



**5 Simple Yet Powerful Techniques
You Can Use To Improve
The Standard Of Your Soccer Team**

Even If You Have Little Experience or
Don't Know Where To Start

Ian Dibdin

5 Simple Yet Powerful Techniques You Can Use To Improve The Standard Of Your Soccer Team

Soccer has been very good to me, I have travelled the world, played and coached and have enjoyed a love of the game that only soccer people truly understand.

As a coach I developed a training system that has brought me years of success, with League titles, Cups Championships and Tournament success overseas.

However the success I enjoy the most is the players who hold a love for the game and enjoyed a lifetime involved in the game.

Some have become Internationalists, others enjoyed success in the lower leagues, some moved into soccer coaching, giving their all 'when Saturday comes', they have given me purpose and when I watch our junior players playing their first game, scoring a goal, maybe winning a game, there can be no greater feeling of pride amongst the parents and coaches.

I believe that my soccer programme will make the difference and although I coached professionally I have devised a system that clears the confusion and gets to the point of playing soccer, coaching the skills and tactics that make the difference in the game.

This I want to share so you can be safe in the knowledge that for every up and down I have experienced in soccer, I would not swap a single minute of my soccer life. If you manage to capture some of my experiences then I have done what I set out to do... to encourage and enable coaches to make the difference to a young person life through soccer coaching.

Dibs

“Young players need freedom of expression to develop as creative players. They should be encouraged to try skills without fear of failing”

Arsene Wenger

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Achievement is one of the greatest feelings you can experience as a soccer coach. There is simply nothing else like it. That's because when you see a player score a goal, or the team playing as a unit, or winning the Championship, you get to enjoy adulation and knowing that you made the difference in your players life with memories they will never forget.

However, there are many obstacles you have to overcome before you can get there. Not only do you have to coach players the fundamentals, co-ordinate the players into a team and relay tactics to your players on the field – but you also have to give them the tools to be able to perform, understand and apply to be successful, which can be the most difficult challenge of all.

All of this can leave you falling well short of the mark and stop you from ever achieving your dream target. Fortunately, though, achieving these elements doesn't have to be as challenging as you think.

Far from it, in fact. Simply by implementing the right tried-and-tested techniques, you can reach your targets without experiencing any of the common frustrations.

How would we know?

Because, at British Legends Soccer, we are experts at helping coaches achieve their desired goals in the shortest possible timeframe. Over the past 8 years, we have helped many players and teams finally achieve their desired goals without the years of hard work and trial and error most coaches usually have to suffer through.

I've written this eBook to share insight of the how the system of coaching and implementation works that I have accumulated during my time in soccer, from player to coach to manager. The information you're about to read will help you achieve your desired end result while making sure you avoid total anguish.

You're about to discover:

- 5 simple techniques remove the ineffective layers so you can use to achieve your desired goals – even if you have no experience or don't know where to start.
- How to avoid the 3 most common mistakes made by soccer coaches – making even 1 of these errors could cost you growth and development of your team and set you back months.
- Soccer insider secrets that can help you accelerate achievement and give you incredible results in as little as 3 months – number 5 will completely blow your mind!
- The TRUTH about soccer and why grassroots teams usually fail at achieving their targets.

By the time you've finished reading, you'll have all the information you need to kickstart your journey to success and achieve those targets.

Let's get started...

British Legends Soccer Simple Techniques Will Help Your Desired Outcome.

Some days, winning finals or the team playing well might seem like a faraway dream. But, if you implement the right strategies, you can get there far sooner than you think.

We've outlined 5 simple, tried-and-tested techniques you can use to achieve your desired goals.

#1 Back to Basics – Perfect Practice

If you're serious about achieving your goals, one of the first things you absolutely must do is to implement Perfect Practice of the basic techniques. Role Models in life are important and of course meeting a celebrity or watching them perform can be a fantastic experience. However when we try and reproduce their flashes of brilliance then we are heading in the wrong direction.

For example:

- To base training of our team's development on the adult game or from TV highlights we are buying into the professional games self-distancing strategy, where we put players on pedestals and actually distance them even further from our ability to achieve at grassroots level.
- It is crucial that we identify the skills needed in the game, master the techniques in training and apply in the game, once the player reaches this stage then creativity will evolve and 'those moments' will become the part of the players DNA.
- Perfect practice is the key, where the player must master the skills not only to be able to do it once but, achieve it every single time. Once they have mastered that they progress until certain identified skills are mastered, skills that make the difference in the game and can be evolved as the player is faced with challenges on the field of play.

