

# So you want to be a Soccer Player?

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*A reality check for aspiring Soccer players.*



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## Chapter 1 – Introduction

If you are a Soccer coach for a team full of hopeful young Soccer stars, a Soccer Mom or Dad with a son or daughter who dreams of playing at a top level someday, if you have a friend who dreams of making it to the big leagues, if you yourself are an aspiring Soccer superstar, or simply want to become the best soccer player you can within your own community, this book is a must read.

If you happen to get through this short E-Book and agree with the principles and concepts, actually let me rephrase that. *After* you get through this short E-Book and *when* you agree with the principles and concepts, I strongly suggest you get this book into the hands of those individuals who you would like to see achieve great things throughout their Soccer careers. Regardless of whoever they may be, players on your team, your son or daughter, teammates, or any other important individuals in your Soccer community, they will be grateful.

I'm going to warn you, my writing style is brutally honest. This is only because I strongly believe that in order for the truths about what it takes to progress in the world of Soccer to be properly communicated, honesty it is extremely necessary. The concepts in this book will not only help players become better Soccer players, but also better people. These mindsets and theories can be applied to all facets of life. Hopefully these ideas will resonate with you and will convince you to apply them to your life as well.

Although this E-book is directed at Soccer players, the information in here will be helpful to Soccer coaches, Moms, Dads, and Soccer enthusiast of all ages. I will be writing from the perspective as a mentor speaking to an aspiring Soccer player.

If you are a Soccer player and dream of playing Soccer at a high level (whatever that may be, Provincial, National, Collegiate, or Professional), I'm going to tell you right now, it is possible. We all have the potential inside of us to achieve our dreams. However, contrary to what some people may believe it is not going to fall in your lap. It is not going to be given to you. It is not going to be easy. So quick, before we waste another valuable second, let's get started.

## Chapter 2 – Pick up the phone. It's your wake up Call.

*Ring! Ring! Ring!*

*You wake up in the middle of the night to the sound of your phone ringing. Still in a daze and half asleep, you stumble over to the phone and pick it up.*

*At that moment, a large hand suddenly jumps out of the phone and greets you with a cold slap to the side of the face!*

*Wake up! It's reality calling.*

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 level? Are you ready to commit your time and effort to improving yourself as a Soccer player? 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? Would you rather be spending your days chatting on Facebook and sleeping in till 2:00 in the afternoon?

Now don't get me wrong there's nothing wrong with video games, chocolate bars, facebook, or sleeping in for that matter (all in moderation of course). But when these things begin to overshadow your goals and get in the way of you pursuing your dreams, then we have a problem. For a lot of aspiring Soccer players, this is the case. So if you're ready to sort your priorities out, to focus on what needs to be done, to not let distractions take you off your destined path, and to begin accomplishing your dreams, then let's get into it.

First of all, you need to sit down and ask yourself a few serious 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? If you reading this 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 propel you to success. When you're

passionate about something, you don't mind putting in the work necessary to get better and to get to that next level of greatness.

## **2) Are you willing to put in the work necessary to get to that next level?**

Let's be honest here. There's nothing wrong with playing Soccer at a recreational level. The beautiful thing about Soccer is everyone can enjoy playing it, regardless of the level of competition. But if you're serious about becoming a better Soccer player and progressing your career, then I'm telling you right now, it's not going to be a smooth road ahead. 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 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 those dreams.



## Chapter 3 – The Era of the “Complete Soccer Player”

30 years ago you might have been able to get away with being a one dimensional player. If you had one strongpoint in your game you could rely on it to get you by. Maybe you could score lots of goals, maybe you were a good tackler or you could run without getting tired for the entire game. Today, my friends, things are not quite the same.

In today’s modern game, the players are getting better and better. Every player is becoming more “well rounded”. Now the best players are good defenders as well as good attackers. They are physically fit as well as technically skilled. Players understand the game better than ever before, they are smarter. They are good communicators, motivators, and leaders. They 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 yourself to developing all areas of your game, remove all weaknesses from your game, and become a “Complete” Soccer Player.

