

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 - BALL KICKING

What are some technical aspects of ball kicking that you need to focus on?

What are some common mistakes you see in your own kicking?

What are the key components of a good kick?

What are some drills you can do to improve your kicking?

What are some tips for improving your kicking?

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 The International Training Guide

Michael Kellmann, Sarah Kölling



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