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- Training is not about hours and hours or repetition but visiting the key elements of the skills and mastering them. Through perfect practice, which is coach observed with knowledgeable and instructive feedback, we will train to perfect the skills, touch, movements and balance and ultimately learn for life.
- Will your player ever become a professional? A question that has been posed around pitches throughout the world on a regular basis. This may come from an excellent performance, a scoring feat of wondrous proportions. However regardless of what any coach, scout or parent thinks the projection of a child under 10 as the next world superstar or even a professional player it is absolute guesswork*. Professional clubs and even top league teams are gauged by success and this success draws parents to these clubs like bees to honey, so when the 10 year old moves into this environment are they there for development, success or parental status?. Be rest assured that these players will be left behind on development and have actually decreased their chances of being a professional player. Unchallenging games, strolling to the Championship are ingredients for disaster.

Coaches' egos run high in the top clubs, as they consider 'other' clubs stars as their right to have. They are more intent on getting the best of talent to the club rather than nurturing their own. Development is pushed back and the basics command too little interest for them.

Essentially soccer development is about perfect practice from an early age, playing within a club environment where the coaches see this as the key to player development is crucial. The programme must be player focused and not for the benefit of the coach's reputation. Simply put, using the correct soccer programme will guide the player through complete and challenging development, enabling the player to advance their process of becoming a soccer player correctly and with comprehensive application by the team players and coaching staff this will trigger development at its best, and the rewards will be immediate and consistent.

*1.4% of National Collegiate Athletic Association (NCAA) go on to play professionally. Less than 1% of all the boys who enter a European soccer school by the age of 9 will achieve their dreams of becoming a professional footballer (Business Insider UK).

#2 Positivity and Mindset

As well as Back to Basics and Perfect Practice, you also need to implement a Positivity and Mindset culture if you're ever going to achieve your desired outcome.

This strategy is really powerful because it can help you achieve your goals in a MUCH shorter timeframe. When we look at children playing soccer there are 2 chains of thought when we consider consistency and excellence.

Performance clubs will expect 100% and will critique the player who underperform, while a player focused club will use inconsistency and perceived poor performance as development tools.

This will enable the child to evolve as a player and learn for themselves. Soccer is chaos, during the game too many things can go wrong to enable the coach to train the player for every moment, by using a player focused system players will enjoy the ability to express themselves and build from their Back to Basics - Perfect Practice training, where the coach and the player will be fully informed of their progress to support confidence levels in the game.

By guiding your team with a culture of Positivity and Mindset will engage seamlessly to the players and changing room. With confidence to play individuals this will enable your team to grow in a positive way and reach your desired goals and increase expectations.

#3 Stick to the Curriculum

Too few coaches do this when it comes to achieving desired results. Sadly, the consequences can be disastrous and prevent them from ever reaching their goals.

In the professional game players arrive with defined skills where the player can be slotted into the team for certain functions. If we run our grassroots programme the same way we simply stifle development.

By using limited factors such as reviewing previous results and performances the professional team coach is given the ability to review and adjust the team and bring in specific players for particular tasks.

With modern video review and broadcasting of games there has never been a moment in time where information technology can provide more knowledge to the coaches to access.

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However, for grassroots it can never be the plan to adapt training to fix problems from the previous games, it would all be too easy for the coaches to tell the players that 'we will play to our strengths' this is an opt out and for the player a clear indication that the coach has achieved a position where they sign all the talented players and development has ceased to be the focus.

The top men's clubs in the world, Manchester City, Liverpool and the like, would not apply this strategy, is there anyone anywhere who believes that Pep or Jurgen would ever make this statement behind the changing room doors.

In grassroots player and team development we have to look at the long term strategy where we commence from core to mastery skills, mixed with tactical development, where the growth of the players knowledge and ability must work hand in hand, eliminating or paying lip service to one or more of these will result in long term disaster and for the coaches who do not apply a full curriculum they will be unlikely to regroup the team to a degree that success will be long term, defining 'long term success' as a player playing soccer through grassroots to professional level.

The coach's curriculum must not deviate from the long terms goals and ultimately must be the main focus of their delivery to the players and the team.

Our experience tells us that it is not about individual player talent it is all about individual player development, if we get the development level correct, we will produce a functional team, but more importantly a developing player, one that may not currently be the best player in the team, can reach high levels with the correct coaching, conditions and where the correct curriculum is applied.

#4 Nurture over Nature

Nurture over Nature is another straightforward strategy you can use to achieve your desired goal.

By accepting that natural ability in the soccer player is predominantly about physically and has no real place in a development programme you have removed a perception barrier which will open up development opportunities for all players in the team.

