

EXERCISE BOOKLET

TOTAL SOCCER CONFIDENCE

**A PROVEN FORMULA FOR
BUILDING UNSTOPPABLE SELF-CONFIDENCE**



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HOW TO USE THIS BOOKLET:

- 1) **Print this exercise booklet.** Putting your thoughts on paper with a pencil or pen is a great way to learn. It will also be easier to review the information after you've completed the course.

- 2) **Understand the question.** Don't rush through the exercises without truly understanding what and why you're doing each exercise. If you have to, re-read the questions several times until they make sense.

- 3) **Be honest with yourself.** You will be the only person reading this exercise booklet. If you fail to admit your flaws and problems, you are the one who suffers. Be complete honest with yourself and put your biggest issues out on the table so you can solve them.

- 4) **Answer in detail.** It's easy to answer each exercise with one question but you won't get much value from that. Elaborate on your answers. Describe all the variables. For example, what happened, how you were feeling, what you were thinking, how that affected you, the more you write the more you'll get from each exercise.

- 5) **Do all of the exercises.** If you skip exercises, you're cheating yourself of growth. You've invested in this program; it only makes sense that you get the most out of it. Answer every exercise.

WHY IS CONFIDENCE SO IMPORTANT?

(1) List all the reasons why you must have more confidence. Be specific. How will gaining confidence improve your game?

WHAT IS CONFIDENCE?

(1) Based on what you've learned, what is your new explanation of confidence?

(2) List 3 specific situations where you don't feel confident. These can be situations on the field, technical and physical skills, interactions with others, or any other areas where you would like to gain confidence.

(3) List 3 specific situations where you do feel confident.

(4) Explain what you feel when you are not confident. What emotions are you experiencing? What thoughts are going through your head?

(5) Explain what you feel when you are confident.

(6) Explain what you do on the field when you're not confident. How do you play? What is your body language? How do you act?

(7) Explain what you do on the field when you are confident.

WHY IS MY CONFIDENCE LOW?

(1) Share two childhood experiences (not soccer related) that you believed lowered your confidence. Explain what happened and how it made you feel.

(2) Share two experiences with your teammates that you believed lowered your confidence. Explain what happened and how it made you feel.

(3) Share two experiences with your coaches that you believed lowered your confidence. Explain what happened and how it made you feel.

(4) Share two mistakes or failures you've made in the past that currently affect your confidence. Explain what happened and how it made you feel.

(5) What feelings come up when you think about these experiences? For example: anger, frustration, depression, hate, shamefulness, self-pity, etc. Explain the things you're saying to yourself when you experience these emotions.

HOW DO I BUILD CONFIDENCE?

(1) Explain the “true confidence equation”.

(2) What are the three components of both
a) “earned confidence” and b) “learned confidence”.

(3) What is the difference between “true confidence” and
“situational confidence”?

LEARNED CONFIDENCE: ENLIGHTENMENT

(1) Explain the process of “enlightenment”.

(2) What are the three steps to enlightenment? In your own words, briefly explain the concept of each step.

(3) Below I've listed the most common areas where players lack confidence. For each area list one specific situation you've experienced where you lacked confidence:

Negative Self-Talk:

Anxiety or Nervousness:

Shyness:

Technical Skills:

Physical Fitness:

Situations on the field:

Challenges (ex. Big games, Trials, Playing for a new team)

Dealing with failure:

Other people (childhood, teammates, coaches):

(4) For each situation write down what you used to (or currently) think and do in those situations. Next, write down what you are going to do differently based on what you know now.

Negative Self-Talk:

Anxiety or Nervousness:

Shyness:

Technical Skills:

Physical Fitness:

Situations on the field:

Challenges (ex. Big games, Trials, Playing for a new team)

Dealing with failure:

Other people (childhood, teammates, coaches):

(5) What do you need to forgive yourself for? On a separate piece of paper (not in this work booklet) list the 5 biggest things you need to forgive yourself for.

