



FTBL ACADEMY PLAYER HANDBOOK: 11 CHARACTERISTICS OF A FTBL ACADEMY PLAYER



Your guide to becoming a responsible, disciplined, and creative soccer player.

Welcome to FTBL Academy! This handbook is designed to help you understand and remember the 11 characteristics that make you a true FTBL Academy player. These values will help you both on and off the field.

This is a place where we learn, play, and grow together. Here, it's all about getting better at soccer and having fun while doing it! We believe every single one of you can be amazing—on the field and in everything you do. At FTBL Academy, we know it takes more than just skill to be a great soccer player. It takes heart, teamwork, and a great attitude. That's why we have something special—our 11 Characteristics of a FTBL Academy Player. These are the things that make you not just a good player, but an awesome one! These 11 characteristics are like our superpowers! They help us work together, respect each other, and always try our best. And guess what? These superpowers aren't just for soccer—they're for everything in life! So, let's learn what it means to be a real FTBL Academy player—someone who is brave, kind, creative, and never gives up!

Keep this guide with you, study it, and look back at it whenever you need a reminder of what makes you great.

COACH RAFAEL



How to Use This Handbook with Our Video Series

At FTBL Academy, we want to make learning these 11 characteristics as easy and fun as possible! That's why we've created an exciting video series to go along with this handbook. You can now watch the videos on our website and follow along with this guide to fully understand each characteristic.

Each section of this handbook matches up with the videos you'll find online. You can use both together to learn about each characteristic, see real-life examples, and become the best FTBL Academy player you can be!

How to Follow Along:

1. Go to **www.ftblacademy.com/skillsathome** and visit The 11 Characteristics of a FTBL Academy Player Video Series page.
2. Watch the videos one by one, starting with the first characteristic: Responsibility.
3. As you watch, open this handbook to the matching section and follow along!
4. After each video, take a moment to read the key points and reminders. Think about how you can apply them during your next practice or game.
5. Revisit the videos and this handbook anytime you need a reminder or motivation!

Scan to go directly to the video series:



Why Use Both Together?

By watching the videos and reading this handbook, you will:

- Understand each characteristic better.
- See examples of how to use these values on the soccer field.
- Learn how to apply these characteristics in your daily life.
- Have fun while growing into a strong, confident soccer player!

We encourage you to review these characteristics often and watch the videos whenever you need a refresher. The more you practice these values, the stronger and more focused you'll become—both on and off the field!

THE 11 CHARACTERISTICS OF A FTBL ACADEMY PLAYER

ENJOYMENT



AMAZON



CREATIVITY



INITIATIVE



DISCIPLINED



COOPERATION



RESPECT



**WINNING
ATTITUDE**



**BEING AN
EXAMPLE**



**DEVELOPMENT
FOCUSED**



RESPONSIBILITY



01.



What does it mean to be responsible?

Being responsible means taking care of your actions, equipment, and attitude. Whether you're showing up to practice on time, remembering your gear, or making sure you give 100% effort, you're being responsible for your own growth as a player.

Key Points:

- **Pack your gear** before every practice.
- **Take responsibility for your actions**—on and off the field.
- **Learn from mistakes** and keep improving.

Remember: Responsibility helps you grow as a player and a person.

Read along:

Being responsible means being ready to play your best! It all starts before you even get to the field. Imagine getting to practice and you realize you forgot your shin guards. It means you might not get to play, and that can be a big letdown. But when you're responsible and make sure you have everything you need, you're ready to have fun and play your best! Being responsible doesn't stop there. It also means listening to your coach, following instructions, and taking care of your team. It means picking up the equipment, helping a friend, and giving your all in practice. Let's say you make a mistake during a game and lose the ball. Being responsible means you don't give up—you run back and try to help your team get the ball back. That's how we grow, learn, and become better players. Being responsible makes you a great teammate and a great player. Take charge of what you can do, and you'll always be ready for the game!

02.



What does it mean to show respect?

