

THE X FACTORS

USE THE FOLLOWING X-FACTORS TO TAKE YOUR GAME TO THE NEXT LEVEL.



PROPER NUTRITION:

Please consult our Nutrition Supplement for the best breakdown of the different areas. Focus on:

- Proper Pre-game fuel
- Protein
- Adequate Vitamins
- Avoiding simple sugars and carbs
- Staying lean and powerful



PROPER SLEEP:

Always get a maximum number of hours of sleep per night.

- Young Children (4-9): 10-12 hours
- Teenagers (13-19): 9-10 hours
- Young Adults (20-26): 8-9 hours
- Adults (26+): 7-9 hours



WATCHING THE PROFESSIONALS

- Track their movements and skills used
- Don't watch the ball, watch the players
- Watching will assist in development, but will not replace any practice hours



MAKE 5 BEST SOCCER PLAYERS YOUR PRACTICE FRIENDS

You become the average of the 5 players you hang around the most!

