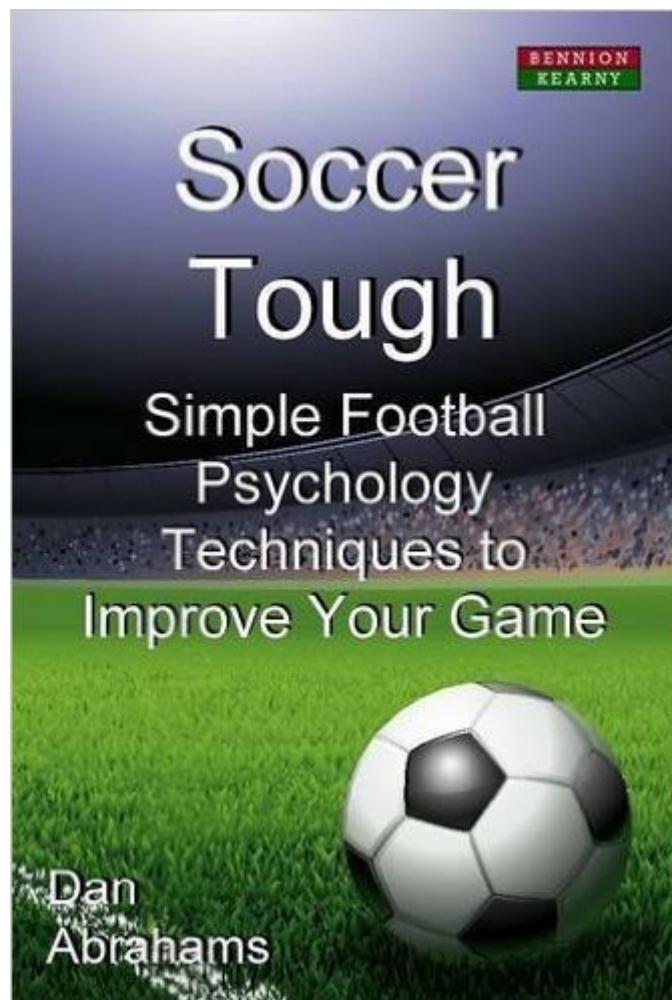


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# Soccer Tough: Simple Football Psychology Techniques To Improve Your Game



## Synopsis

"Take a minute to slip into the mind of one of the world's greatest soccer players and imagine a stadium around you. Picture a performance under the lights and mentally play the perfect game." Technique, speed and tactical execution are crucial components of winning soccer, but it is mental toughness that marks out the very best players - the ability to play when pressure is highest, the opposition is strongest, and fear is greatest. Top players and coaches understand the importance of sport psychology in soccer but how do you actually train your mind to become the best player you can be? *Soccer Tough* demystifies this crucial side of the game and offers practical techniques that will enable soccer players of all abilities to actively develop focus, energy, and confidence. *Soccer Tough* will help banish the fear, mistakes, and mental limits that holds players back. Soccer psychology consultant Dan Abrahams shares the powerful techniques that have helped him develop reserve team players to become international players, and guided youth team players from slumps to first team contracts. Covering the mental triumphs of some of the world's leading players - *Soccer Tough* will help you become the best player you can be. *Soccer Tough* is for amateur and professional players of all levels, as well as coaches. This book explores how the best soccer players in the world think and gives the reader step-by-step ways to do the same.

## Book Information

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## Customer Reviews

This book has excellent, clear advice for coaches who want their players to have top mental strength. I have been a soccer coach for 10 years and thought I knew it all - from personal experience and from various gurus like Anson Dorrance (who wrote the great *Training Soccer*

Champions). From this book you will take away great tips for cultivating self-awareness.

As a professional football player I must admit that I thought I knew it all. After reading the first pages I was so excited to take my game to the next level that I finished the book within 2 days (I am not a big reader at all). I am impressed by the results , it is incredible how a player has to exercise the mind as much as the body.....I could keep talking about Soccer Tough for hours but I have to say that it is THE BOOK for soccer players that really want to take their game to another level and have great performances on the field....10 stars for me!

I am a coach, I have done my coaching courses in two continents, and have played in two continents too. This book has helped me understand the psychological aspects that lead to making good decisions on and off the field of play. This book has not only helped and given me ideas to put into practice for my own teams that I coach, but also for my own well being. The ability to refocus and regenerate my thoughts to help me improve my fitness, morale and playing ability all from simple tools put into easy reading in this BOOK! A MUST Enjoy

Soccer tough is highly recommended. While many people agree that psychology or the power of the mind is the single best determinant of success amongst athletes of roughly similar ability, it is another thing to harness this insight in useful ways. Sports psychology books have historically been, shall we say, a little dry and probably only of interest to a small subset of coaches. What Dan Abrahams has done is simplify the subject ( while respecting the scientific basis) such that this is one of the few books on the subject that I would recommend to players, parents and coaches. I might not give Soccer Tough to a 12 year old but I would certainly give it to thoughtful 14 year old. Another pleasing aspect of the book is that while the concepts are backed by copious research the practical implementation is pretty simple and stress free: create mirror neurons by thoughtfully watching a game;10,00 hours of practice; how to deal with a perfectionist streak. My favorite chapter was the discussion "fire in the belly and ice in the mind." I think he's right but had never thought about it like that. Perhaps the best compliment I could give the book is that although I consider myself a pretty thoughtful coach, as I read through I began to see and understand my players a little more clearly. Its hard to play simply, but i think Dan Abrahams has done a pretty good job of trying.

I still haven't finished it but this book is changing the way I used to think about my soccer performance. There are several things that I have always done (but never noticed) which were

negatively impacting my game. Dan wonderfully opens a player's eyes to the world of self awareness and once aware of things you've been experiencing you can take action and change them. I've been applying the teachings present on this book not only to my soccer, but also to my life experiences. It is very worth the buck and the teachings are of great value.

I am a Behavior Specialist and Teacher that deals day in and out in behavior and psychology as well as an experienced coach. I have read and studied MANY books on psychology, sports psychology and getting the most from students and athletes. I must say, this is the BEST I have come across in my 20 years in the behavior/psychology/coaching field. Dan makes a very complex subject easy to understand and even easier to apply. My 11 year old Goalkeeper is able to make sense of the material and use it to battle the stresses and pressure of being a young goalkeeper in a highly competitive club/league. I can't recommend this book more highly! Can't wait to read his new book, Soccer brain!Mike

The book does what it promises. it focuses on soccer psychology, by putting emphasis on mentality. its a great buy, and it is actually a newer book that i thought, as it mentions messi and balotelli as world class players. worth every penny

The book's basic aim is to get players to rid themselves of negative thought because, truthfully, negativity can be the largest contributor to a poor performance on the pitch. Abrahams outlines a common-sense approach to dealing with negativity and discusses how the constant repetition of positive self-speech and confident movement can eventually bring relaxation and joy to a player's game. I liked this book and would recommend it to anyone suffering from a little performance anxiety out there on the pitch. And even if you're completely at ease with yourself out there, it may still be worth a read.

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