

MOSLEM ANATOUF

MC ALGER. U21  
ALEGERIA



RICHARD CHIN

CHARLTON ATHLETIC  
FOOTBALL LEAGUE 1



SAM MORSY

IPSWICH TOWN  
CHAMPIONSHIP



SANTIAGO ORMEÑO

CHIVAS  
LIGA MX



# Football Mastery Guide

OSCAR FRAULO

BORUSSIA  
MONCHENGLADBACH  
BUNDESLIGA



MICHAEL OLAKIGBE

BRENTFORD FC  
Premier League



By: Football Entangled

NATHAN PATTERSON

EVERTON FC  
PREMIER LEAGUE



ANTONIO NUSA

CLUB BRUGGE  
BELGIAN PRO LEAGUE





This is Me,

**Taylor**

At Age 13, I made a promise to myself to become the best footballer I could be. **Despite paying personal trainers and following pro advice,** I made several vital mistakes unknown to me at the time that severely hindered my progress.

I still worked incredibly hard, and got an opportunity... but just before my first big contract at age 18, I fractured my foot. Then, at age 21 after recovering and working my way back into a D1 club, I tore my ACL. During this struggle, I learned from dozens of mentors across physical rehabilitation, health, athletic training, recovery, and everything else you can think of relating to elite performance.

**I was disgusted to find that pretty much everything we are taught or told in sports is a half-truth. Most common football advice is a lie.**

Had I obtained the science-backed expertise I have now, I'd have been able to upgrade my athleticism, and prevent injury. Now I've made it my mission to help others achieve just that.



# Why You Aren't Getting Better At Football

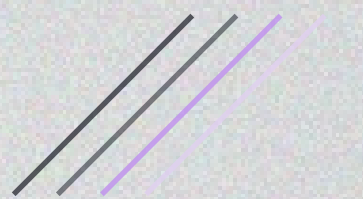

All your cone drills, ball mastery, shooting practice isn't game-realistic enough. You need to play A LOT more small-sided games to develop at football.

You lack physical and mental creativity on the pitch. Your body is jacked up from gym work, old injuries, modern shoes, surgeries, sitting all day, and mindless stretching. Your mind is messed up from video games, porn, artificial blue light, lack of exposure to free play, and generally not being nurtured enough in childhood.

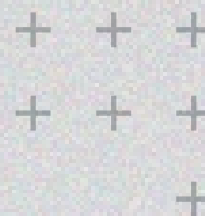
You didn't foster your natural athleticism in childhood being barefoot and playing different sports. You specialized too early. Your feet don't work correctly. Your muscles are overly tense and can't relax appropriately. Your fascia is weak, disconnected, dry, and not smooth. You lack Vitamin D in your muscle fibers. You're pale.

Your sleep is horrible. Your nutrition is processed man-made garbage. You lack real friends. The opposite sex doesn't respect you. Your teammates don't trust you. You don't smile when you look in the mirror. You can't shake your coaches hand and look him/her in the eye.

Finally, you've been tricked to believe that your potential is capped, genetics controls your destiny, and that you can't build talent. You don't believe in your limitless potential. You don't believe that every day you ARE getting better because you don't have a proven system to follow...



# How To Become An Elite Footballer



The truth is that even top football clubs have no idea what makes an elite footballer. They simply go buy the most talented ones from Brazil and Argentina. However, by reverse-engineering natural talent you can create a training system for yourself...

That's exactly what we've done.

## Great Sleep

This is the cornerstone of great performance. I don't care about anything until you tell me you get great sleep every night, you never wake up in the night, and you wake up feeling refreshed early for the sunrise.

## Play Actual Football

Too many footballers are caught on the cone drill train and don't play enough football. 5v5, small-sided, and futsal should be your bread and butter. This is where talent is made during childhood.

