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## 5 Laws of Player Development

1. **I am Responsible for my Development:** Don't be the player or the parent pointing to the club or the school coach saying it is because of them that I am not developing. The moment the player (and the parent) makes the decision that it is up to them to improve, they become free. Free to get better without waiting for others to tell them what to do and when to do it. This is an amazing feeling. It allows you to take control of your development and your future. **Repeat to yourself "If it is to be, it is up to me"**.
2. **I am Extraordinary at the Ordinary:** The ordinary is the basic technical skills of soccer. To get better at any level, you must become more technical and clean on the basics of controlling the ball with all 12 parts, passing/striking with all parts of the foot, headers, dribbling to maintain possession and to beat a player. This includes the best players in the world, like Messi and Ronaldo, and it includes you. Today's game is about speed of play. Learning to play fast is better than playing slow. Period. To be able to play fast, you must be able to execute basic settles, passes and dribbling very quickly in tight spaces. **Repeat to yourself "I am extraordinary at the ordinary"**.
3. **I am a Student of the Game:** We don't watch enough college or pro soccer. Why is this important to your development? Because it will improve your decisions on the field. It will also just make the game a lot more fun because you UNDERSTAND it better. Pick any topic in school. You don't just study it once. You study it consistently to understand it. Can you imagine going through an entire math or English course and only studying the materials once before final exams? We all would fail. So, adopt a college or pro team and a player and watch a ½ a game each week. Watch more if you have the time. The bigger pro clubs and leagues (like EPL & UEFA) are easier to find on TV. If you cannot get games on TV, you can get 1000's of game highlights and even full games on Youtube. It is OK if the games are from the past. This will take you about 45 minutes a week. **Repeat to yourself "I am a student of the game"**.
4. **I am a Hard Worker:** This is simple. Getting better at anything requires hard work. There is a saying we love at Captain Elite **"Hard work beats talent when talent does not work hard"**. It is great if you are born with oodles of natural abilities (talent). It is better if you develop a hard work ethic to put the hours into developing skill and the resolve to overcome the inevitable setbacks. When asked the secret to his success, JP Getty, said "Try harder". When he was asked what he did if that did not work, he said "Try harder, still". Hard work will get you to your goals more than anything else. **Repeat to yourself "I am a hard worker"**.
5. **I am Thankful:** Being grateful is part of being a human being that helps make the world just a little bit better. There is a saying in South Africa called "Ubuntu". It translates to "I am, because of you". That means we are who we are because of all the people who helped us along the way. Be thankful to your parents, to your coaches, to your teammates, to the refs. Respect the game. Remember the Barcelona story – every player at every age in the club says "thank you" to the coaches after every training session and game. Just think of how positive a culture that creates on your team. Lead!  
**Repeat to yourself "I am thankful"**.

Sincerely, Coach Keating

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4. I am a *Hard Worker*
5. I am *Thankful*

Player: \_\_\_\_\_ Birth Year: \_\_\_\_\_ Jersey #: \_\_\_\_\_ Date: \_\_\_\_\_

Signed: \_\_\_\_\_