

THE TOTAL PLAYER TRANSFORMATION SYSTEM

IMPROVE EVERY ASPECT OF YOUR GAME WITH THE ULTIMATE GUIDE TO SOCCER PLAYER DEVELOPMENT



CREATED BY
PROGRESSIVE SOCCER



12 MODULE SYSTEM TO INCREASE
SKILLS, FITNESS, MENTAL TOUGHNESS,
DECISION MAKING, SPEED OF PLAY, AND MORE

WEEK 1 - Goal Setting

What are your goals for this season? Write them down and make them specific. For example, 'I want to be a professional player' is too vague. 'I want to score 10 goals in the next 10 weeks' is more specific and measurable.

What are the steps you need to take to achieve your goals? Write them down and make them specific. For example, 'I want to be a professional player' is too vague. 'I want to score 10 goals in the next 10 weeks' is more specific and measurable.

What are the rewards you will receive if you achieve your goals? Write them down and make them specific. For example, 'I want to be a professional player' is too vague. 'I want to score 10 goals in the next 10 weeks' is more specific and measurable.

I will stop blaming other people for my lack of success. To achieve more, I must become more. To achieve my goals I must start training, playing, and living today like the type of player I want to be tomorrow.



Soccer Training

Léo Pomar



Soccer Training :

Unveiling the Magic of Words: A Review of "**Soccer Training** "

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Soccer Training** ," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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