## Become Athletic

Embrace cross-training and doing real training that unlocks your natural athleticism. This starts of course in the feet which connect the whole body through the fascia system. Learn to roll out your fascial adhesions with a spike ball so your fascia glides smoother.

## Recover Smart

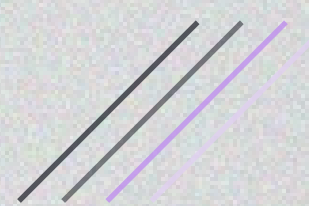
Sunlight is key. Get barefoot outside in nature. Take hot baths at night. This is a cheat code to improve all your hormones, burn fat, build muscle, and overall reduce stress.


## Eat Real Food

Most athletes are ruining their health and performance with toxic man-made processed garbage. Eat whole, local, organic, fresh foods. Shop at your local farmers market. Don't buy foods with an ingredient list.


## Stop Sabotaging Yourself

Above all, get out of the gym. Stop doing cone drills. Stop doing band work. Stop putting chemicals inside you. Stop wearing modern shoes. Stop doing endless cold showers. Stop being a loner sadboy. Stop blasting yourself with artificial light.





# 6 Football Secrets For Elite Performance



## Grounding & Sunlight 🌞

(FREE recovery hacks)

## Farmer's Market 🍅

(Local, organic, and super fresh foods that improve performance and physique)

## Cross-Training 🥊🥋

(Super easy way to upgrade your athleticism and make yourself more resistant to injury)

## Barefoot Training 🦶

(Your skill and touch improves 10x faster than cone drills. Find a wall and have fun. NO SOCKS 😬)


## Myofascial Release 🕸️

(Get a tennis ball and sit on spots of tenderness for 3-5 minutes each. Feel lighter and fix pain immediately)

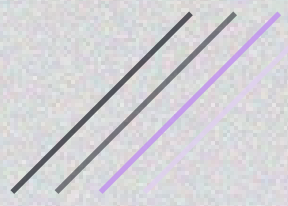
## The Entangled Tribe 👥

(A network of coaches and fellow footballers that FORCES you to get better at football while fixing all injury, weaknesses, and mental health issues. The ULTIMATE talent builder.)





# The Key To Being Successful



You need to act quickly. There are no handouts. Everything you've ever wanted is waiting for you to step up and take it.

“There is no need to rush” 🤔

Too many footballers sit back and “trust the process”... If you're not actively moving forward every single day towards your goals...

You are **FALLING BEHIND**

People lack urgency nowadays. They're told all over IG that things will “fall in place” but then they end up doing nothing along the way. This is a trick by social media to keep you lazy and complacent.

You must make your own luck in this game. No one is going to do it for you. You won't become a pro by accident. You GET to begin an amazing football career because you do exactly what is needed to make it happen...

And because of that fact  
You have a quiet but unbreakable confidence.  
ADOPT this mindset and say goodbye to all the sad boy loners playing video games all night.



# How To Become And Stay A Professional Footballer

## #1 - Become Clear On Your Purpose

Do you actually love football? Do you really want a 20 year career at the top level? Make your desired future crystal clear and think if you are truly happy doing that.

Many footballers simply lack the hunger, desire, and discipline to be a professional footballer. They see the money, the status, and stadiums and think they want the same.

Don't waste your or my time if you aren't ready sacrifice everything to make your dreams come true. A professional footballer must be a winner. He must NOT be okay with losing.

It doesn't matter what magical exercises and recovery routines I give you if you don't actually believe in yourself and your future.

## #2 - Now Ask Yourself What Is The Most Valuable Thing In Football.

What do clubs pay \$60 million dollars for?

### TALENT

Now where does all this talent come from?

### THE STREETS

So if you can figure out a plan to become talented using what the streets does to these young players, then you'll be pretty close to becoming valuable for a pro club and worth signing.

## #3 - Get Yourself Around As Much Football As Possible

This means 5v5, small-sided game, futsal, and all forms of pickup. The more flow state you have access to, the faster and better you will develop. This is one of the main things that THE STREETS gave to young brazilians in the favelas.

