



TECHNICAL SELF ASSESSMENT



TECHNICAL SELF ASSESSMENT

Welcome to the My Soccer Training Inner Circle! The information contained in the following pages are powerful.

When you first read through it you will be struck by its simplicity, but please do not mistake simplicity for ease.

Hi! My name is David Copeland Smith, and I am the creator of the My Soccer Training App, and the popular soccer training company Beast Mode Soccer. Contained in this toolkit is the information you need to turbocharge your soccer development and become the best player that you can possibly be. My team and I have put together this powerful tool to help you. Our goal is to produce world class players, and we KNOW how to do that.

The most important thing you need to know about being successful in soccer is this. **GET ORGANIZED AND STAY ORGANIZED!**

I always tell my players that the most important word in soccer is 'control.' Control what you can control. This goes for your development, how good you become, your attitude, your organization, your planning and your drive.

Why listen to me?

Over the last 15 years I have helped develop some of the best soccer players in the world. Players that you know. I don't say this to brag, but so that you know that you can trust me with your development. We have become known for our social media channels like Instagram but we are WAY more than that! We are very different.

I cannot wait to see your progress inside the app, BUT I want you to start with this pdf, so that you can truly design your own Individual Development Plan using the My Soccer Training App!

Let's get started!

David Copeland Smith





TECHNICAL SELF ASSESSMENT SHEET

Step 1. The first part of becoming a self-reliant soccer player is finding out EXACTLY what you need to do in order to fulfill your potential. This sheet will make it easy for you. All you do is tick each question for what answer is applicable to yourself!

	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE
MY FIRST TOUCH IN GAMES IS USUALLY EXCELLENT				
WHEN I HAVE THE BALL AT MY FEET, I KNOW EXACTLY WHAT I WANT TO DO AND WHERE I WANT TO GO				
I 'READ' THE GAME REALLY WELL.				
I AM ALWAYS CONFIDENT IN PRACTICE AND IN GAMES				
I AM ALWAYS CONFIDENT AT PRACTICE BUT WHEN IT COMES TO GAMES I GO MISSING				
I LOOK FORWARD TO RECEIVING THE BALL, AND LOVE DRIVING AT DEFENDERS TRYING TO BEAT THEM IN A 1V1				
IF MY COACH SWITCHES MY POSITION I USUALLY KNOW MY ROLE IN THE NEW POSITION				
I UNDERSTAND ALL DIFFERENT FORMATIONS IN SOCCER				
I HAVE GREAT FOOTWORK				
I HAVE A GREAT 'RANGE' OF PASSING. I CAN GO SHORT, LONG, CHIPPED WITH CONFIDENCE MOST OF THE TIME				
I KNOW HOW TO CORRECTLY STRIKE A BALL				
I PLAY GOOD, CONTROLLED, AGGRESSIVE SOCCER				

Step 2. Once you have answered all 12 questions, I want you to rank them in order of what you need to work on the most. You can do this on the next sheet.

Step 3. This step is important and can be quite intimidating, however, it is integral to turbocharging your development! After you have ranked your strengths and weaknesses ,ASK your teammates and coaches for their input. Ask them to be brutally honest but be prepared for it! The more insight you have on your game the better!



TECHNICAL SELF ASSESSMENT SHEET

Fill out the form below and rank your weaknesses to strengths. Start with your biggest weakness.

RANK	
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	

Now you have an action plan to execute! The next step is writing down HOW you will improve, set goals, smash goals, stay disciplined and dominate! You can do this INSIDE the app!

This is a simple of way of working out what you need to work on RIGHT NOW, and is the first step in becoming a confident, impactful and elite soccer player. GOOD LUCK!



Get On The App

Download

Whether you are on iOS or Android, just go to their App Store and search 'My Soccer Training.'

STEP
01

STEP
02

Set Up Profile

Add a picture to your profile so that everybody knows that it is you!

STEP
03

Look at Sessions

Browse through the sessions and make a note of which ones will help YOUR goals!

