

Issue: 16

The

# Gladiator Soccer Academy

News



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## The Mindset of High-Performers

### GSA Newsletter

Welcome to Gladiator Soccer Academy's Newsletter.  
Parents' number one source for youth soccer information.

#### Updates and new programs:

U14 Boys and Girls Soccer  
on: Saturday 9:00 AM – 10:00 AM



BY JOHN O'SULLIVAN

"I lost my starting spot on the soccer team. I'm just not good at soccer." "I failed my math test. I'm just not good at math."

Ever heard such a statement from one of your kids? From one of your players? If so, it is very likely that the single greatest factor limiting their performance is not coaching, or teammates, or fitness. It is a bad state of mind. It is a lousy mindset! Famed Stanford researcher Dr. Carol Dweck has found that when it comes to performance, there are two types of 'mindsets' as she calls them: a fixed mindset and a growth mindset.

In her internationally known book *Mindset*, Dweck discusses the difference between these two mindsets, and provides parents and coaches with a path to instilling the proper mindset in their athletes, students, and for that matter, performers in any type of achievement activity. Understanding the importance of mindset is crucial to helping your child perform his or her best in sports. A person with a fixed mindset usually judges situations in terms of how they reflect upon her ability, which in her mind is permanent. In other words, if she does poorly on a test, she is not smart. If she plays poorly in a game, she is not a good player. As a result, fixed mindset individuals rarely seek out opportunities to learn or challenge themselves, for failure to them is vindication of their lack of self belief. In their mind, risk and effort are likely to expose their weaknesses and lack of ability. They instead choose to seek easy achievement activities, fear failure, shun effort, and are constantly finding excuses to not perform their best.

Jr. Gladiator Wednesday 6:00PM - 7:00PM and Friday 5:00PM - 6:00 PM.

**ONLY 5 SPOTS LEFT**

A growth mindset individual, on the other hand, sees her abilities as capable of being cultivated. She recognizes that challenging herself is an exciting part of learning, and that failure is a necessary component of success. Her attitude towards a poor result on a test is "Next time I just need to study harder." When confronted with a difficult task, she embraces the challenge. She is not afraid to fail, pick herself up, and try again.

In Dweck's words, "a belief that your qualities are carved in stone (fixed mindset) leads to a host of thoughts and actions, and a belief that your qualities can be cultivated (growth mindset) leads to a host of different thoughts and actions, taking you down an entirely different road." A fixed mindset individual will not put forth effort, for he believes that if he were smart (or talented) he would not need to try hard. Effort is a bad thing. For a growth mindset individual, effort is the secret sauce that makes you talented! Effort is everything!

Dweck has found that adults often instill a fixed mindset in their children by praising them in the wrong way. We live in a culture of effusive praise, where some people believe that the more praise we heap upon children, the better. Yet Dweck found that praising children for their ability – you are so smart, you are so talented – actually has the opposite effect. In a test of four hundred fifth graders, Dweck found that praising children for their intelligence ( "You must be smart at this") as opposed to their effort ("You must have worked really hard") had a massive detrimental effect upon performance. Over a series of tests, children praised for effort as a whole tried harder, worked at a task longer, and enjoyed challenges more than those praised for intelligence. But beyond that, those praised for effort improved their test scores by 30%, while those praised for intelligence saw their scores decline by 20%!

How does this apply to coaching and parenting athletes?

As a coach, until I read Dweck's work I had different words for fixed and growth mindset players: Uncoachable and Coachable!

What I did not realize was that a fixed mindset athlete was not uncoachable; he or she just heard me completely differently than a growth mindset player. When I offered critique or criticism, what a fixed mindset player heard from her inner voice was "Coach does not think I am good, because if I was good, I wouldn't need to try, and he wouldn't need to coach me." On the other hand, the growth-oriented player's inner voice said "coach is trying to make me better by teaching me new things."

If your athletes have stopped putting effort into their sports, you may need to figure out whether they have adopted a fixed mindset. Do they view failure as evidence that they are not good? Do they fear failure, and thus have given up trying, lest they give their best and fail? If so, your athletes need a mindset adjustment!

For your athletes to reach their true athletic potential, they must have a growth mindset. They must come to realize that nothing relating to ability is fixed, and with effort and application, what you can be a month from now or a year from now is determined not by who you are, but by what you do!

You can help, simply by learning to praise your athletes for their effort, and not their ability!

