



# MENTAL SKILLS TRAINING - T AFC

## Page 1: Goal Setting

### Setting Goals for the Season

The top players know the full map of skills and leave no stone unturned. They use **Mental Skills**, **Soccer Skills**, **Fitness Skills**, and **Strength Skills** to become the best soccer player and version of themselves.

1. **What player do I want to be?**

\_ I want to be a player who is \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. (e.g., *hardworking, confident, a leader*)

2. **What attributes do I want to have?**

\_ I want to have \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ skills.

3. **What professional soccer player do I want to play like?**

\_ I want to play like \_\_\_\_\_ because \_\_\_\_\_.

4. **What skills do I want to develop?**

*This season, I want to improve my \_\_\_\_\_ (e.g., passing, shooting, dribbling, communication).*

5. **How far do I want to go in my career?**

*I want to become a professional football player, university, IMODEL, competitive*

6. **What skills do I want to get better in this season and how will I do it?**

*I want to get better at my weaker foot, I want to get better at scoring goals*

## Page 2: Visualization

### Visualizing Success

The top players picture themselves making incredible plays before they happen.

1. **Imagine the top plays you want to make. Describe them below:**

*I want to \_\_\_\_\_ (e.g., score a long-range goal, assist a teammate).*

*I want to \_\_\_\_\_ (e.g., make a great defensive stop, dribble past defenders).*

*I want to \_\_\_\_\_ (e.g., be a captain, lead my team).*

2. **Draw one of these moments below!**

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## Page 3: Mental Skills & Self-Coaching

### The Best Mentality

The best players approach every game with this mindset:

“This is **MY game, MY time**, and I **WANT the ball**.

I am **EXCITED** to show what I can do, and I **LOVE making mistakes** because that’s the **ONLY** way to improve.

I am like a **learning MACHINE** and just get better and better with each dribble, pass, shot, tackle, and game.

**I LOVE learning!**”

### How do you react to challenges in the game?

*When things get tough, I will tell myself: "\_\_\_\_\_." (e.g., Stay calm, keep trying, I can do this!)*\_

### What should your thoughts be during the game?

*I should focus on \_\_\_\_\_ (e.g., staying positive, helping my team, staying confident).*

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## Top 10 Affirmations for Confidence, Mental Fortitude, and Becoming the Best

1. "I am a confident and fearless player."
  2. "I learn and improve from every mistake I make."
  3. "I love challenges because they make me stronger."
  4. "I trust my skills and my instincts on the field."
  5. "I am always focused, calm, and ready."
  6. "I am a leader who inspires my teammates."
  7. "I have the fitness, strength, and mentality of a champion."
  8. "I give my best effort in every practice and every game."
  9. "I believe in myself and my ability to improve."
  10. "I am becoming the best version of myself every day."
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### Self-Coaching and Affirmations

1. Write 5 positive things to tell yourself before or during a game:
  - "I am \_\_\_\_\_."
  - "I can \_\_\_\_\_."
  - "I have \_\_\_\_\_."
  - "I will \_\_\_\_\_."
  - "I always \_\_\_\_\_."

List 10 of the best moments you've had in a soccer game:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

What is the key to becoming the best version of yourself?

\_\_The key to becoming the best version of myself is \_\_\_\_\_. (e.g., *hard work, staying positive, loving the game*)

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