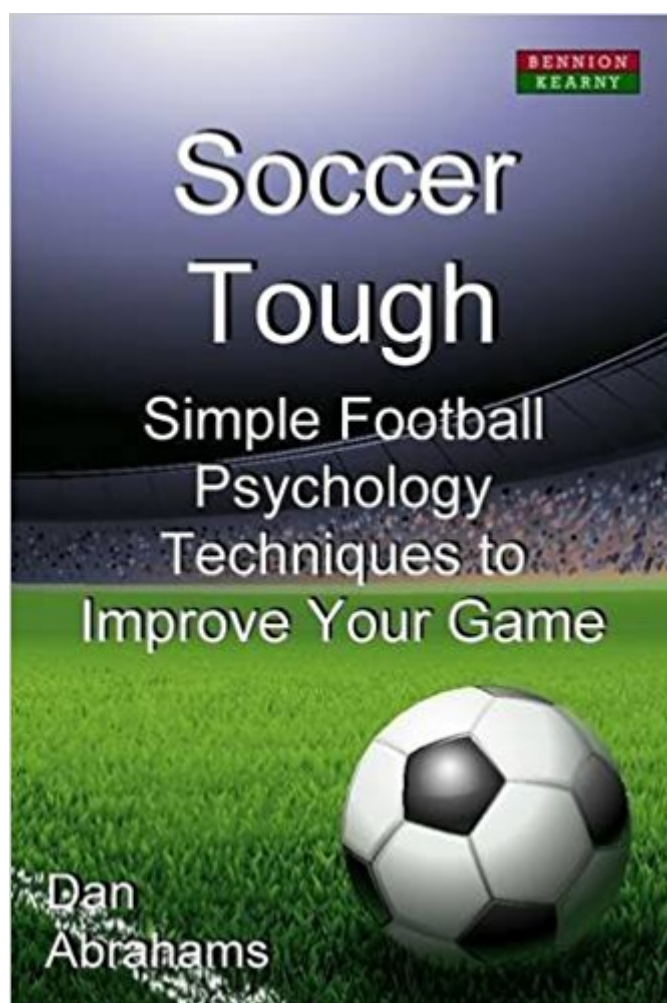


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# Soccer Tough: Simple Football Psychology Techniques To Improve Your Game



## 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

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!

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; 10,000 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. It's hard to play simply, but I think Dan Abrahams has done a pretty good job of trying.

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.

Dan Abrahams manages to convey a set of incredibly useful principles and philosophies for the development of self belief without arrogance for budding as well as mature football players. He does that with accessible language and an enthusiasm that is infectious. The only objection I have is of rather technical nature. Stopping one's unhelpful thoughts (ANTS or known as NATS in the wider CBT community) does not have much empirical support and may paradoxically backfire. Refining the 'recipe' through the integration of newer concepts such as cognitive defusion would make this

manual by just that small but significant smidgen even better. Still, a brilliant piece and highly recommended for anyone (player, supporter or coach) actively involved in the beautiful game!

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.

For the last year or so, I have been following football psychologist, Dan Abrahams, on twitter @danabrahams77. I eagerly awaited his book and was not disappointed. Dan has written a cleanly delivered, insightful and ultimately useful book for aspiring players and coaches. As a sports psychologist, Abrahams has worked with high level players to develop a positive self-image that fuels consistent elite performance. In Soccer Tough, he has created a psychological tool box for players and coaches of all levels to understand how their mind works in the pressured environment of high level football, and techniques to improve a players psychological state to produce their best football. As the father of a youth footballer, I will encourage my son to read the book. Many times as I was reading I thought of specific instances where Dan's techniques would have served him well. As a basketball coach, I see the univeral qualities of these techniques to any sport and how I may use them to help my players play their best. Well done mate. Brian Pinkfbgmcoaches.com

I have read numerous sports psychology books - including those directly related to soccer - and this is one of the best! I've followed Dan Abrahams on Twitter for some time and have enjoyed his insights to the game. This book goes way beyond that in terms of how we can use these different techniques to help players. From a coaches perspective, I enjoyed the fact that there are exercises that we can use with our own players - along with snippets that players can read themselves and get in touch with the mental side of the game. A nice bonus is to read Dan's insight to working with the best players in the English Premiership and see what it has done for those players. Overall, I would highly recommend the book for players, coaches, or even parents who are looking at getting an edge on performance with work on the mental side of the game.

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