



# 20 HABITS THAT WILL MAKE YOU A SUCCESSFUL PLAYER

Ebook

ASB Soccer Training

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@asbsoccer



We always hear the greatest athletes talk about how they got to the point they are now, and they always have a few things in common when they speak. They work hard, they're dedicated, disciplined, they believe in themselves, and they're consistent. After long conversations with many professional & highly successful collegiate coaches & players, here are 20 habits that'll make you a successful soccer player. A habit as Google defines it as "a settled or regular tendency or practice, especially one that is hard to give up." or "a routine of behavior that is repeated regularly and tends to occur subconsciously." So enjoy the Ebook! Revisit this anytime, applying some of these habits not only will improve you as a player, but even as a person. We would love for you to go through the whole eBook & apply it to your game!

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## 1. Eat Healthily

By eating healthy, you benefit on and off the field. Eating the right things can give you the energy to power through your day and provide enough protein to promote muscle growth and repair. It will enhance your athletic performance and give you that push. Earlier, we talked about hard work as mainly a mental battle. Eating healthy is a component that helps the brain, improving your memory, mood, and focus things that will help you in the game. It will help us think more clearly and feel more alert. When you don't have a good diet, your reaction time can be slower, you will feel more fatigued, will have impaired decision-making, and your concentration will suffer.



## 2. Work hard! Give 100% every time!

Give 100% every game. Even if you're playing better opponents skillfully, simply working harder can close or even overcome that gap. Chasing the loose balls, going the extra mile, and never giving up. You don't need special skill moves or complicated instructions to do this. Everyone can do it, but most choose not to, which can separate you from others. How far can you push your mind when things get tough? Sometimes when we think we are tired, when in truth, our body can do a lot more, and it's more of a mental decision in our head. To work harder, you'll need to break those mental barriers that stop you from going the extra mile. These mental decisions can decide a game. Simply telling yourself to get back on defense, make a run up the field, and mark your player can change a game completely. Being able to work hard is a talent.





### 3. Communication!

Communication is a crucial part of a player. Communications provide teammates with important information for making decisions on & off the ball. Communication helps your teammates gain more information about where they are on the pitch, how the play is moving, people that need to be marked, empty spaces on the pitch, if you're in the wrong position, runs being made, etc. Players can make faster and better decisions just based on their communication skills. It helps you build trust between your teammates and allows your whole team to move as a cohesive unit. It's a strong habit that you can make a substantial impact just by using your voice, even if you don't have the ball.



## 4. Sleep more!

Sleeping is vital to excellent health. Being sleep-deprived weakens your immune system, focus, memory, concentration, performance, skills that translate exceptionally well into your game will suffer. Sleeping more is the #1 best recovery tip that you can do. Research shows that more sleep will improve your reaction time, and less sleep or even doing something like a one-nighter, where you stay up all day, will decrease reaction times by 300%. Athletes need high maintenance to perform at 100% every day. Athletes need more time to recover, and it's recommended to sleep at least 9-10 hours a night. Giving your body the optimal time to repair muscle tissues, regain our alertness, and more.





## 5. Showing positive body language!

Positive body language makes you more confident as well as not putting your head down when you lose the ball or make a mistake. Showing poor body language reveals to your teammates & coaches where your mind is, and usually, it is where your mind is. You're most likely in your head overthinking that situation, making yourself feel worse and causing you to play differently than you usually would. Showing positive body language, just the simple act of keeping your head up, and not slouching over, can put you in the mindset of a winner regardless of whatever happens. Simple actions like this help you not space out and overthink mistakes on the field and allow you to play more confidently and freely.



## 6. Watching and analyzing games!

Video analysis of your games can be crucial for your player development. It allows you to receive immediate feedback on your performances, mistakes, things you did good on, and things you need to improve. Even analysis of professional players in your position is beneficial as well. You can see what the pros do, the situations they are in, and where they position themselves. Watching their on and off-ball movement, the small habits they do, like how much they constantly check their shoulders, the gestures they make, etc. Analyzing the pros and your games improves your overall awareness, positioning, and tactical understanding of the game.



## 7. Drink more water!

Drinking more water helps maximize your physical performance. If you don't stay hydrated, your physical performance can suffer, particularly important during intense exercise or high heat. Making sure you take the correct water intake each day could affect you positively, not just on the field but off as well.