Too many times coaches' resort to the policy 'Give it to the Italian', (perfectly illustrated in the Will Ferrell 2005 movie 'Kicking and Screaming') which has a negative effect on every player in the team, by giving the ball to the current best player at every opportunity is a professional strategy.

If we reference the NFL we see it focused more than ever, where the Quarter-Back gives the ball to the Running-Back or throws the ball to the Wide-Receiver, by using this strategy in soccer we simply are not respecting the synergy of the team.

If the coach does not trust a player to deal with 'the' situation then they must enable the player through development to be able to deal with it, if they don't then the player will never achieve their childhood dream of becoming a professional player and forever be a bit player to make up the squad numbers.

Nurture skills development to enable the tactical awareness in the player can be the only strategy, enable all players to be able to develop their skills and techniques and build from that foundation, and when the 'star' player moves on, guess what? you already have the building blocks in place to quickly turn round the team seamlessly.

With a focused curriculum and coach direction to ensure perfect practice there is no doubt that the skillful player is on the correct track to soccer success, where we accept the nature's role is crucial in development of the physical attributes needed for elite sports, it is by nurturing that gives the player the best possible chance.

#5 Receive, Pass, Dribble and Shoot

A lot of people don't know about this one – which is crazy because we think it's absolutely OBVIOUS when it comes to achieving your dream. When we break down soccer it can be defined into 3 categories:

Receive the Ball and

1. Pass the Ball
2. Dribble the Ball and Pass
3. Dribble the Ball and Shoot

Of course, there are other elements, defensive positioning and set pieces, however for illustration we will consider the attacking or possession elements as being the most important as it is almost certain that the other elements only come about because one of the elements I have listed has went wrong.

Seen regularly on far too many grassroots games, the defender wins the ball, the coach instructs the player to 'pass' they do to the next player, 'pass' and so on until it lands at the feet of the current star or in favour player. As an opposition coach should be able to identify this strategy where they will manoeuvre a player to eliminate the link up and make the option untenable.

The game breaks down and the 'star' player is unable to influence the game and the result. The coach must enable all players to master the 3 categories, of course players will be at different levels when adapting to the 'in game' situation, however by incorporating these categories into training as part of the fundamentals, players will be equipped with the skills to make the choice when faced with 'the' situation, when they become efficient at all 3 then creativity develops. In the professional game, I can assure you, lack of ability in any of the 3 will prevent the player progressing very far.

Evidence* shows that through 'hard wiring' of the brain to follow that 'bad' practice instruction, like the example above to 'pass' the ball every time the player gains possession, a player over 10 years old will be unable to change their ways and have embedded their reaction that will take years to change.

* Each time we practice a skill, a new layer of myelin is added to the neurone like the lagging on a boiler. The thicker the myelin gets, the better it insulates our nerve fibres and, therefore, the faster our movements and thoughts become. Sec-Ed, Matt Bromley

The 4 Most Common Mistakes Made By Soccer Coaches And How You Can Easily Avoid Them

Sadly, when it comes to achieving the desired goal, too many soccer coaches make simple mistakes which cost them dearly. If you're not careful, you could follow in their footsteps and end up falling well short of your goal. But don't worry – we're here to help. We've put together a list of the 4 most common mistakes made by soccer coaches – as well as easy-to-follow tips on how to avoid them.

#1 The Player Enjoyed the Session

Far and away the most common mistake soccer coaches make is assessing success on player responses. We see it all too often - we've honestly lost count of how many people we've come across who have made this error. Players want to succeed and by not running a challenging session then the players are more likely to succeed, and it follows that they look good and perception is that they have done well and they then respond with positive comments on the coaches session. Of course, this is a recipe for disaster, it is crucial that the sessions are built to take the players to beyond the edge of their ability and be challenging.

For example:

'The team have been training well, I don't know what went wrong in the game today'. Coach here has not assessed the situation well, they should know by training within the players comfort zone they will not only be able to develop at the level they are capable of, but they will not be able to affect the game. If the players are constantly challenged in their training sessions, then they will be able to adjust to the game situation better, will they win?

Maybe not, but comments between performance and linked to training are constantly heard. Development is about being challenged and adapting to win every day, winning in grassroots is by getting better every day.

#2 Adapting the Training to Suit all Player levels

Coaches tend to do this but make the fundamental mistake of finding the mid-standard rather than differentiate their sessions and is right up there with #1 mistake in terms of the amount of time it costs soccer coaches.

It's such an easy mistake to avoid, but it happens WAY more often than it should.