Respect is about treating your teammates, coaches, opponents, and yourself with kindness and fairness. It's about listening when someone speaks, helping others, and appreciating the effort that everyone puts into the game.

Key Points:

- **Respect your teammates and opponents** by playing fair.
- **Listen to your coach** and give your best effort.
- **Respect yourself** by always trying to improve.

Remember: Respect makes soccer more fun for everyone.

Read along:

Respect is one of the most important things in soccer. It means being kind and fair to everyone—your teammates, your coach, the referee, and even the other team. If a teammate bumps into you during practice and you fall, showing respect means you get back up and say, 'It's okay!' It's understanding that mistakes happen and still being kind to each other. Respect also means treating your opponents well. If they score a goal, you keep trying your best, without getting mad. It's about knowing that everyone is there to have fun and play the game they love. When the game is over, we shake hands with the other team, no matter who won. That's respect—it shows that we love the game and appreciate the chance to play. Respect makes soccer more fun for everyone. Be kind, be fair, and always respect the game, your team, and yourself!

03.



What is a winning attitude?

A winning attitude means trying your best no matter what. It's about staying positive even when things don't go your way and always believing that you can improve.

Key Points:

- **Stay positive** during games, even when you miss a shot.
- **Encourage** your teammates.
- **Focus on effort**, not just the result.

Remember: A winning attitude helps you grow and makes you a better player.

Read along:

A winning attitude means always giving your best effort, no matter what. It's not just about winning the game—it's about how you play and how you never give up! If you miss a shot, a winning attitude means you don't give up or get upset. Instead, you say, 'I'll get it next time!' and keep trying. That's what makes you a true winner. A winning attitude is about learning from every mistake and always trying to get better. Even when things are tough, you keep a positive attitude and keep going. This makes you stronger! When your teammate makes a mistake, encourage them and stay positive. A winning attitude means supporting each other, no matter what. It's not about the score—it's about how hard you try! Keep that winning attitude, stay positive, and never give up. That's how champions are made!

04.



How can you be an example?

Being an example means showing others how to act through your own actions. Whether it's working hard, being kind, or helping a teammate, you can inspire others to do the same by leading with your behavior.

Key Points:

- **Lead by helping others** during practice.
- **Always give your best effort** to show others how it's done.
- **Encourage teammates** when they need help.

Remember: Be the player everyone wants to follow!

Read along:

Being an example means showing others how to be great—not just as a player, but as a person. It's about leading the way by doing what's right. If you see a teammate struggling, being an example means stepping in to help them. It's about being patient and showing them that with practice, they can do it too! You can be an example by working hard in every practice, by being respectful, and by helping others. Even little things—like putting away equipment—can inspire your teammates to do the same. If your coach asks who wants to demonstrate a new skill, being an example means volunteering and giving it your best shot. You show others that it's okay to try, even if you don't get it perfect the first time. Be the player others look up to. Work hard, be kind, and always lead by example—because great leaders make great teams!

05.



What does it mean to be development-focused?

Being development-focused means always looking for ways to get better. It's about practicing hard, listening to your coach, and pushing yourself to improve every day.

Key Points:

- **Set small goals** for yourself during practice.
- **Focus on getting better** one step at a time.
- **Keep practicing skills**, even if they're difficult at first.

Remember: Every practice is a chance to get better!

Read along:

Being development-focused means you always want to improve. Every practice and every moment with the ball is a chance to get better! Maybe there's something you find hard—like juggling. Being development-focused means you don't give up! You practice a little every day until you get better, and soon enough, you'll surprise yourself. It's not about being perfect right away—it's about trying to improve one small step at a time. Even pros had to start somewhere! If you keep practicing, you'll get better and better. Listen to your coaches—they're here to help you get better! When they give you advice, use it to improve. Being development-focused means being open to learning and excited to grow. Always look for ways to improve, keep practicing, and remember: every small step brings you closer to being the best player you can be!

06.



What does it mean to be disciplined?

Discipline means doing the right thing, even when it's hard. It's about following instructions, staying focused during practice, and pushing yourself when you feel tired.