Ex. Telling myself "I suck at shooting", shying away from penalty shots because I've missed in the past, etc.

(6) Who do you need to forgive? On the same piece of paper list 5 situations where someone has hurt you (or your confidence). Write them on the same piece of paper.

(7) It's time to truly forgive yourself, forgive those people who have hurt you, and finally let go of that pain. Take that piece of paper and tear it up into little pieces. As you tear up that piece of paper let go of all those negative emotions that have been holding you back. You don't have to carry them around anymore. You are free.

LEARNED CONFIDENCE: EDUCATION

(1) Explain the process of “education”?

(2) What are the three personality traits taught in the education process?

(3) List 3 specific situations on the soccer field where you've let other people or your environment affect your confidence.

Ex. An opponent said “you're rubbish!” and I allowed his words to affect me and lower my confidence. Now every time I make a mistake I tell myself I'm “rubbish”.

(4) Based on what you've learned, what would you do differently in those 3 specific situations?

(5) List 3 specific situations on the field where you've been guilty of negative self-talk or visualization. Specifically describe what you were saying to yourself or visualizing in that moment.

Ex. I tried to beat a defender and he stopped me easily. I told myself to stop trying to take players on because I'll just get tackled. Now every time I'm in a 1v1 situation I just visualize myself getting tackled. Instead of taking players on when I should, I always pass the ball to avoid embarrassment.

(6) Based on what you've learned, what would you do differently in those 3 specific situations?

LEARNED CONFIDENCE: EXISTENCE

(1) Explain the process of “existence”.

(2) What are the 3 components of existence?

(3) List one specific situation on the soccer field where you currently lack confidence and explain exactly how you are going to use the three tools of existence.

(4) Explain the 3 steps in the process of “analysis”.

(5) List one specific technique where you currently lack confidence and explain exactly how you are going to use the tool of analysis to improve.

EARNED CONFIDENCE: PREPARATION

(1) What is the number one objective during preparation?

(2) The main technical skills are: dribbling, control, passing, and shooting. List 3 specific tasks you are going to do to improve each skill.

Ex. I will improve my dribbling by:

- 1. Take the ball with me everywhere I go.*
- 2. 10 minutes of dribbling with speed drills every morning.*
- 3. Watch the best dribblers in the world on YouTube for 10 minutes a day.*

(3) The main physical skills are: strength, speed, and stamina. List 3 specific tasks you are going to do to improve each skill.

(4) List 3 specific tasks you are going to do to improve your tactical understanding and football IQ.

EARNED CONFIDENCE: PERFORMANCE

(1) What is the most important thing you can focus on when “performing”?

(2) For each of the following situations explain how you are going to use your confidence to overcome each challenge:

Nervous before match:

Make a technical mistake:

Make a mistake that results in a goal:

Teammate, coach, parent yells at you:

Opponent talks trash to you:

Team goes down a goal:

You get subbed off:

Referee makes a bad call:

Opponent gets the better of you:

EARNED CONFIDENCE: REFLECTION

(1) Where and when should you perform “reflection”?

(2) What is the difference between analysis and reflection?

For the next three questions think back to your last performance (game, practice, trial):

(3) List 5 things you did successfully. Explain the specific situation and what you did specifically to be successful in that situation. This may include mentality, technique, tactics, actions, or behaviors.

(4) List 5 things you did unsuccessfully. Explain the specific situation and why you were unsuccessful in that situation.

(5) For each item on the list explain what you are going to do differently next time. This may involve making changes to your mentality, technique, tactics, actions, or behaviors.

SUMMARY

(1) What were the most valuable concepts you took from this program?

(2) Based on what you know now, what are the most important changes you plan to make?

WHAT DO I DO NOW?

(1) Write 5 challenging (but realistic) goals for yourself.

(2) For each goal create a plan of action. Explain the specific steps you are going to take to turn each goal into a reality (the more detail, the better).

