



DEVELOPMENT TOOLBOX



THIS DEVELOPMENT TOOLBOX AND YOU

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





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***HOSTED ON WEBSITE**



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!

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!



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!



INDIVIDUAL GOAL SHEETS

Using the information that you gathered in your self assessment, it's now time to sort out your goals! Where do you want to be soccer-wise in 3 months from now? 6 months from now? Tomorrow!

Your goals are very personal. Do not let the simplicity of these sheets fool you. Print them out, and put a copy of your goal in a place that you will see it each and every day to remind you that you are training for a purpose, you have things to achieve!

***TECHNICAL
TARGET 1***

HOW WILL I ACHIEVE THIS TARGET?

HOW CAN I TRACK MY DEVELOPMENT



INDIVIDUAL GOAL SHEETS

**TECHNICAL
TARGET 2**

HOW WILL I ACHIEVE THIS TARGET?

HOW CAN I TRACK MY DEVELOPMENT



INDIVIDUAL GOAL SHEETS

**TECHNICAL
TARGET 3**

HOW WILL I ACHIEVE THIS TARGET?

HOW CAN I TRACK MY DEVELOPMENT



INDIVIDUAL GOAL SHEETS

**TECHNICAL
TARGET 4**

HOW WILL I ACHIEVE THIS TARGET?

HOW CAN I TRACK MY DEVELOPMENT



INDIVIDUAL GOAL SHEETS

***PHYISCAL
TARGET***

HOW WILL I ACHIEVE THIS TARGET?

HOW CAN I TRACK MY DEVELOPMENT



WEEKLY & DAILY PLANNER

The best way to be successful is to PLAN. This planner will help you maximize your time when training on your own. All you have to do is fill out what drills you will be doing!

But first, get even more organized by planning out your week:

DAY	INDIVIDUAL TRAINING	TEAM TRAINING/GAME
SUNDAY		
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		

You are simply going to write in this section when you can practice on your own, and when you have team training and games. This way you can start to plan out your individual development!



DAILY PLANNER

DATE:

SESSION THEME:

WARM UP

JUGGLING

FOOTWORK

DRILL 1

DRILL 2

DRILL 3

DRILL 4

DRILL 5

DRILL 6



DAILY PLANNER

DATE:

SESSION THEME:

WARM UP

JUGGLING

FOOTWORK

DRILL 1

DRILL 2

DRILL 3

DRILL 4

DRILL 5

DRILL 6



DAILY PLANNER

DATE:

SESSION THEME:

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JUGGLING

FOOTWORK

DRILL 1

DRILL 2

DRILL 3

DRILL 4

DRILL 5

DRILL 6



DAILY PLANNER

DATE:

SESSION THEME:

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DRILL 1

DRILL 2

DRILL 3

DRILL 4

DRILL 5

DRILL 6



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FOOTWORK

DRILL 1

DRILL 2

DRILL 3

DRILL 4

DRILL 5

DRILL 6



MENTAL FRAMING: STOP THE MELTDOWN!

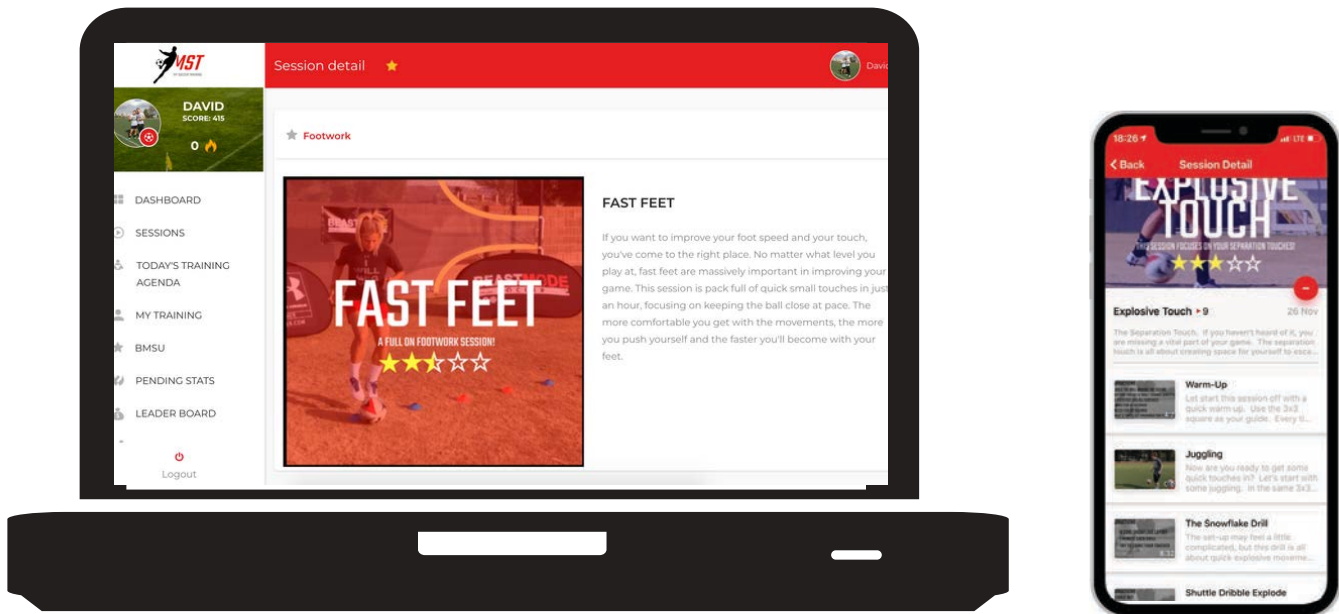


We have all been there. That time in a game where nothing seems to be going right. It's almost like the harder you try, the worst it gets! Until you just start hiding from the ball, you're no longer willing to risk upsetting your coaches, your teammates and the people who have come to watch you play.

