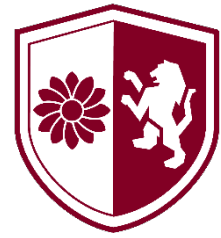


Art of Learning Assignment #1:



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 your own strengths and weaknesses. How will these traits affect you when playing in our system?

What can you take away from all of the 'big losses' in your career that will help you find a consistent path to success this coming season?

Are you a learning theorist or entity theorist? Why?

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

## Art of Learning Assignment #2

You need to read Chapters 4-6 for this. Below is Assignment #2 for the Art of Learning. It is due to me before the beginning of practice Thursday. For all of these assignments it is very important that you do some serious self-reflection and give me honest answers. Please don't answer these questions with what you think I want you to say. I will not hold your answers against you if you admit a weakness. Through these assignments I hope to be able to help you become a better more confident player and the more truth I have to work with the better.

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 talked 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. It covers 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 a player in the last couple of years.

Think ahead about your upcoming experience overseas. Describe how you will make sure your game harmonizes and blends (to create effective soccer for our team as a whole) with the likely positional group you will be a part of respectively. Especially given that you won't really know any of these guys at all. What kinds of cues and tendencies will you have to pick up on very quickly (see below)?

If you are used as a forward, what are the 1 or 2 immediate things/cues you will need to learn about your line mates?

If you are a wing mid, what are the 1 or 2 immediate things/cues you will need to learn about your line mates?

If you are a wing defender, what are the 1 or 2 immediate things/cues you will need to learn about your line mates?

Art of Learning Assignment #4. It cover 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 the few rival teams over the years that were always better than your team. Think as if you had the chance to play them over again right now. If that doesn't work, then imagine playing 1 vs 1 against a rival player who you always had to deal with and correlate Josh's Evan experience to that.

Based on the micro vs. macro discussion at the beginning of Chapter 11; explain what parts of soccer that are considered micro, should you personally, be paying much more attention to?

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. It covers 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 a 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 you use this philosophy as a blue print to beat a defender (an attacking player) or win a 1 vs. 1 duel with an opponent when defending?

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?

The Art of Learning Assignment # 6. It covers Chapters 15, 16, 17. It is due to me before the beginning of your first Captain's Week practice on 7/28 at 6 PM.

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 once you are on campus to meet with me so we can go over it and work to condense it.

Art of Learning Assignment #7. It covers chapters 18, 19, 20. It is due to me by the end of the day Sunday.

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 this fall.

## Art of Learning Assignment #8

It is due to me at the beginning of practice Wednesday this week.

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 for us this season? Not what you 'hope to be'. But what you will actually be.