If, say in the school classroom, a pupil who wants to become a rocket scientist is not challenged then there would be a concern, teachers are trained to differentiate so all pupils are challenged to their ability, that could be to grammatically write piece of English correctly or to construct a sentence with no spelling mistakes.

The teacher will have expectations and know where their pupils' individual standards are and what would be perceived as success. Simply put by over-challenging one section of the team and under-challenging another is creating a recipe for disaster. Know your player, know where they need to be, challenge them to get there.

In reality training sessions should have a built-in differentiation task that can be used at either end of the scale, to challenge the players' stage of development

#3 Until Saturday comes...

This mistake might not be as common as the first two we've outlined – but that doesn't make it any less harmful. In fact, it could be the costliest out of the three – an error that could see you throw away hours of time and leave you further away from achieving your goal than when you first started.

Traditionally Saturday is gameday for matches, be the league, cup or friendlies. It's the most anticipated day of the week and the day where all the work on the training ground come into action... or does it? Observing many sessions over the years we have witnessed many training disasters, not because the session did not turn out as planned, that happens to most coaches on occasion. But when the coach does not come prepared, they recall a previous session that went fine, or maybe they watched a random video on You Tube prior to the session.

It is almost as if training is something we do during the week, rather than: player development, team tactics and game preparation. It is essential that coaches come prepared, knowledgeable, and ready to deliver, this is vital for player confidence in the coach.

Having a session ready printed, written or on the mobile, adds credibility and when Saturday comes the link between training and the game decision making from the coach should be easily linked to sessions.

#4 Coaching during the actual game

While not as costly as not coaching properly on training nights, this one can still have serious consequences.

The coach screams instructions from the side of the field, to every player and move they make.

Known as 'Commentary Coaching' it may endear some by showing passion, or being a 'character' on the side-lines, but the damage is irreparable.

I recall being told by a player that nothing was heard as instruction but felt as an emotion, disappointing gasps, or hand gestures would seep negatively into the team psyche.

Lack of belief or trust in the players can never be relayed in this fashion, notes with instruction or questions asked will be received with a positive response and will do more than not letting the player make their own decision and screaming instructions out.

Yes, it is a passionate game, but you must control emotions, after all the players will become an extension of who their coach is and how they behave.

Insider Secrets Which Can Help You Achieve Incredible Results In As Little As 3 Months

At British Legends Soccer we've got our fingers on the pulse of soccer coaching, and we've picked up a secret or two during our time. Here are just a few gems that you can use to achieve incredible results in as little as 3 months.

Insider Secrets - the professional Scout

Not many people know this – but it can drastically reduce the amount of time it takes players to achieve desired goals. Clearly the end game is not the result of the next match or the season standings within grassroots, these stats have been captured by coaches and parents to justify their narrative.

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The reality is that the long-term strategy must prepare the player to become a professional player, we accept that the percentages are against the player 'making it' however the route must be focused and never waived. This section deals with what is looked for from players when the Scouts turn up to watch the player.

The Scout is there because he has been told about the player, so if consistent during the game and their sources have been confirmed, the Scout will look for the following things:

- **Teamwork Does:** the player integrate well within the team structure and adapting to the phases of play.
- **Player Personality and Mentality:** How does the player react to losing a goal, or a challenge, are they determined to 'get back in' are they overzealous, are they engaging with other team-mates.
- **Training Attitude:** It would be normally asked that the player to attend the professional club training, this is not to review skills this has already been established but, do they train well, do they understand the training concepts, are they consistent and have endurance for the session.
- **Athleticism:** This will be measured visually at first and measured with data later. Change of speed, strength in the tackle, stature and physique will be recorded in the early stages of assessment.
- **Endurance:** Grassroots and generally youth football throughout have a multiple substitution policy, however the stronger players will play the most part of the game and when gauging endurance it will be measured about quality in movement and on the ball from the first minute and more focused as the game clock progresses.
- **Commitment to nutrition and fluids:** There is an expression that if you wait until you are thirsty then you are already dehydrated, young players have underdeveloped dehydration triggers*, Scouts will note how the player hydrates during the game and training. It would be essential that at the later stages that the player completes a food diary and that will be assessed by the club nutritionist, where the player will be advised, reviewed and re-assessed.

* Dehydration in babies and children. Facts signs and treatment Dr. Debmita Dutta 'What parents ask' article

The TRUTH About The Soccer Industry And Why Most Soccer Coaches Fail At Achieving Their Desired Goals

Have you ever tried to do something difficult without help? It could be something as simple as trying to move a heavy piece of furniture – like a desk – all by yourself. You probably knew in the back of your mind that it was better ask a friend or family member for help – but you became impatient and gave it a go, to see if you could do it yourself. Sadly, shortly after trying, it became clear that you just couldn't do it. The desk was WAY too heavy. Not only did you knock over the nearby lamp, but you've now got a stabbing pain in your lower back... and the desk is still stuck right where it was. If only you'd asked for help.