## #4 - Stop Specializing And Start Cross-Training

Early specialization has been proven to lead to more injury-prone, fragile, and robotic players. Cross training has been proven to make athletes more athletic, resilient, and creative. Understand that pro clubs pay top dollar for IMPACT players.

## #5 - Devise A Training Program That Makes You Built Like World Class Footballers

World Class footballers are built different from the inside out. There are many layers as to how. Use Entangled Training Systems to do exactly that in the fastest amount of time possible. Again, upgrade that TALENT.

## #6 - Optimize Your Health And Boost Recovery

There's no point in being a good footballer if you're sickly, covered in acne, and too tired to play your best. Most mainstream forms of "recovery" are meant to sell supplements and gadgets. Use natural methods that actually work.

## #7 - Look The Part

Coaches, scouts, and agents WILL make split-second decisions about you based on your appearance, how you walk, and how you speak.

You need to walk TOP-NOTCH.

You need to look ELITE.

And you need speak WELL.

That means having great skin, proper haircut, dressed appropriately, healthy teeth, tan skin, smell good, and being able to look your coach in the eye.

## #8 - Deliver On The Pitch

Finally, there's no point in all the above if you don't HOW TO WIN.

The more wins you rack up, the higher status you will be as a player and attract better scouts.

Remember TALENT always wins. The best rise to the top regardless of ethnicity, size, or height.

Use my course the LAWS OF FOOTBALL to become an experienced winner overnight.

# How To Fix Injuries

## #1 - Understand That The Pain Is Not The Problem

The pain is a reality check to you that something is not working correctly. The pain is merely a symptom. Simply "fixing the pain" will not solve anything. It will in fact rob you of the opportunity to actually upgrade yourself.

## #2 - Check In With Yourself

Sometimes injuries aren't that complicated, and it's simply your body forcing you to stop, rest, and reassess the situation. In this context, you need to have a hard look at your recovery, lifestyle, and nutrition to clean up any low-hanging fruit before moving on to the "fun stuff". If you aren't having amazing sleep every night then stop right now and fix that.

## #3 - Do A Adhesion Diagnostic

Take a spike ball or tennis ball and roll out the ENTIRE body in all muscle groups looking for any spots of tenderness. When you find one, keep the ball there and don't move it for 3-5 mins. After you've gone through plenty of spots, go for a walk or some form of movement.

## #4 - Perform Spinal Hygiene

Your bodies ability to heal is obviously very important for sports injuries. Many people though have downright terrible mitochondrial function, slow metabolism, and poor sleep. The lymphatic system is vital for optimal blood flow and nerve supply. Spinal hygiene helps stimulate all the nerves from the brain stem down the whole spine to upregulate your ability to heal better and faster

## #5 - Fix Your Foot Functionality

The feet control athleticism. Pure and simple. They are the tires for your car. They decide how well the body absorbs force. Fix your foot functionality with our two starter exercises: Towel Retractions and Bird on a Branch. These two exercises awaken nerves in the toes and arch that are dormant in most people and lead to dysfunction elsewhere in the body.

## #6 - Heat The Body

The body heals injuries with swelling. Swelling is more nutrients, blood flow, and lymph into an area of injury. Swelling also prevents full ROM usually so you don't continue to injure it. Do not use COLD with injuries unless you are in pain at rest. Cold on swelling creates scar tissue and prevents healing. Use a hot Epsom salt bath to accelerate healing. Injuries are the biggest pain for a footballer. The feeling of "what if" and "what could have been" plus not being able to simply do what you love on the pitch. And it can be overwhelming to fix an injury because there are thousands of "experts" out there who want to sell something "to fix" your pain but ultimately keep you hurt in the long run (a healthy customer). The only true solution I've found over 10+ years in elite football is working with the intrinsic design of the human body and helping your body do the work. This is what I call Working with Nature. Everything I've listed above is basically free.

