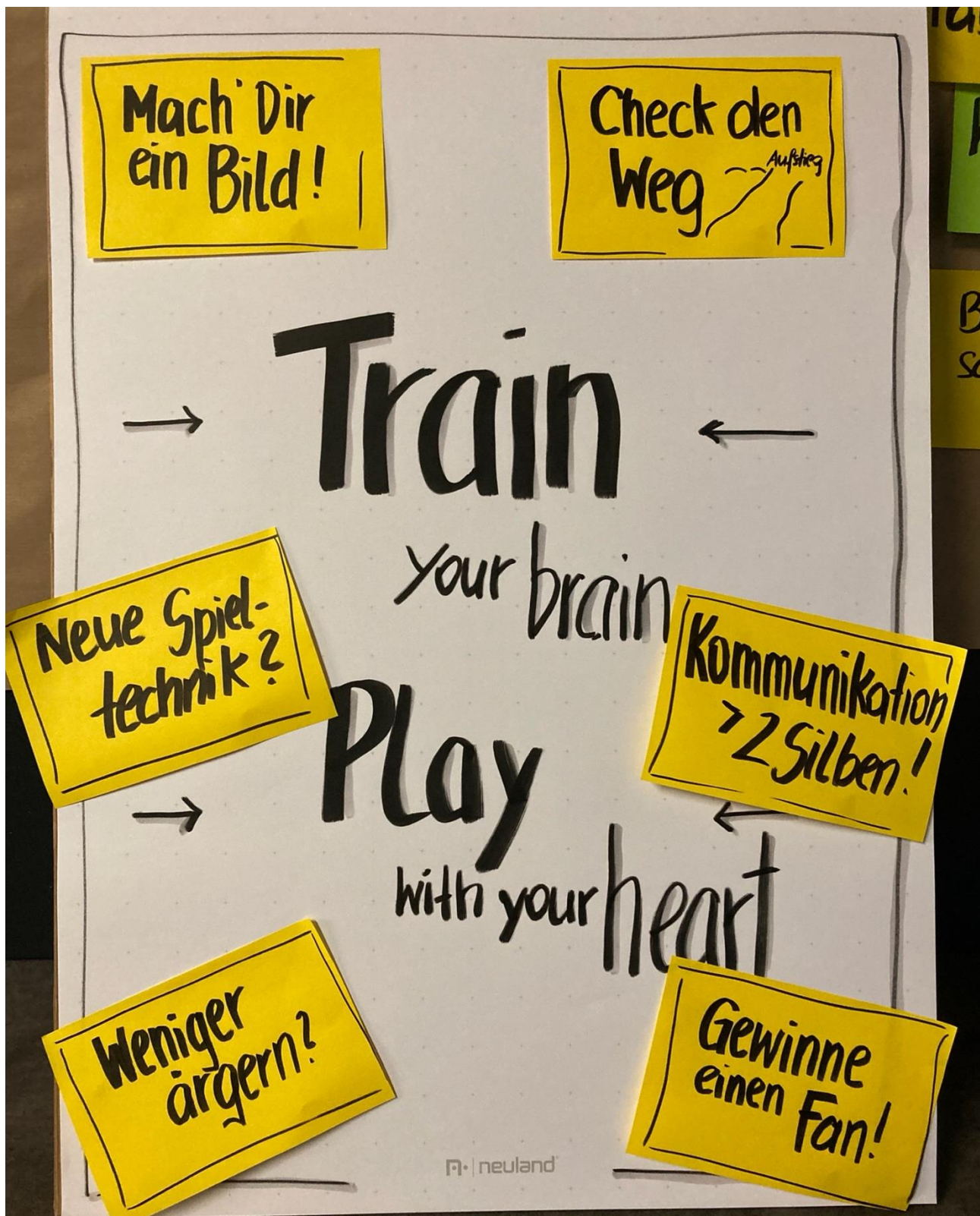
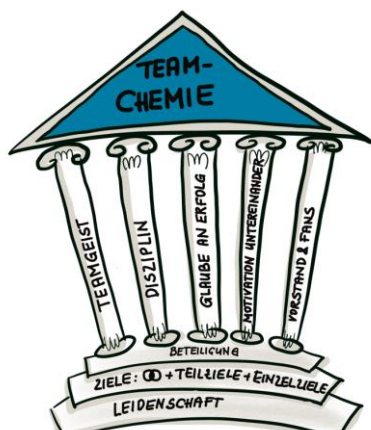


Train your brain, play with your heart.

An instruction manual for your successful football game.

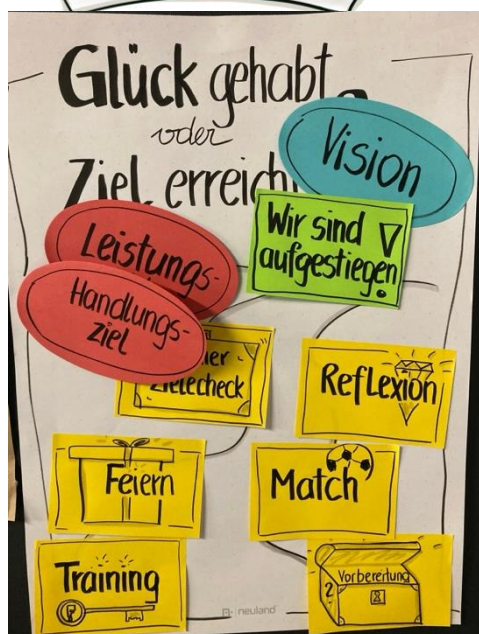


Number 1: Get an idea of which pillars are important for *mutual success*!