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!



SAMPLE MY SOCCER TRAINING SESSION



This toolkit has given you all of the tools you need to get organized, so that you can PLAN TO SUCCEED.

Our social media platforms will give you plenty of drills to choose from. One problem right now that you as a youth player faces is that there are TOO MANY videos to choose from online! Which ones are good? Are the trainers good or is it just click bait? Are the trainers ACTUALLY trainers, are they on the field everyday working with players or are they just an internet personality with a bunch of followers and drills with \$3000 worth of equipment?

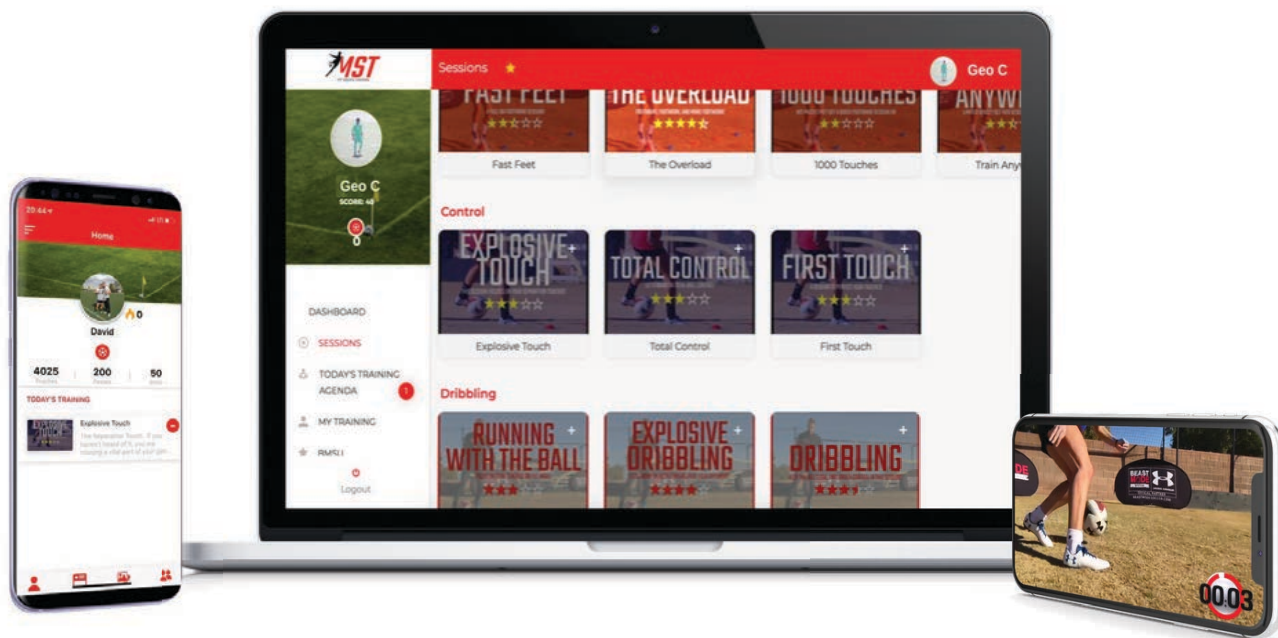
To help you out I wanted to give you a preview of a session from the My Soccer Training App. Just click the above image and you will be taken to a page on our website. There you will find a full session, ripped straight out of the My Soccer Training App!

Now, I'm warning you that it will look a bit different from the app, but that's because the app has been built from the ground up, it's not on a website, but the drills are the same. Why am I doing this? I genuinely think that once you see the quality of the session that you will subscribe to the My Soccer Training App, where we upload at least one brand new sessions each month. The sessions are what we are doing RIGHT NOW with the players that we work with so you know they are current!

The greatest part of the My Soccer Training App is the ability to personalize all of your training, and plan each and every day WAY in advanced so that you KNOW you are planning to succeed!



WHAT IS NEXT?



I hope that you have enjoyed the My Soccer Training 'Inner Circle' Development Toolkit.

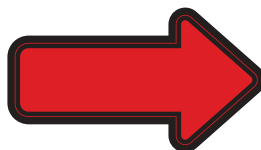
If you are serious about becoming the best soccer player that you can be, no longer spending time on the bench, WANTING the ball at your feet and proving all of your doubters wrong, then the next logical step for you is to subscribe to the My Soccer Training App!

With 35 'Done for You' sessions, ranging from 20 minute blast workouts to a full on complete session with USWNT star Alex Morgan! It has a built in dynamic calendar, so that you are firmly in control of your development. You simply pick which sessions that you want to do and then add them to your calendar!

The App is completely gamified so each session you complete you earn point toward your total and edge closer and closer to the next award. We also have a 'streak' feature, so you get to finally keep a streak that means something! Got team training or a game and don't want to lose your streak? We have you covered! You can just add 'team training' into your calendar and you will keep that streak alive!

A section called Beast Mode Soccer University helps you learn everything you need to know to be an elite player and the social media section allows you to join the community inside the My Soccer Training App where we drive each other on to smash our goals!

What are you waiting for? Sign up today!



SIGN UP NOW!



READY TO BECOME THE IMPACT PLAYER ON YOUR TEAM?



SIGN UP AT [MYSOCCERTRAINING.COM](https://mysoccertraining.com) THEN DOWNLOAD THE APP!