# What To Do At Home

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday   |
|--|---|--|---|--|--|
| <ul style="list-style-type: none"> <li>○ 150 Step - On</li> <li>○ 150 Yo-Yo shuffle</li> <li>○ 150 push – Pull</li> <li>○ 150 Side Step</li> <li>○ 150 Shuffle stop take</li> <li>○ 150 Scissors</li> <li>○ 150 Step - over</li> <li>○ 150 Juggles</li> <li>○ 150 Pull V</li> <li>○ 150 Roll Inside Outside</li> </ul> | <ul style="list-style-type: none"> <li>○ Ari And Cat Video. Do each move 100 times</li> </ul> | <ul style="list-style-type: none"> <li>○ 150 Step - On</li> <li>○ 150 Yo-Yo shuffle</li> <li>○ 150 push – Pull</li> <li>○ 150 Side Step</li> <li>○ 150 Shuffle stop take</li> <li>○ 150 Scissors</li> <li>○ 150 Step - over</li> <li>○ 150 Juggles</li> <li>○ 150 Pull V</li> <li>○ 150 Roll Inside Outside</li> </ul> | <ul style="list-style-type: none"> <li>○ Ari And Cat Video. Do each move 100 times</li> </ul> | <ul style="list-style-type: none"> <li>○ 150 Step - On</li> <li>○ 150 Yo-Yo shuffle</li> <li>○ 150 push – Pull</li> <li>○ 150 Side Step</li> <li>○ 150 Shuffle stop take</li> <li>○ 150 Scissors</li> <li>○ 150 Step - over</li> <li>○ 150 Juggles</li> <li>○ 150 Pull V</li> <li>○ 150 Roll Inside Outside</li> </ul> | <ul style="list-style-type: none"> <li>○ 150 Step - On</li> <li>○ 150 Yo-Yo shuffle</li> <li>○ 150 push – Pull</li> <li>○ 150 Side Step</li> <li>○ 150 Shuffle stop take</li> <li>○ 150 Scissors</li> <li>○ 150 Step - over</li> <li>○ 150 Juggles</li> <li>○ 150 Pull V</li> <li>○ 150 Roll Inside Outside</li> </ul> |

## Looking For a Challenge?

### Street Soccer Moves

1. The Basics → 100 times
2. V-Move Nutmeg → 100 times
3. Zaid Panna Tutorial → 100 Times
4. Dragon Step-over → 100 Times
5. Mouse Trap → 100 Times
6. Air Akka → 50 Times

All moves can be found on our website. <https://www.gladiatorsocceracademy.com/homework>

- Or simply go to <https://www.gladiatorsocceracademy.com/> hover over the resources tab and then click homework

## Become a Gladiator

Registration is now open for New Programs. To register sign up online and bring a completed registration form found on the website

<https://www.gladiatorsocceracademy.com/register>



### Gladiator Soccer Academy Ages 9-12

Learn Soccer the Gladiator Way!

Gladiator Soccer Academy's revolutionary new training method is the first of its kind in the world. At GSA we want no player to get left behind! To achieve this every player in the academy gets 1 hour a week of semi-private lessons. This is a weekly session which a maximum of 4 players attend the session each week. In doing this we can maximize the attention each player gets from the coach. Each week players get three sessions. Two sessions are with their team. The last sessions is the semi-private session. Throughout the week coaches have a chance to see what part of the exercise a player is struggling with. The Semi-private sessions allows coaches to work with players in smaller environments on what they struggled on during the weeks training session.

Price \$250/ Month

### Jr. Gladiator Soccer Academy ages 5-8

Learn Soccer the Gladiator Way!

At GSA we understand that Kids are involved in other activities. As a result we have created our beginners Academy program. This program is for families who are still looking to receive GSA unique semi-private lessons but have other commitments as well. During the week players will receive one team practice session along with one semi-private lesson with a max of 5 players.

Price: \$160/ Month

### Beginner Gladiator Soccer Academy Ages 8-12

Learn Soccer the Gladiator Way!

At GSA we understand that Kids are involved in other activities. As a result we have created our beginners Academy program. This program is for families who are still looking to receive GSA unique semi-private lessons but have other commitments as well. During the week players will receive one team practice session along with one semi-private lesson with a max of 4 players. \$200/ Month

- Private Gladiator Wednesday at 6:00PM- 7:00PM and Friday 5:00PM-6:00PM Players . **ONLY 2 SPOTS LEFT**

### Private Gladiator

Gladiator Soccer Academy's revolutionary new training method is the first of its kind in the world. At GSA we want no player to get left behind! With Private Gladiator training there will be a maximum of 8 players in each session. This will ensure that coaches can focus on each players development. Each session runs for one hour once a week. Players can sign up by themselves and be placed in a private Gladiator session or they can sign up with their friends. Price : \$130/ Month

- Private Gladiator Wednesday at 5:00 PM Players born in U10. **ONLY 1 SPOTS LEFT**

## Contact Us

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