STEP
04

ADD Sessions

You need to ADD the sessions to your calendar in order to gain points and track your stats!

STEP
05

Work!

Do the work, ENGAGE on the in app social media and see your development excel!

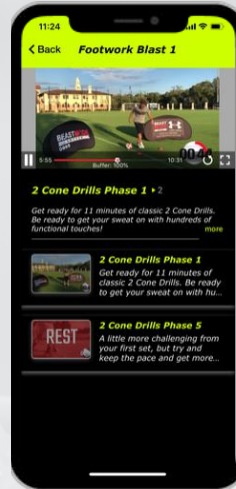
STATS!

YOU'RE EARNING THEM MAKE SURE YOU GET THEM!



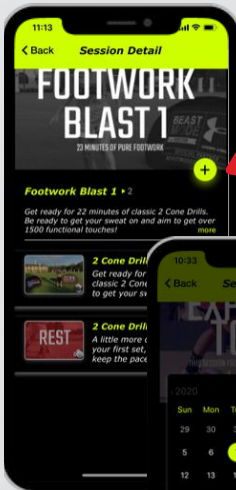
1. PICK A SESSION

Scroll through the sessions, and pick the ones that fit your goals. You can preview the videos as well, BUT to earn stats you need to...



4. PRESS PLAY AND TRAIN!

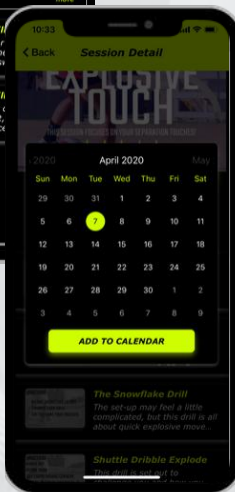
Just click on the first drill and the video will play. When the video is done, input your stats and move onto the next drill!



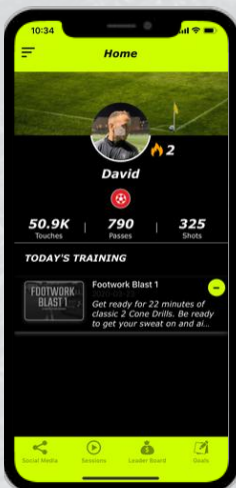
2. ADD SESSION TO YOUR CALENDAR

Find your session, and simply click the yellow + button!

The calendar will then pop up and you can pick which day you do that session. You can plan out months at a time!

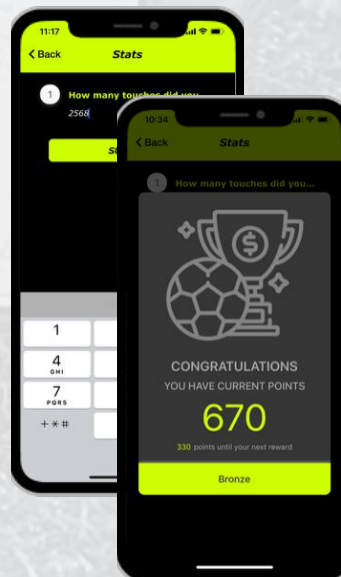


5. MAKE SURE YOU WATCH THE VIDEO TO THE END SO THAT THE POP UP BOX FOR STATS APPEARS!



3. THAT SESSION APPEARS ON YOUR HOMEPAGE FOR THE DATE YOU ENTERED

Just click on the session on that day, and it will take you to the videos!



6. ENTER YOUR STATS AND CELEBRATE!



BONUS MENTAL FRAMING: STOP THE MELTDOWN!



We have all been there. That time in a game where nothing seems to be going right. It's almost like the harder you try, the worst it gets! Until you just start hiding from the ball, you're no longer willing to risk upsetting your coaches, your teammates and the people who have come to watch you play.

I genuinely mean it when I say we have ALL been there. You wouldn't believe some of the pro players that I work with who still suffer with the exact same feeling from time to time. The difference is that they know EXACTLY how to deal with it, and now you will as well. Just click the above video and you can find out how to rid yourself of that self-doubt during games!