Key Points:

- **Follow your coach's instructions** and stay focused during drills.
- **Keep working hard**, even when practice is tough.
- **Always finish what you start.**

Remember: Discipline helps you stay strong and achieve your goals.

Read along:

Discipline is what helps you get better at soccer. It means doing what needs to be done, even when it's not always fun or easy. Imagine you're doing sprints, and you're feeling really tired. Being disciplined means finishing the drill and giving it your best effort. It helps you get stronger and shows your teammates you won't give up. Discipline also means practicing your skills, even when you're tired or when it feels tough. It's about following instructions, listening to your coach, and doing the work you need to do to get better. After practice, being disciplined means doing a good cool-down and stretching—even when you'd rather just go home. It's what keeps you healthy and ready to play your best every day. Discipline makes you stronger, healthier, and better at soccer. Stay focused, work hard, and you'll be amazed at how much you can achieve!

07.



Why is enjoyment important?

Soccer should be fun! When you enjoy playing, you'll want to keep learning and getting better. Smiling and having fun with your teammates makes the game even more exciting.

Key Points:

- **Smile and celebrate** your achievements on the field.
- **Have fun learning new skills**, even when they're challenging.
- **Make every practice enjoyable** by playing with joy and enthusiasm.

Remember: Soccer is a game—make sure you have fun playing it!

Read along:

Soccer is all about having fun! At FTBL Academy, we want you to enjoy every moment—whether you're learning a new skill, playing with your teammates, or scoring a goal. Even when things don't go perfectly, it's important to enjoy the game. If you try a new move and it doesn't work out, laugh it off and try again. Soccer should make you smile! Having fun helps you play better. It makes you confident, helps you learn new things, and keeps you excited about every practice and game. When you enjoy playing, everyone around you feels the excitement too! Celebrating the little things—like a great pass or a strong defense—makes the game even more enjoyable. Share the fun with your teammates and make every moment count! Keep smiling, keep trying, and remember—soccer is the most fun when you play with joy in your heart!

08.



What does it mean to work together?

Working together means being a great teammate. It's about passing the ball, supporting each other, and making sure everyone feels included.

Key Points:

- **Pass the ball** to your teammates when they're in a better position.
- **Encourage each other** and celebrate each other's successes.
- **Work as a team** during every game and practice.

Remember: When you work together, everyone wins!

Read along:

Soccer is a team game, and working together is what makes it so amazing. At FTBL Academy, we believe in the power of teamwork. Imagine you have the ball and want to take the shot, but you see your teammate is in a better spot. Working together means passing the ball, even if you wanted to score. That way, your team has a better chance, and everyone succeeds! When you work together, you make each other better. You cheer each other on, pass the ball, and make sure everyone feels part of the game. Being a great teammate means thinking about the team first! If you see your teammate needs help on defense, run back and support them. That's what working together is all about—helping each other whenever you can. Teamwork makes the dream work. Remember, together we can achieve amazing things—because every player counts!

09.



What is ambition?

Ambition is about having big dreams and working hard to achieve them. Whether it's becoming the best player you can be or learning a new skill, ambition drives you to keep improving.

Key Points:

- **Set big goals** for yourself and work towards them.
- **Stay focused** on what you want to achieve.
- **Never stop pushing yourself** to be the best you can be.

Remember: With ambition, you can achieve anything!

Read along:

Ambition means always wanting to get better. It's about setting big goals, like scoring more goals, learning new skills, or becoming the best player you can be! Maybe you have a goal to juggle 20 times without dropping the ball. Ambition means practicing a little every day, even if it's hard at first. It's about never giving up on what you want to achieve. Setting goals helps you stay focused. At FTBL Academy, we want you to always dream big and work hard to reach those dreams. No goal is too big if you're willing to put in the work! If you want to be great at dribbling, stay after practice and work on it. Ambition is about doing a little extra, pushing yourself, and never being afraid to chase your dreams. Believe in yourself, set your goals, and never stop trying to reach them. With ambition, anything is possible!

10.



What does it mean to take initiative?

