

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 - Basic Drilling

What are some drills that you can do to improve your skills? What are some drills that you can do to improve your fitness? What are some drills that you can do to improve your mental toughness? What are some drills that you can do to improve your decision making? What are some drills that you can do to improve your speed of play?

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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.



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