



*A comprehensive
guide to achieving
your dream....*

Warning!!!



95% of young academy players never make it into professional football, including the good ones.....

This could be you!

Give yourself the best chance of success....



Discipline

- Developing good self discipline is vital to success.
- Eat and drink healthily – stay hydrated with water; carbohydrates (pasta, potatoes), protein (chicken, fish). Avoid all fatty foods.
- Be disciplined in the lifestyle decisions you make – getting enough sleep, not giving in to peer pressures, training when required.
- Respect refereeing decisions.



Dedication

- Arguably the most important aspect for anyone wanting to achieve a high level of success.
- Be prepared to put football first.
- Give 100% in everything you do whether it be training or a match. Always train as you would play because it helps you establish and maintain good habits.
- Longevity at one club will result in a good football education as well as creating a positive reputation as a reliable player.



Education

- A good education will demonstrate to a coach that you are capable of learning and understanding instruction.
- An education will help you to make the right decisions in the best interests of your career.
- Preparation for a new career after football is vital as well as providing you a back up plan should your career end prematurely.
- A well rounded individual will come across better in media appearances, therefore increasing commercial opportunities available to you.

Team Spirit

- Good team spirit is the one of the main aspects of professional football and you will miss it when you have to stop playing.....encourage it and embrace it!
- It is important to show respect to all individuals.
- Showing dissent is strongly discouraged.

Goal Setting

- Set yourself short and long term goals. This will simplify seemingly difficult schedules and help you find the motivation to complete them.
- Ensure that your goals are realistic so that you can measure your progress.
- Plan each stage carefully to ensure that the decisions you make are correct.
- Benchmarking will aid your success.

Sportsinternational
MANAGEMENT

Attitude

- Be smart in the choices you make. Be prepared to sacrifice quick thrills for the good of your future career.
- Place yourself in the right environments so that you aren't hindered by outside influences (alcohol, relationships, parties).
- Socialise with like minded people.
- Always be willing to learn from people and to take criticism graciously.
- Stay vigilant – be aware of rogue agents who will make false promises.

Role Model

Identify a positive role model – This will help you stay dedicated to achieving your goals as well as to ensure that you develop strong ethics, both on and off the football field.





Continuous Improvement

- Listen to advice from coaches – be prepared to learn....you can never learn too much.
- It is important to recognise what your strengths and weaknesses are.
- Spend time on improving weakest areas of your game.
- Harness and perfect your existing skills in an attempt to further your overall game.

Self Belief....

Believe in yourself that you can make your dream a reality. By being disciplined, listening to advice and working hard you are giving yourself the best possible chance.



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