

Preparing to play for CAPA 2K

It is important to be focused and ready to play every time you step on a football pitch. These are the things you should be doing and thinking about before and after those opportunities:

Training

Before

- Eating right foods before session
- Identifying your personal area of focus for session (mental, tactical or technical – **BE SPECIFIC** example – “**All my passes go to the correct foot of receiving player**” or “**any time I lose the ball I will immediately work to get it back**”)
- Social Interaction (greet your teammates and coaches appropriately)
- Visualising session (picture yourself playing your best ever football)
- Read Positional affirmation
- Read 2K Philosophy
- Self commit to giving maximum effort during the session

After

- Energy replenishment
- Sleep/Rest
- Injury Treatment/Prevention
- Stretching/Yoga routine
- Effort evaluation (Did I give maximum effort? Where can I give more?)
- Reviewing session in Journal (how did I improve? What more can I do?)
- Social Interaction (appropriate response to session ending)
- Identify improvement area to work on alone BEFORE next session/game

Games

Before

- Eating right foods before game
- Read and understand your roles and responsibilities within our formation
- Social Interaction (greet your teammates and coaches appropriately)
- Visualising game (picture yourself playing your best ever football)
- Read Positional affirmation
- Read 2k Philosophy
- Self commit to giving maximum effort during the game

After

- Energy replenishment
- Sleep/Rest
- Injury Treatment/Prevention
- Stretching/Yoga routine
- Effort evaluation (Did I give maximum effort? Where can I give more?)
- Reviewing game in Journal (how did I improve? What more can I do?)
- Social Interaction (appropriate response to session ending)
- Identify improvement area to work on alone BEFORE next training session

Confidence is key to improving as a player. You have to believe in yourself. By telling your brain that you are going to do things correctly and to a high standard, you actually will. It is scientifically proven! There are techniques to help with that:

Visualisation – Close your eyes and picture yourself playing soccer for CAPA 2K. You are playing the perfect game. Every decision made is the right one. Every first touch is excellent. Every pass is to where it needs to be. You're working harder than you've ever worked and everything is wonderful. Think of the players around you. Think of what myself and Coach Greg are telling you. Think of the things you see, hear and smell. Think of the support of the crowd and the response of the team. Think about how all of this is making you **feel!** That's you at this moment in time! Don't let any negative thoughts creep in. Just the perfect game, by the perfect player.

Affirmations – Like visualization, they help convince your brain that you are confident and successful. These are position specific and help prepare you for the training session or game ahead! Read them, think about them, and believe in them! They will help!

Visualisation needs to be specific to you as an individual. Affirmations are general and can be found below but you can make some personal changes if you want to. Feel free to discuss them with me if you want to add parts that may be specific to your game. Find the one for your position. Write or cut it out. Put it somewhere you'll see it so you can read it and commit to it every time you step on a football pitch! You'll feel a little silly to begin with but when you see that it works, that won't bother you!

Control what you can! All of this is easy to do and takes a small amount of time but will lead to huge improvements in your game. I am here to help with ANY of it. Just ask and I can help provide some possible solutions!

No excuses! Get it done! Get better! It helps you and your teammates!

Positional Affirmations

I'm a goalkeeper, I am agile, and light on my toes, I am the eyes for my entire team and lead them in the right direction. I am loud in my instructions and commanding in my voice. I am the last defender and the first attacker. I make great decisions defensively and offensively. I distribute possession calmly and start attacks with my intelligent passes. I am a goalkeeper and the penalty box is my home. I'm the leader in my home. The dominant force and don't take kindly to interference!

I'm a defender. A brick wall. I see man and ball, I see the space and cover it when necessary. I DOMINATE the strikers... I WIN every ball. I am a defender. I love to physically dominate strikers and mentally sap their confidence. The midfield line and in is my area. I am always between my goal and the ball, protecting my goal as if my life depended on it. I love contact & impose my will on the other team. I move, run, battle, decide, DOMINATE! I'm technically gifted and ready to start attacks that lead to goals. I win the ball and I distribute. I'm an Irresistable Force and Immoveable Object!

I'm a midfielder. I lend the ball. I show for it. I run, battle, support, and dominate. I tackle, commit, shout, and am fearless. I lead, and the ball is mine! I'm a midfielder. I am the center of activity for my team. I influence every moment of the game. I see the whole field, and see the next action before it happens. I am a midfielder and I change to fit the needs of the situation & my team. When my team needs me to be a dominating defender I fight & win the ball back, and when the game requires I turn into a great striker and score a beautiful goal, I do! When the game is too hectic I calm it down by slowing the tempo, and when the game is too slow I bring all my energy to restart my team's attack. I dictate the game, I make the decisions that change the game. I move, run, and battle. I DOMINATE!

I'm a striker and I live to create chances for myself and others. I battle & claw for those chances. I create havoc & confusion in the area. I move, run & fight. I am a striker. I split the defense with my darting runs. I pull people out wide or bring them deep to create space for others. I constantly move. I'm a striker. I love to score goals but I obsess about the things that will HELP ME TO SCORE. Move, run, battle, and decide. I DOMINATE THE OPPOSITION!