

The journey to truly superior performance is neither for the faint of heart nor for the impatient. The development of genuine expertise requires struggle, sacrifice, and honest, often painful self-assessment. There are no shortcuts.

Above all, if you want to achieve top performance as a manager and a leader, you've got to forget the folklore about genius that makes many people think they cannot take a scientific approach to developing expertise.



**"Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do." - Pele**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
FRIDAY	SATURDAY	SUNDAY	HAVE YOU?
			<p><b>Spent time working on your cardio?</b></p> <p>When the moment comes where you can positively affect the outcome for your team, do you have the energy to perform the task? Do you have the energy in the last minute of the game to make that run to score a goal or to stretch further than you have done before to make that save?</p>

**Additional Activities for the week that improved your soccer ability:**