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

- Technical (Chapter 4)
- Physical (Chapter 5)
- Tactical (Chapter 6)
- Mental (Chapter 7)

*Each category will be addressed in detail in the following chapters.*

Where do you need to improve? Before you answer that question, remember, there is always room for improvement. You can always get better and should always want to get better, make a commitment to improvement. That’s what it’s going to take to succeed as a Soccer player. This concept can be applied not only to Soccer but to all aspects 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.

## Chapter 4 – Get your skills together. There's no more room for goons.

A physically fit player is nothing without technical ability. Players who rely solely on their physical attributes and neglect developing their technical abilities may as well quit Soccer and take up Wrestling. I'm not knocking being physically fit; this is certainly an important component of becoming a complete Soccer player. 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 useless to your team.

There are several different areas of Technical Soccer player development.

- Ball Control
- Passing
- Shooting & Finishing
- Tackling
- Heading
- If you're a Goalkeeper, there are different skill sets: positioning, shot stopping, distribution, etc.

Do yourself a favour and commit yourself right now to continually improving each facet of your technical game. Some areas may need more attention than others to bring them up to par, but in the end all areas should be continually developed regardless of how great or poor they may be.

Below are a set of examples of how you may improve each area of your Technical game. Realize that these are only examples; you can implement them into your training regime or come up with your own. The choice is yours.

### **Ball Control.**

Juggle every day, all it takes is 15 minutes. However, if you're dedicated enough, you may want to put in even more practice. Work on different juggling techniques, become confident with both feet as well as all areas of your body. Walk around your house with the ball at your feet (if your Mother doesn't mind and if you're not using a dirty ball or putting holes in the wall, she shouldn't). Never let the ball leave your side, wherever you go, the ball goes with you. You need to become one with the ball, Young SkySoccer (you might not get that one if your too young for Star Wars, anyway, moving on...)

### **Passing.**

Pass the ball against a wall 100 times a day (sounds like a lot but it will probably take 5 minutes, who knows you might want to go for 1000). You can do this at your local school or park (anywhere you can find a wall). Use all different parts of your boot; inside, outside, instep, even your back heel. Improving your passing is a must if you want to become a better Soccer player.

### **Shooting & Finishing.**

You could practice your shooting technique against a wall (I usually outline a net on the wall with a piece of chalk or some tape) a fence, or baseball diamond. Take out few balls (if you have a few, the more the better) and practice your shooting. Always focus on technique and accuracy before power. Pick a spot and try to hit it 10 times. Don't forget to practice with both feet, I cannot stress this enough.

### **Tackling.**

Throw on some old pants and practice your slide tackles in an open field. Hey, you may look like an idiot while you're doing it, but who cares if in the end it makes you a better tackler. You can make small box, put a bunch of balls in the box, and slide tackle every ball out of the box as quickly as possible. This is good for your tackling technique as well as physical fitness.

### **Heading.**

Too many players neglect heading, but being able to win aerial battles will significantly improve your value as a Soccer player. Throw a Soccer ball against the wall with an upward trajectory. Jump high and meet the ball, head it back towards the wall. As you get better you can work on your accuracy, but first just work on getting your head to the ball.

Realistically you could complete all of these exercises in less than 30 minutes a day. But hey, if you're really committed to becoming the best you can (and you should be), 30 minutes might turn into an hour, an hour into two. Soon enough your Mother might have to come find you because she thinks you've gone missing. Remember, the more practice, the better.

How committed are you?

If you would like some more guidance on improving your Technical Soccer skills, I strongly recommend you take a look at this product on [Technical Soccer Player Development](#). Click Here -> (Product1)

## Chapter 5 – Get off the couch. Get your fitness up.

“The dictionary is on the only place you will find *Success* come before *Work*”

– Vince Lombardi

First I should address an important concept. Becoming physically fit is as much a mental task as it is a physical one. Are you going to be mentally strong enough to get up early in the morning and go for a run? Are you going to be motivated enough to hit the weights and work on developing your strength? Are you going to have the discipline to spend the time needed to improve your flexibility? If you’re serious about becoming a Soccer star, then you should have no shortage of motivation.

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, working out becomes fun. Challenging yourself becomes like a drug (a good one), you’ll become addicted. Oh yes kids, I forgot to mention. stay in school, don’t do drugs! It’s not good for your Soccer career. But seriously, 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.