Well, the truth is the soccer coaching is a lot like that. It can be very difficult – or even impossible – to achieve your desired goals without any assistance. Of course, there is one huge difference. Achieving your desired result isn't as simple as moving a piece of furniture. No, there is a LOT more to it than that. And the consequences could be far more costly than hurting your lower back or putting a scratch on the wall. Not only could you cost yourself thousands of dollars, but you could also set yourself back weeks/months or years on your journey. You could end up further away from achieving your desired goals than you are right now.

Sadly, this is something that happens all too often to soccer coaches. Instead of seeking expert help, they try to go it alone and fall well short of achieving their goals. That's why it's imperative that you ask for expert advice to achieve your goals. And in soccer, there's no one better than British Legends Soccer.

We have 30 years of experience in soccer coaching – during which time we've helped many coaches reach their desired goals. We can help you avoid the common pitfalls, steer clear of the costly mistakes and achieve your dream outcome in the shortest possible timeframe. Why risk staying where you are when you can use our expertise and proven systems to achieve desired goals?

To find out how we can help, get in touch with us below for a free, no-obligation consultation.

Claim Your FREE No-Obligation 30-Minute Consultation And We'll Help You To Achieve Desired Goals

The Final Word to a Legend...

Considered to be one of the greatest players ever and GOAT to some, Johan Cruyff was outspoken as a player and coach but his achievements allowed him to comment and for people to take notice.

Famously refused to wear the Adidas Dutch 1974 World Cup top, so one was specially made and on close inspection of photographs of the game, you'll see his top shows only 2 stripes rather the 3 stripes of the Adidas brand. One of many controversial things in his life...

Shortly before his premature death in 2016 he was asked about youth development at professional clubs, he was scathing in his response, he criticised the money clubs for achievement through purchase and their lack of development. Comparing his Barcelona side to the modern model, he assured all, in the audience, that the youth program players must be made clear of their future professional playing role. It was this method of player development that by using their undoubted core talents to further educate the player. As an example Cruyff was asked about a set piece that led to a European Cup (formerly Champions League) win, he responded to the interviewers 'Was it straight from the training ground' question by saying 'Don't ask me, ask the players, they come up with the solutions'.

It was in stark contrast to the Pepe Guardiola sides and the Antonio Conti style of coaching of 'Do as I say...' over-coached and no player solutions, lack of creativity. But in the most part technically fantastic.

Cruyff moulded an environment to ensure creativity and solutions, it was arguably the greatest Barca team or possibly club team ever, and it included Pep Guardiola in ranks.

Money has evolved the game, not to new heights but in a different direction, we see sides that are so formulated that we are almost experiencing a team shape and passages of play that we could predict before kick off.

Move over the 'Jose Mourinho's' emotion is being drained from the game to ensure the victory of the rich... Cruyff predicted the future and European football has followed the financial dream at the cost of development.

Right or wrong we can argue the point, the reality is that young players have to embrace this route to excellence through core skill and tactical development, the earlier they master the skills the sooner their creativity will evolve... leave it too late then we create the robotic player.

It's maybe out of Pep's hands but, controversially I doubt that Cruyff would have excelled in Pep's team as Pep did in Cruyff's team. It is my opinion that the technical ability of players which were pushed to a new level under Cruyff actually were the seeds of today's systems, he maybe created the monster.

The Dutch system he enjoyed and excelled as a player maybe should have stayed in Holland, along with the culture of the Dutch player and the 'Total Football' architect Rinus Michels.

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Thank you for taking the time to read this eBook – I hope you've found the information helpful and can use what you've learned to reach your dream situation.

If you're truly serious about achieving your desired goals, then we have excellent news. For a limited time only, we're offering you a free, no-obligation session with one of our soccer coaching experts.

During your 30-minute session, we'll discuss your current situation, what your goals are and how we can help you achieve them using our proven system.

We'll also cover a stack of valuable information together, including...

How you can achieve incredible results in a surprising timeframe, what you should never do when trying to achieve desired goals, and how to avoid all the most common mistakes that soccer coaches make which sabotages their success. There's no cost or obligation to move forwards with our service afterwards if you feel like it's not for you.

It's simply a free information session designed to educate you and provide value to you in advance.

To claim your free consultation or find out more information about this limited-time offer, all you have to do is click the link below.

[Claim Your Free Session Today](#)