



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

*Dan Abrahams*

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## **Soccer Tough: Simple Football Psychology Techniques to Improve Your Game** Dan Abrahams

"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.

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