



# NLPSD TEAM SERVICES

For  
Soccer  
Coaches,  
Players,  
and  
Parents



NLPSD

# INTRO

## Become a unit



The NLPSD Services for Soccer Teams is about educating the entire team. The team is not just the players and coaches, but the parents as well. Everyone is involved in some aspect and it is important to include everyone in youth development. The goal is to be a unit, working together to give the best to players in their soccer development.

The first initial meeting can be with just the coaches. This will give me a better idea of their coaching philosophy and what they hope to achieve within their team. The next meeting can be with the parents and the coaches. The coaches can sit and observe while the parents ask questions and share opinions. This gives me the opportunity to understand the culture of the team and the expectations the parents have for the club and their players. This all leads to working with the players.



# WHAT YOU WILL LEARN

## Players

- Staying focused on yourself rather than comparing your journey to other teammates.
- Being positive towards teammates.
- How to deal with pressure at this age.
- Leaving conversations about tryouts/transfers off of the field.
- Focusing on your own growth and realistic goals.

## Coaches

- Creating an environment focused on development rather than results.
- Understanding different types of communication that gets the best out of all players.

## Parents

- The importance of knowing when to share or keep your opinions to yourself when it comes to your player's performance.
- How to keep your player motivated.
- How to help your player have confidence rather than develop anxiety over unrealistic expectations.





# NICOLE ROBERTSON

I'm from Temecula, CA in the US and I am currently playing professionally in Sweden. I have been playing professionally since 2017, ended my NCAA playing career early to move to Denmark and start my career as a pro at 20 years old.



# MY EDUCATION/ QUALIFICATIONS



- **(Present)** Dissertation for Doctorate in Sport and Performance Psychology
- **MS** Sport and Performance Psychology
- **BA** Kinesiology

## **Certifications:**

- AASP CMPC
- NASM - CES & PES
- Precision Nutrition Level 1 Coach
- Thai Massage

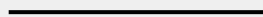


Each player and coach has their own perspectives and ideas for the future. It is important for everyone involved in the player's development to know what the player strives for and create those resources and opportunities for them. This starts from within the club - the performance of everyone involved. I provide 2 options with these services:

Online services: Planned meetings, online programs, and information about the professional system



In-person services: Meetings, running team training sessions, mentorship, and more!





# END NOTES

The information I share with you is based on my own experience, education, and research. All the information I share is to help you understand what it takes to create a unified team to get the best out of everyone involved. To increase the develop of the players so they can increase their chances of being seen by people that can provide opportunities for them to achieve their goals..

If you're interested in 1 on 1 mentoring (for those wanting to play pro or college), then you can contact me at the email below to get more information about what that entails.



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