

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 techniques for improving your ball kicking? What are some common mistakes that you should avoid when kicking a ball?

What are the key components of a good ball kicking technique? How can you improve your ball kicking technique?

What are some drills that you can use to improve your ball kicking technique? How can you track your progress?

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

Lingjun Ying



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