



# **THE 9 MENTAL ATTRIBUTES NEEDED TO PLAY HIGH LEVEL SOCCER**

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# Hello and Welcome!

First of - THANK YOU. I put a lot of time and effort in creating this type of content and I'm super grateful to know you take the time to check it out.

My only goal here is to provide value and support ambitious player in their journey. So, I hope this document will give you some clarity on what you need to attain your goals. Of course, this is just the start. There is so much more to it, but its definitely a good start.

And if you are still reading by now, I know you TRULY love the game and just for that reason, I would be glad to hep you in any ways I can.

Don't hesitate reaching out if you have questions or comments !

Enjoy !

Cyril Coisne - CC Management Football

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# 9 Mental Attributes to Perform

## 1. SELF - AWARENESS

Understanding your soccer identity, who you are as a player and what you bring to the team is key to your development. Playing a style that doesn't suit you will only slow you down in the long term. What are your real strenghts ?

## 2. GOAL SETTING

Setting goals effectively will help you carve the path to follow. Learn to set goals for your career but also on a weekly basis. It will help channel your actions and avoid feeling overwhelmed. What is your personal goal for next match ?

## 3. MOTIVATION

Your motivation is composed of 6 element such as pleasure, progress, the feeling of belonging to the team...etc

If you wake up and don't feel like training, it's ok !

But it's important to understand the reason so you can find a way to boost your motivation.

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## 4. PRE MATCH ROUTINE

Having a structured and coherent pre match routine will improve your match performance tremendously. On top of that, it will help lower your stress level. So, start recognizing and implementing the right actions for next the match.

## 5. FOCUS

90% of mistakes in the match are due to a lack of focus. Whether it's a technical, or tactical mistake, it is mainly due to your lack of attention. External factors affect your focus so learn to get back into the moment.

## 6. STRESS MANAGEMENT

The #1 issue for soccer players. If you let your emotions take over... well, it's over. Fortunately, by being in control, you use the stress to actually attain your high performance zone.

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## 7. CONFIDENCE

When feeling confident, you'll dare more therefore will succeed more. It is a cycle that is difficult to get into. But once you comprehend HOW to EARN confidence, your entire game changes. You can finally play at a high level CONSISTENTLY.

## 8. VISUALIZATION

Training and developing your skills doesn't have to be physical. Science has proven that your neuronal connections are similar if the scene is imagined or real. In short, train more by doing less effort. Sounds amazing, and it is...

## 9. INTERNAL SPEECH

What you tell yourself, in your head, has a direct impact on how you feel and consequently how you play.

Master your self-talk so you can get over any situation.

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"Being a professional isn't about the piece of paper you sign.

Being a professional means you are dedicated to mastering your craft.

So, if you aspire to play with the pros, you need to start acting and thinking like one."

Cyril Coisne - Founder of CC Management Football



## Do You Need One on One Training ?



[Schedule a Call](#)

PLEASE NOTE :

Because of the 1:1 nature of the program we only enroll a maximum of 6 NEW player into our program every month.

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