

Cleveland State University

Women's Soccer

Art of Learning Study Guide

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Art of Learning Assignment #1. Chapters 1-3.

How can you make your opponent's confidence disappear and guide them into places during the game where they will fail? How old was Josh when he learned this for himself? How will doing this help you to be more predatory while you play?

Much like Josh learned to analyze complex middle and end-game situations; I want you to analyze our team by considering our strengths and weaknesses. How will these traits affect us during practices and games?

What can you take away from all of our losses to top teams over the years that will help us find a consistent path to success and winning?

Are you a learning theorist or entity theorist? Why?

What is Josh's key to pursuing excellence? How can that theory apply to you, as well as our team, moving forward?

Art of Learning Assignment #2. Chapters 4-6.

What did Josh finally discover about his life that was making it so he couldn't keep pace with shifts in momentum during a game? Has anything like this ever happened to you?

Describe one (or more) very powerful things/events/opportunities that have pushed you to grow as player in the last couple of years.

Think about two of your current Viking teammates. Describe how your game harmonizes and blends with each of theirs, respectively, to create effective soccer for our team as a whole.

What was Josh's key ingredient to his success? Is your personality clearly represented in your game? If not, why and how could you change that?

Josh talk about becoming at peace with the noise surrounding us. What kind of 'noise' (internal and/or external) surrounds you on a daily basis and how can you use it to affect your performance?

What is the Soft Zone?

What in Josh's opinion is the most critical trait of a world class performer? How strongly or weakly is this trait represented in you?

Give me your thoughts on Chapter 6. I don't want a summary of the chapter; I want to know what this made you think about.

Describe a time on the field when things unfolded for you like they did in the bicycle incident and explain. Knowing what you know now, do you have the tools to fix this kind of issue? If not, then tell me so we can work on giving you those tools.

Art of Learning Assignment #3. Chapters 7 and 8.

What did Josh finally discover about his life that was making it so he couldn't keep pace with shifts in momentum during a game? Has anything like this ever happened to you?

What deeply buried secrets or psychological nuances of yours tend to surface under intense pressure during a game?

If your opponent knew of these secrets or nuances, how do you think they would use them against you as a player?

Describe one (or more) very powerful things/events/opportunities that have pushed you to grow as player in the last couple of years.

Think about two of your current Viking teammates. Describe how your game harmonizes and blends with each of theirs, respectively, to create effective soccer for our team as a whole.

Art of Learning Assignment #4. Chapters 9, 10, and 11.

Explain how breathing relates to William Chen's Tai Chi Form. How could you make this work for you in our sport? Practice this technique for 5 minutes every day and let me know how it changes you.

What does Josh believe will skyrocket a student of any discipline to the top of any field?

Correlate Josh's experiences in dealing with Evan to us and the few teams we have yet to beat in our conference.

Based on the micro vs. macro discussion at the beginning of Chapter 11; explain what parts of soccer are considered micro. As such should you personally, be paying much more attention to these? If yes, how will your game benefit?

What other things did these three chapters make you think about? Whether you had fully constructed thoughts or just brief images, please share them with me.

Art of Learning Assignment #5. Chapters 12, 13, 14

Be open with me, and yourself, and explain your imperfections. How can you be at peace with these imperfections both on and off the field?

What did Josh do in this chapter to overcome his broken hand and what affect did it have on him at Nationals? How can you apply these same techniques to your own soccer skill set?

Do chess Grandmasters consciously look at more or less than experts? Now take this answer, apply it to yourself, and analyze your role in our possession build-up. How should you (in your position) move in relation to others around you? Be specific.

Ponder Josh's description of the sutemi-waza; a variation of the 'sacrifice throw'. How could we use this philosophy as a blue print to beat a higher ranked opponent that supposedly has some very strong players?

Consider the topics in Chapter 14. How can you relate them to soccer? More specifically, how can you use your eyes to affect your opponent? How can you analyze your opponent's eyes and use that against them?

Art of Learning Assignment # 6. Chapters 15, 16, 17.

How did you relate Chapter 15 to soccer?

What does Josh say we need to do in order to attain excellence?

What principle does all of Josh's physical training revolve around? Explain how you could take that same principle and use it to create a 30 - 45 minute training session for yourself if you had two balls, 6 cones, and a field space.

Josh worked with Dennis to find a time when Dennis was his closest to a serene focus. What was that time? When in your life do you feel closest to a serene focus?

Build your own trigger. Please detail the individual steps. Practice it at least once before handing in this assignment. Schedule a time to meet with me so we can go over it and work to condense it.

Art of Learning Assignment #7. Chapters 18, 19, 20.

Like Josh learned to deal with Frank, tell me how you will go about dealing with what scares you on the field.

What are your usual emotive traits? How can you better incorporate those traits into your play so that in turn you can create a higher level of performance, rather than being undone by them?

What is one way that you and your abilities can help our team to "make sandals?"

What are your specialties as a player? *(If you don't feel that you can identify what they are then set up a time to talk with me so we can identify them together)* How can you combine these special skills with your emotive traits in order to best control/dictate the tempo and tone of a game?

What does Josh discover in his daily battles with Dan leading while preparing to the 2004 championships?

Describe a time when you did something the heat of the moment on the field that originated out of creative inspiration and was the only way you could have succeeded.

What are your thoughts about the World Championships chapter? Equate what Josh went through and how he triumphed to what we will go through and how we will triumph next fall.

Art of Learning Assignment #8.

Simply tell me how reading this book and doing these assignments has made you think differently about yourself as a player. Be specific. What kinds of things do you see yourself now incorporating into your game that will be/are new for you? Finally, what kind of player will you be on report date this coming fall?