Contrary to popular belief, fitness is more than just running endless laps and doing sprints. There are several components of being physically fit. For the purpose of this book I have separated Physical Soccer player development into four categories.

- Strength & Power
- Flexibility
- Endurance
- Speed

Below are a set of examples of how you may improve each area of your Physical fitness. Realize that these are only examples; you can implement them into your training regime or come up with your own. The choice is yours.

### **Strength & Power.**

If you’re not already on a Weight training program, you need to get on one. Be sure to 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 movement exercises like, squats, dead lifts, bench presses, and clean & jerks.

If you're below the age of 14, can't afford a gym membership, or don't have access to a gym, you should focus on body weight exercises. Different variations of Pushups, Squats & Lunges, Chinups & Pullups, and different core exercise, can be used to improve your physical strength and power.

Whatever the case start today, even if you're doing 20 pushups, 20 situps, and 20 squats, every other day you need to start now. I would suggest at least a day of rest between training the same body parts.

### **Flexibility.**

Realistically you should stretch every day. Stretching does wonders for your general health & fitness as well as improves on field performance. Take 15 minutes out of your busy day and stretch the major parts of your body. Hold each stretch for at least 20 seconds and focus on breathing. The stretch should be slightly uncomfortable but not unbearable.

### **Endurance.**

The game is 90 minutes long. Can you play at a top level for that long? The best way to improve your endurance is by running. You can run every day, if you're really committed. You should 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.

### **Speed.**

To increase your speed you will have to focus on sprint training. Do a combination of Hill Sprints, and flat ground sprints (30, 50, and 100 yard variations). I would recommend at least twice a week. Focus on quick starting accelerations and once you get to top speed, hold it. Aim to go a little faster every time!

Don't make the mistake of neglecting any aspect of your physical fitness. All of these areas work together. Improving one area will in turn improve others. Improving all areas of your physical fitness is going to take commitment, dedication, and hard work, but I know you can do it. Now get off the couch and put in some work! Actually, read the rest of this book first, then you can get to it.

If you want some more guidance on improving your Physical Soccer Fitness, I strongly recommend this program on [Total Soccer Fitness](#). Click Here -> (Product2)

## Chapter 6 – Tactics, Tactics, Tactics. Get your Soccer smarts up.

In today's modern game you have to be tactically aware. Knowing how to properly play your position and how to play in a specific formation will prove very handy in your development as Soccer player. As you progress to higher levels of competition in Soccer, tactics will become a more and more important part of the game. So why not get a head start on the competition?

My main piece of advice to aspiring Soccer players is to *Watch Soccer*. I know it doesn't sound like a very valuable piece of information, but take it to heart, with time you will learn the importance of this concept. This is the best way to learn to play Soccer. Watch professional Soccer. Watch the best leagues in your city. Watch any Soccer that is played at a higher level than you are currently playing at. Notice the positioning of the players, the shape of the team while they move around the field, their formations, and different tactical strategies. I'll say it again, Watch Soccer!

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 wildly all over the field chasing the ball like a pack of dogs. You must develop your tactical soccer intelligence if you want to progress to a higher level.

Tactics are something most players rely on their coaches to deal with, but the more tactically aware you are, the better. There are also tons of books on Soccer tactics you could read. Take a trip to your local library and brush up on your tactics. Who knows, after a reading a few of them you may even have dreams of becoming a world class Soccer Manager one day (after your career as a player has come to an end of course). Being tactically aware will also make you more coachable and a better teammate. You'll adapt to new systems easily and have an advantage when playing in different positions on the field.

Improving your tactical skills will come with experience but remember to always be open to the information your coaches, and even teammates, provide you with. Don't be stubborn, take all the information these people are giving to you and apply it to your game. Make the most of your opportunities as a Soccer player; this is how you improve.

For more guidance on Tactical Soccer Player Development, I strongly recommend you check out this [Ultimate Guide to Soccer Positions and Formations](#). Click Here -> (Product3)

## Chapter 7 – Get your head out of the clouds. It's time to get your mind right.

Too many players may the mistake of neglecting the mental aspect of Soccer. If you are one of those players, please do yourself a huge favour.