First, everyone thinks about what he or she considers important and you create a common image that you can always come back to. Whether it goes well or not so well. With the signature you create a greater commitment.

Number 2: Check the path "lucky or goal reached"!



- **Reflect together on the last match, before the training sequence:** What do we want more of, what do we want less of, what do we want to keep? Because as is well known, everyone can "complain". We do this quickly and bluntly. But thinking carefully about what was good and what was less good is the art. On the one hand, you create a common perspective on the last match (because everyone has different glasses on) and you can work more specifically on an improvement.

Set your own, concrete performance and action goals!

Describe them in the same way that your head knows what you want from it. "We want to ascend" your head can not imagine! What exactly is he supposed to give you as a guide to action? That's why describe your strengths in detail and think about where you want to improve and how you can achieve this goal. A performance goal would be, for example: "Leave the opponent standing with a ball touch". A plot goal would be trick "Behind the back", "Suarez Flick" or "Bergkamp Drehung" or ... whatever suits your playing position to learn or perfect. On Youtube at Camill Hauser (playlist football tricks) you will find the scenes of the tricks exactly to look up ([click here](#)). Take your player bow to hand and complete your goals.



The next point also helps:

Name your football role model and analyze:

What do you want to be just as good at. What exactly does this role model do in a particular game situation? Or you can take a look at [camill Hauser's Youtube channel](#) (he is one of the best football artists in Germany). There you will find a lot of short videos for different playing techniques and football tricks – maybe there is something that suits you exactly?

Train alternately with the trapeze and the egg. Philipp has a technique book, from which he will train new sequences with you again and again.

Prepare your body for a match too! Your short checklist for a good, physical feeling (excerpt from the website of the German Football Association):

To be fully recovered, your body needs **at least eight hours of sleep**. Be careful not to consume **artificial sugar drinks** such as cola or sodas before, during and after games. The artificial sugar is difficult to digest and also ties up important resources for a longer period of time. Water is best suited, with a minimal addition of fruit juices. The varied muesli is just as suitable as the scrambled eggs fried without much fat. Fresh fruit or fruit juices provide the vitamins for the day. You should have finished

the last big meal at least three hours before the game! Even immediately before the game, you can supply your body with even more energy. A banana, for example, is ideally suited for this

. The **contained fructose needs about 45 minutes** to provide your body with further energy

Build in a **cool-down sequence** before the match: With the breathing exercise of [Wim Hof](#).

Energize yourself **before the match: With "positive thoughts about yourself". Here are the "best":**

I am full of self-confidence! I am full of energy! I am talented! I am mentally strong! I am very well trained and prepared! I have competitive strength! I am very strong and persistent! I have a very good technique! I'm sure I'm on the ball! I have a very good passing game! I have a very hard and precise shot! I am very dangerous and a good shooter! I am a valuable player! I am a personality! I'm a leader! I am outstanding in training! I score goals! I meet! Everything is possible! I have the right ideas in the game!

Number 3: You want to learn a new playing technique?

Then adjust your transmission and switch from gear shift to automatic. Only when the new playing technique "becomes flesh and blood", then it succeeds "in real life". Why is this

important? When you learn something new, do you think about it, how does it work "again"? That's in the game – impossible in the match. Das must be immediately – i.e. automatically (it is also called unconscious) – retrievable. Of course, you can train in "real" on the one hand or you can imagine this move in your head! If you do this every day, it will be easier for you to retrieve the situation in training and in the match you will be able to use the new technique after some time without having to think about it. Because you don't have time for that in the match! **Think of an object, a gesture** that immediately reminds you of the new playing technique or a sense of achievement (you set an "anchor" in your brain). Boris Becker's Faust or Andi Goldberger's grip on the nose tip before departure had exactly this background: to let the perfect technique play in front of the inner eye and to tune in positively.

Number 4: You want to be less annoyed in the match:

Successful players have a gesture for a positive attunement (see point the Becker Faust or Goldis Naserl). After you have thought about your gesture, you can also recall this positive anchor in negative situations. This will make it easier for you to get yourself back in a good mood!

Number 5: Communication with each other does not only consist of 2 syllables or a few sentences!

In [the audio example by Josi Prokopetz](#) you can see how 1-2 syllables in Vienna can make up a whole conversation ;-). Tone, posture and facial expressions strongly influence the effect on your counterpart. Ask more questions and talk less, you will learn more from your counterpart how he/she ticks. Ask instead of "How are you", "what is on your mind right now?" ... the answers will surprise you. Be generous with appreciation: Tell your teammate what exactly he did well in your eyes the last time.

Number 6: Win another fan!

Talk about how the football you play is an exciting experience and gives you moments that a fan won't easily forget. Get support in the match and deliver an exciting game for your fans! No matter if it goes well or wrong.

Attention: With regular use, these "screws" affect your football game AND your attitude to life!

Now you: What do you take with you and will integrate into your everyday life?

Scan den QR-Code:

About the breathing exercise Wim



Hof:

Tom Youtube channel Camill Hauser:



Here you will find the links to click:

- Youtube [Atemübung Wim Hof](#)
- [Youtube Kanal Camill Hauser](#) (Fussballtricks, Workouts, Training, ...)
- [Youtube Camill Hauser Fussballtricks](#)
- [My website only for the team](#) – here you will also find these documents again.
- Tips and tricks on the website of the German Football Association can be found [here](#).