## 8. Have a good attitude!

Having a good attitude is crucial for your success on & off the field. Simply having a good attitude will reward you in so many ways. It helps you deal with stressful situations like receiving criticism from teammates and coaches or making mistakes field, dealing with injuries, and more. It helps you overcome obstacles easier because you deal with mistakes & failures as blessings in disguise, bringing you more happiness in your life, allowing you to feel more confident in yourself & your abilities. This type of attitude reflects well on a team too. Players and especially coaches notice the ones with a good attitude and a bad attitude. Things like this can even mean the difference between gaining an opportunity just based on having a good attitude. Imagine this situation, Player A and Player B had a tryout. Player A portrayed a fantastic attitude; when mistakes happened, it didn't get to them, and they kept moving forward. When someone called player A out on something, Player A didn't get emotional and respond negatively towards it. On the other hand, Player B, who had a similar performance as Player A, had a bad attitude. This player got upset every time something went wrong, lashed out at other players for making mistakes, and when Player B made a mistake, it showed in his body language and actions. Now imagine you're the coach, and you saw all this; which player would you choose to be a part of your squad? be open to humor, have a healthy lifestyle, practice positive self-talk, surround yourself with positive people, and being open to criticism from coaches and players.



## 9. Take care of your hygiene!

This is an underrated habit athletes sometimes can neglect & that is simply taking care of yourself and doing simple things like getting an overdue haircut, taking baths regularly, washing your hands regularly, sleeping (as was talked about regularly), and brushing your teeth daily, etc. Not only do these things help your overall health and reduce the spread of illness and risk of medical conditions, but they also can improve your confidence & self-esteem, which will translate on the field.



## 10. Workout & exercise more!

Your body will thank you in the long run. Sure, your body might feel sore after the workout, but the rewards will be worth it. Because exercising tires your body naturally, you'll have deeper & sounder sleep which is crucial for athletic performance on the field. Exercising will also strengthen your heart, bones, and more!





## 11. Do more individual training!

You're hurting your development by just attending team training which is usually only a few hours a week. Individually training by yourself or with an expert will be very beneficial to your growth as a player. For players wanting to get to advanced or elite levels, 1 on 1 training or/and individual training is the way to go. You're able to refine your techniques, work on your basics such as your first touch, ball mastery, shooting, passing, etc.. & work on your weaknesses and strengths. If you truly want to be the best player on your team, then individual training is where you need to be investing your time. Let's imagine a progress bar where everyone starts at the same level. The whole team increasingly gets better at a similar rate every team training. Now, if you want to advance faster, you need to do more. Asking your coach for pointers and things to work on, training before or/and after, and off days to improve your game. Now imagine that progress bar, you'll be advancing levels far faster than the players who only attend team training, and if you're consistent enough, you'll start to notice the gap between you and the players who attend team training.



## 12. Stop stressing and have fun!

As players deal with constant training, pressure to perform on the field, dealing with mistakes, the competitiveness of the game, higher expectations, it can take a lot of enthusiasm & out of the game, but we must remember that this is a game at the end of the day, and it's supposed to be fun & exciting. Having fun with your teammates after the game, not worrying too much about a mistake or loss, and just doing more fun activities in your training. A lot of times here at ASB Soccer Training, we'd play music while we exercise and engage in a lot of fun training activities.





## 13. Don't over-train, rest, and recover!

Recovery is very often overlooked, especially with younger athletes. More doesn't always equal better. If you want to perform consistently at a high level, you need to be listening to your body. Stretching, eating properly, developing a sound training program that works for you, sleeping well, hydrating a lot are all great ways to prevent overtraining. Overtraining can decrease your athletic performance, disturb your sleep, extend muscle soreness and injuries. There's nothing wrong with just taking a break and giving yourself time to make a full recovery, especially if you're dealing with injuries.





## 14. Be consistent with your training and yourself

You won't get better if you're the type of player who trains a bunch one day and does nothing else for the rest of the week. Your progress doing this will be very slow and unproductive. Having consecutively, average practices throughout the week is far better than just having one great practice and doing nothing else that week. You'll reap massive benefits if you're consistent. This applies not just practice but off-field things like consistent good sleep, a consistently good diet, always drinking water, etc. Being consistent with yourself, and you'll see growth in your athletic performance much faster.