Taking initiative means doing things without being asked. It's about being a leader on and off the field—starting practice early, helping your teammates, and always looking for ways to improve.

Key Points:

- **Be the first to start** warming up or practicing.
- **Help your teammates** when they need it.
- **Take charge** of your own improvement.

Remember: Leaders take initiative to make things happen!

Read along:

Taking initiative means being the first to take action. It means doing things without waiting for someone to ask you—like getting ready before practice starts or finding ways to get better on your own. Imagine you're at practice early and no one's there yet. Taking initiative means starting your warm-up by yourself so that you're ready when everyone else arrives. It shows you care about getting better and are ready to give your best. Taking initiative is also about helping your teammates. If you see someone struggling, you don't wait for the coach to step in—you go over and help them understand the drill. That makes you a true leader. Taking initiative is about taking care of your surroundings too. It could be picking up water bottles, putting away equipment, or just helping to make the field better for everyone. It shows that you care about your team and your training. Be the player who takes action, who leads, and who makes a difference—both on and off the field. Take the initiative, and you'll inspire everyone around you!

11.



Why is creativity important?

Creativity makes soccer fun! It's about trying new moves, using your imagination, and finding new ways to play the game. Being creative helps you stand out and keeps the game exciting.

Key Points:

- **Try new moves** during practice and games.
- **Think outside the box** when passing, dribbling, or shooting.
- **Don't be afraid to make mistakes**—creativity is all about trying new things!

Remember: Be brave, be creative, and make the game your own!

Read along:

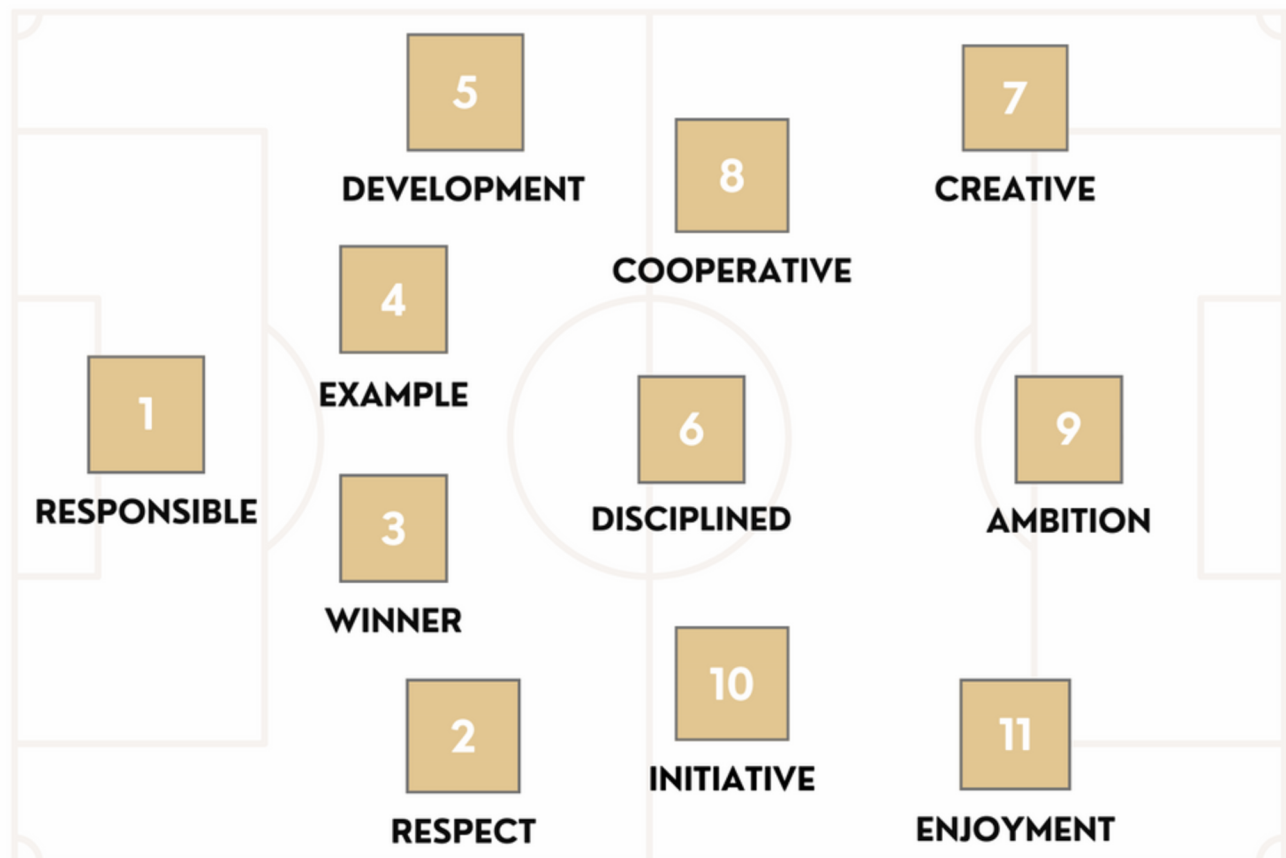
Creativity is what makes soccer exciting! It's about trying new moves, using your imagination, and finding ways to make the game your own. Imagine you see a cool trick that a pro player did, like the rainbow flick. Being creative means trying that move in practice, even if it doesn't work the first time. It's about experimenting and making the game fun! Creativity isn't just about tricks—it's also about finding new ways to pass, dribble, and move around the field. If a defender blocks your way, think about how you can use your skills to get around them. Maybe it's a quick turn, maybe it's a clever pass—creativity means thinking on your feet! Creativity helps your team too! A creative pass can make a big difference. It's what keeps your opponents guessing and gives your team a better chance to score. Be creative, be brave, and don't be afraid to try something new. Soccer is your chance to express yourself—so have fun and make the game yours!



