

Decalogue to Be More Efficient and Productive in Football with an Innovative Approach

This decalogue offers a practical guide to improving performance in football, focusing on process optimization, time management and the development of innovative strategies to achieve success.



by **Pons Method Institute**

Master Your Game

Success in football is based on a deep understanding of its different aspects. It is not enough to practice; you have to analyse, study and understand every detail of the game. Mastering tactics, technique and physical preparation is essential to be able to act with precision and confidence on the pitch.

- Analyze your team's matches and those of your rivals to identify strengths and weaknesses.
- Research the latest trends in training and game tactics.
- Practice specific drills to hone your technical skills.

Optimize your Mental Energy

Concentration is vital in football. Learning to enter a state of total focus at key moments allows you to improve your performance and make better decisions.

Having a system that helps you concentrate is crucial. These are rituals or practices that allow you to activate your mind before each training session or match.

1

1. Mental warm-up

Breathing exercises, meditation or visualization that focus you on the goal.

2

2. Motivational music

Listen to music that inspires energy and confidence before every game.

3

3. Review of strategies

Visualize the game, review the team strategy and the roles of each player.



Create Processes Automated

Automated processes in football involve developing game patterns and training routines that simplify repetitive actions. This frees up mental energy to make strategic decisions at the right time.

It is important to design drills that structure clear offensive and defensive movements. Practice these movements until they become an automatic habit, without the need for conscious thought.

Prioritize the Essential

In football, not everything has the same impact. Identify the tasks and training that bring the most value to the team and focus on them. Prioritizing means concentrating your effort on the actions that generate the greatest performance.

The Pareto principle can help you identify the actions that benefit you the most. By applying this principle, you will realize that 80% of the results come from 20% of your actions.

- Identify the exercises that have the greatest impact on your performance.
- Prioritize training that allows you to improve your key skills.
- Analyze the moments in the game where you can make the biggest impact.



Constantly Adapt and Evolve

The key to being productive is not just repeating what works, but adjusting to new situations. Football is a dynamic game and each team and each player requires unique solutions.

Continuously monitor the team's progress, analyze the strengths and weaknesses of each player, and adjust strategies according to the demands of the context.

- Observe how the game develops during matches and analyze opportunities for improvement.
- Adapt training strategies to the specific needs of the team.
- Be flexible and open to new ideas that can help the team improve.

Invest in Team Development

Efficiency in football is not individual; it is collective. It is important to create an environment where all players can develop and contribute to the success of the team.

Helping players understand their roles and how to optimise their impact on the group is essential. This involves conducting regular assessments to identify the areas in which each player can contribute the most.

- Create a climate of collaboration and trust within the team.
- Promotes open communication between players and coach.
- Use feedback to help players improve their skills.

Use Technology as an Ally

Data analysis and digital tools can be of great help in improving team performance. Technology allows us to make more informed decisions and save time on subjective evaluations.

Implement performance tracking systems that provide clear data on what is working and what needs adjustment. Analyze the data to identify areas for improvement and adapt strategies.



Promotes Resolution Quick Troubleshooting

Productivity is not about avoiding mistakes, but about dealing with them quickly. In football, situations are constantly changing and it is important to know how to adapt and solve problems in real time.

Design an environment where players learn to analyze the situation, make decisions and execute quick actions that allow them to overcome difficulties.

- Practice small-game scenarios that simulate critical situations to reinforce decision-making.
- It encourages effective communication between players so they can solve problems together.
- Create a climate of trust where players feel free to take risks and learn from their mistakes.

Integrate Technique and Tactics in Every Action

Don't waste time working on separate aspects. The key is to combine technical skills with tactical execution within the same drill. This allows you to create a natural flow of play and prepare players to perform under pressure.

Design training sessions that mimic the natural flow of the game. Teach them to apply what they have learned in real-life situations, making real-time decisions and adapting to the circumstances.