## 15. Get touches on the ball every day!

You don't have to do intense training to get touches on the ball every day. Sometimes just having a ball in your house where you can work on your ball mastery is enough to get touches on the ball every day, but just because you're touching the ball while you may slowly be getting better, you'll be hurting your development. Get tons of touches, working on your fundamentals, strengths, and weaknesses. If you spend time getting tons of touches on the ball working on something you are weak in, like crossing, shooting, dribbling, aerial control, headers, you'll be a massively better player than someone who puts in 1000-10000 touches working on things that won't really benefit them.





## 16. Work on your strengths!

You always hear about working on your weaknesses to the point where you have none, but it also limits your capability if that's all you do during your training. It's OK to work on the things you're weak in, but you shouldn't forget the things you are good at doing. These are the things that separate the good players and the great players. Even if it's something small like penalties, Jorginho has practiced his penalties a lot, and that's one of his strengths. It is an almost unstoppable move that can guarantee him scoring. Always spend time working on your weaknesses, but don't just stop there. Spend time working on your strengths too.





## 17. Develop an x-factor (What separates you from others)

Similar to working on your strengths but spending time developing your X-Factor, the thing that makes you unique and what separates you from other players. Take Neymar, for example. His x-factor is his incredible dribbling ability to beat opponents in a flash. Or Johan Cruyff with his "Cruyff Turn" or Cristiano Ronaldo's "Ronaldo Chop." It can be something small too, like being an exceptionally well communicator on the field or having one of the best attitudes on the field. Take, an example, Kobe Bryant's "Mamba Mentality," something that will reflect in your game. People notice this. If you're a hard worker, show this in your game. When you get to a higher level of people, most of your competition is going to be fundamentally sound, but what's going to separate you is developing an X-Factor. Something you are just better than most players at doing.



## 18. Do mental training!

Mental training is training meant to help athletes break through mental barriers that are keeping athletes from performing up to their maximum potential—being able to break through these barriers such as doubt, fear of making mistakes, worrying about the outcome of the game, overthinking, and more. Just as it's important to condition your body to prepare for the competition physically, Mental training is just as important, being able to clear your mind so you can focus on your tactics, strategy, and the play right in front of you. When you're able to perform 100% mentally & physically, you'll be able to perform at your very best. Simply engaging for a small amount of time each day in positive self-talk, engaging in visualization training, practicing your discipline, learning to go the extra mile, improving your mental stamina, and you'll see massive improvement as a player. When you're a good player playing inconsistent or poorly in games, it's mainly a mental obstacle in your way. Taking even a little time out of your day to improve your mental training will take your game to the next level. You are learning not to worry so much about mistakes, learning to go the extra mile.





## 19. Warm-Up well!

Before you begin an exercise, you need to warm up and get your blood flowing. What happens with many young athletes is sometimes they'll go to a field and jump straight into the activity. This can be detrimental to your body & health. Before any exercise, you shouldn't jump straight into it, and you shouldn't immediately start doing static stretching. Performing a good warmup includes many dynamic exercises, light cardiovascular activities, stretching, maximizing your potential performance, and significantly decreasing your risk of injuring yourself. Then after you perform your workout, you need to cool down for a gradual recovery of pre-exercise heart rate and blood pressure. This is where you'll want to do your static stretching when your muscles are warm and mobile.





## 20. Always be willing to learn more!

Take the example of a player like Cristiano Ronaldo, who is performing at a high level at 36. Players like him always want to improve and learn more. They know there's always more to learn, and feedback and constructive criticism will only bring their game to a higher level. You'll never be stagnant as a player as long as you're willing to be open to learning more. Listening to podcasts, being open enough to ask your coaches and teammates for feedback on things you can improve on, reading articles, eBooks, & watching videos on ways to improve your game, and you'll constantly be growing as a player.



## What now?

Congrats on making it to the end of the Ebook! These 20 habits will take your game and you as a person to the next level, but as we mentioned in habit 20, it doesn't just stop here. You should always be willing to learn more! It would be awesome if you could check out our social media pages, where we constantly post valuable information. You can also send us a message that you've finished the eBook. We'd love your feedback or if you just want to conversate or ask any questions.

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