

DON MACNAUGHTON

COACHING

UNLEASHING POTENTIAL



The 12 Hidden Laws of Success in Soccer

"Sports do not build character, they reveal it"
- **John Wooden**, Legendary basketball coach and teacher

WELCOME

Welcome Message



Donald MacNaughton is a widely-recognized consultant, top-selling author and keynote speaker specializing in the area of High Performance. A leader in his field, Don integrates psychology, leadership skills and talent development to help individuals and organizations achieve their highest performance levels.

The founder of the High Performance consulting firm Zoned In Performance, Don has a long established reputation for applying the latest thinking in sports psychology, neuroscience and team dynamics to enhance business and sporting performance. With a practical application of sports psychology into everyday life, he equips his clients with the tools necessary to sharpen mental skills. To that end, Don has helped clients develop the mindset required for performance excellence in sport and business alike.



Great Players are not born, they are made

So what makes a champion player ? It's now widely recognised that champions become champions from within, and the key to unleashing your potential in soccer is to develop mental skill alongside your technical skill , tactical awareness and physical condition. Clearly, getting to the top of your game is going to take dedicated physical practice but the difference between a good performance and a great performance goes beyond developing superior fitness and skill, it's having the mental 'edge' that wins on the day.

Becoming the best is all about being your best, and making every moment ,every game and training session count on your journey towards your ultimate goal of success. The following 12 Laws are stepping-stones that can keep you on track to unleashing your true potential. They are stepping-stones that are all around you; they represent your everyday thought processes and attitudes, but there is every chance that their significance in terms of your success has been pushed to the back of your mind and become hidden from view under the clutter of modern life and pressures of competitive soccer. It's time to re-discover the champion within; it's time to re-think how you think!

One - A Top Performance is an Inspired Performance

Find your inspiration and you find your success. What do you love about football; what's the 'buzz'? Strip away all the baggage and stress of competitive pressures and re-discover your passion and energy for the game. When you re-connect with your passion, you re-discover your true self, and you find your inspiration.

Ask yourself; what was it about soccer that first attracted your interest, and what keeps you involved?

Two - Positive Thoughts Generate Positive Outcomes

Everything is energy and energy vibrates. Think of it this way; ever felt a positively charged, electric atmosphere in a football stadium? That's the positive vibe of the spectators. Your thoughts, your actions, and your beliefs all generate their own energy so you have within you the power to create your own positive or negative environment, and you have the power to change that environment.

Ask yourself; do you think positively about yourself and your potential to succeed; are you your most positive supporter?

Three - Top Performers Put Action Plans into Action

Take action on your thoughts. Positive thoughts inspire positive actions but you must **take action** to create positive outcomes. Plan your route to success, set stepping-stones in place, then **take** those steps.





Four - As You Think, You Become

Your emotional state has a direct impact on your physical state. If you *think* you've got what it takes to become a great player, and you *believe* in those thoughts, you are powerfully motivated to *become* the player you believe yourself to be.

Five - You Get Out What You Put In

Nothing happens by chance. Winners don't become winners by chance and losers don't become losers by chance. Every effort counts, in training as well as in competition, so give *every* performance your best effort.

Six - Winning Efforts Receive Winning Rewards

Rewards are always commensurate with effort so it takes a winning effort, both physically *and* mentally, to receive a winning result. A physical warm-up before a game prepares you to play, but it takes mental preparation to be ready for the whistle to blow *believing* you are prepared to play at your best.

Seven - Like Attracts Like

Positive thoughts attract positive outcomes. You must learn to focus on the positives of every outcome and you must develop a positive mental attitude in order to see those positives. Negative thoughts can only ever attract negative outcomes. For example, you may not have won the game on the day, but you have played well. Your focus must always be on what you *have*, not what you *have not* achieved.

Eight - Without Change, Nothing Changes

If you want changes, you have to *make* changes. If your current thoughts and actions are not bringing you the results you want, you have to embrace change and try something different. There can be no guarantees, but if you continue to think and act the same way, you are guaranteed to get more of the same results. Changing your outcomes begins with changing your thought processes.

Nine - Getting to the Top Means Getting Things in Perspective

Keep your performance in perspective. One disappointing result does not equate to an entirely disappointing soccer career - unless you *choose* to let it. Everything is relative to something else so success and failure can only ever be relative to your perspective. Your disappointing second place is someone else's dream of sports success!

Ten - You Win Some, You Lose Some

You have to know failure to know success. Everything in this world has an opposite and if there was no failure there could be no success. Success comes from accepting the potential to fail along with the potential to succeed. If every player waited for a guarantee that they would win before entering the stadium, it wouldn't be much of a game !





"I am the greatest"
- Muhammad Ali



Eleven - The Only Way is Up...Down...Up ...

What goes around, comes around. Where there is setback or injury, there will also be recovery. Your mental attitude has a direct effect on the physical recovery process and the speed at which you return to full fitness. Accepting that you can and will recover from injury motivates you to go with the natural flow of the physical recovery process, but wallowing in self-pity and doubting your ability to recover can only slow your progress.

Twelve - Champions Recognize the Champion Within

You are what you believe you are and your skills and abilities are what you believe them to be. You have to believe in yourself as a top performer before you can achieve a top performance. Think of it this way, boxing legend Muhammad Ali didn't step into the ring thinking, "I wonder if I might perhaps be the greatest." Believe in yourself as your best self and you will become your best self. Add soccer quote relevant to law

THANK YOU

Thank You



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