You've now learned what it takes to be a true FTBL Academy player! Each of these 11 characteristics helps make you stronger, smarter, and a better teammate. Being responsible, showing respect, always having a winning attitude—these are the things that make you not just a great soccer player, but a great person. Remember to work together, stay disciplined, and enjoy every moment of your journey. Soccer isn't just about kicking a ball or scoring goals. It's about who you become every time you play. It's about how you work with your teammates, how you learn from your coach, and how you push yourself to improve. Every time you step onto the field, you have the chance to be the best version of yourself. The 11 characteristics are here to help you grow—to help you play harder, smarter, and with more joy. Review these characteristics again and again, and think about how you can use them every day. Remember, the best players are not the ones who never make mistakes, but the ones who never stop trying, who keep practicing, and who help others get better. You are all part of something special here at FTBL Academy. We know that every one of you has a special journey ahead. We believe in your potential to be amazing—not just as soccer players, but as leaders, as friends, and as champions of your own dreams. The 11 characteristics are your guide to becoming the best version of yourself!

A FTBL ATHLETE

1. Is **RESPONSIBLE** for their behaviour and development.
2. **RESPECTS** themselves, others, and their surroundings.
3. Always seeks to **WIN** and to get the most out of themselves.
4. Is part of the best youth academy and, as such, an **EXAMPLE** to others.
5. Works optimally on their technical, tactical, physical and mental **DEVELOPMENT**.
6. Is **DISCIPLINED**, both on and off the field.
7. Gets **ENJOYMENT** from playing FTBL.
8. Shares a common goal with their teammates and enjoys **WORKING TOGETHER** to achieve this.
9. Has the **AMBITION** to develop themselves optimally.
10. Always takes the **INITIATIVE**.
11. Is **CREATIVE** in their actions and in the choices they make.





Thank You for Being a Part of FTBL Academy!

You are now equipped with the 11 characteristics that make a FTBL Academy player. Keep this handbook with you as a reminder of how you can continue to grow as a soccer player and as a person. These values will guide you both on the field and off, helping you achieve your dreams. Remember, we're all part of the same team—so keep practicing, stay positive, and always give your best!

COACH RAFAEL