4, and 6:

- 3 mins Speed Dribbling over 10 meters
 - Beat Your Juggling Record By 1
- 5 mins One Touch Passing Against Wall (alternating feet)
- 5 mins One Touch Shooting Against Wall (alternating feet)
 - 3 of each (20 meter, 50 meter, 100 meter sprints)

Day 7:

- 10 mins of Light Stretching

***Speed Dribbling:** with close control dribble to a cone 10 meters away turn quickly and repeat. The focus is on quick dribbling but close contro. Quick turns and good changes of acceleartion*

I know you found this free training guide helpful and motivating. If you are ready to take your game to the next level and really want to separate yourself from the competition, you can get a copy of my newest advanced training guide right now...

Learn Powerful Soccer Secrets That Will Take You Ahead of 95% Of The Competition With...

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