**Step 1)** Go into the washroom.

**Step 2)** Look in the mirror.

**Step 3)** Raise your left hand.

**Step 4)** Smack yourself across the face.

Just joking, I don't promote any self abuse, but seriously if you're going to neglect the mental aspect of your player development, you need to wake up and come back to reality.

Being mentally fit is just as important as being technically skilled or physically fit. If your mind isn't on par with the other aspects of your game, your Soccer career is going to suffer. Many of the concepts I have already addressed in this book apply to this section but let's just recap.

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 you have, you know when you finally reached that goal the emotions you felt warmed you from head to toe. You're probably experiencing that feeling right now just thinking about it. Wouldn't you like to feel that way again? Well it's going to take some work, so get motivated, and get back to it.

You need to be focused and concentrated. If you're more concerned about the party that's happening this weekend or beating the next level of Grand Theft Auto, than improving yourself as a Soccer player, then there's seriously something wrong with your priorities. Is this your case? Be honest with yourself. You're only hurting yourself, if you're pretending to be concentrated and focused. You want to be a Soccer player right? Not a clubber or a professional gamer. 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 of these, from time to time. But when these distractions become your main focus and Soccer becomes second place, then you need to make some serious adjustments.

You need to commit yourself to improvement. Every day you wake up you have an opportunity. You can either put in the work to make yourself a better Soccer player and a better person for that matter. Or, you can be satisfied with where you are and stay in the same spot (even worse you could take a few steps backwards). Don't let this happen to you. The key to making it as far as you can as a Soccer player, is always improving. Do you think the best players in the world were born that way? No, they worked hard every day of their lives (well maybe not every

single day, but definitely a majority of them) to make their dreams come true. So you tell me. Are you content with keeping your dreams, dreams? Or would it be more satisfying to turn those dreams into realities? Commit to improvement.

The final point I would like to address, is a big problem for many players. *Be open to criticism.* Don't be stubborn. I know when you're younger you believe you know everything. Believe it or not we've all been there. But seriously, your coaches, teammates, and parents are only providing you with criticism and advice because they want you to improve. They want to help you see your dreams come true. So listen to their advice and apply it to your game. If you honestly feel that the advice they are giving you isn't valuable, then don't apply it, but still be respectable and listen to what they have to say. Who knows, that little piece of advice might help you get that much closer to your dreams.

Get your mind right!



## Chapter 8 – What do you make? Excuses or Results?

If you want something bad enough, you won't let anything stand in your way. I know too many people who are always making excuses for why they can't do something. If you're really committed to achieving your goals, you'll find a solution. You'll find a way to put those excuses aside, put in the work required, and make those results happen. Nothing is more irritating than a person who can come up with more and more excuses for why they shouldn'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 and give it your best effort.

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

So ask yourself.

What do you make?

Excuses?

Or Results?



## Chapter 9 – The opportunity is yours. What are you waiting for?

Remember when you said you wanted to be a Soccer Player? Well, the opportunity is here and it's yours.

What are you waiting for? Your journey starts now. Not tomorrow. Right now!

So get to it, maybe you should go juggle the ball, do a couple pushups, or go for a jog. Whatever you have on the menu, get motivated, get focused, and put in the work.

We all have the ability to be something and someone great. 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 work.

So you tell me, Soccer Player, which group do you want to be a part of?

*\*Be sure to take a look around my website, [www.the-soccer-essentials.com](http://www.the-soccer-essentials.com), for tons of helpful advice and valuable information on becoming a better Soccer player and coaching better Soccer\**

Here are some additional helpful resources for Soccer Players, Coaches, Parents, and Enthusiasts.

**Technical Soccer Skill Development** – Click Here! -> (Product1)

**Improving Soccer Fitness** – Click Here! -> (Product2)

**Guide to Soccer Positions & Formations** – Click Here! -> (Product3)

**Scoring more Goals and Winning more Games** – Click Here! -> (Product4)

**Better Soccer Shooting** – Click Here! -> (Product5)

**Better Soccer Nutrition** – Click Here! -> (Product6)

**Soccer Equipment and Accessories** –

10% Off orders of \$100 or more from [Soccer.com](http://Soccer.com) - Click Here! -> (Product7)