# 10x Your Football Ability With Half The Effort And Double The Fun:

When I was 13 years old (2009), I committed to becoming a top class footballer by training harder than ever.


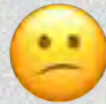


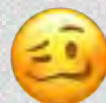


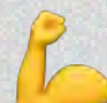
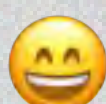

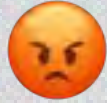


Over the last 14 years old, I've learned a lot.

Here's the good, the bad, and the ugly:

1. Cone drills are not game-realistic. Ball Mastery drills aren't either. They are okay once in awhile for a few minutes but small sided games are the only place where you can develop true dribbling skill.
2. If you want to get fast, you need run FAST. Too many footballers are in the weight room, on the sand, or stuck in cone drills NOT running their absolute fastest. Quality > Quantity.
3. Tapping into your flow state and dribbling around imaginary defenders at max intent is the best way to improve on your own. Play at match speed. Be okay with mistakes. Allow your creativity to come out and guide you.
4. Dribbling and Shooting are the most valuable skills in football. Why? Look at who are the most players: Wingers and Strikers. Practice your dribbling and shooting at the same time with a ball and a goal at max intent. Let your imagination run wild and go! And as far as individual training goes, this counts for defenders and midfielders too!
5. There's no point in training if you are tired or fatigued. You want max effort on every repetition, and there's no point in reinforcing poor technique because you're getting sloppy.
6. Have fun! There's no point in becoming a robotic soulless footballer. You get better so much faster when you're smiling and enjoying your football.
7. Raise your standards every single time you step on the pitch. You are responsible for your career. No one else will do it for you. Demand perfection and smile you know you are doing your very best.
8. Individual training is great but small-sided games will always do more. 1v1 all the way up to 8v8. Challenge yourself to beat live opponents. Sharpen your skills 1-3x/week with individual work.

# Signs You Have Poor Athleticism



1. Walk with a hunch 
2. Lack confidence 
3. Have thick meaty quads 
4. Have soft weak feet 
5. Are slow and clumsy 
6. Are bad at other sports 
7. Have low appetite 
8. Very hard to build muscle 
9. No smile 
10. Calves always burning 
11. Always agitated, never relaxed 
12. Makes weird irrational impulsive decisions 
13. Has limiting beliefs and self-sabotages 

# What You Need To Know By Age 18

+ + +

+ + +

+ "In that age, what they have to do is just play..."

- **Pep Guardiola**

"Messi at the gym? He would come in, get massages and play basketball."

- **Kevin Prince Boateng:**

"I was never in the gym. No never. Nothing. Zero.

I valued more minutes on the pitch than minutes in the gym.

Let me be on the field."

- **Thierry Henry**

Football is a crazy game but also very simple when you step back and think about it. There's so much so-called knowledge...

Do cone drills. Do ball mastery.

Get strong in the gym. Endless plyometrics. Build muscle.

Do your core workouts. Hip mobility. Leg day.

Count your calories. Take dozens of supplements. Eat vegetables.

Grind. Grind. Grind.

If only I knew how misguided all of this was when I was 18 or even younger 🙏

I created Football Entangled to teach the younger me everything I would need to NOT see my dreams crash in front of my eyes.

The mentor I didn't have. The guide that wasn't there. The knowledge I didn't know.

Someone to prevent the foot fracture. And the refracture. Plus the ACL tear. Then the Meniscus tear.

Where would it stop?

It stopped when I said no more.

I took responsibility for my body and shrugged off the nonsense thrust upon us by trainers, physios, and doctors everywhere you look.

I started asking questions the so-called experts didn't want to acknowledge.

I began demanding results instead of excuses.

The truth is that all of you have great potential hidden inside of you from the day you were born.

Your environment and childhood decided whether or not that potential turned into talent, naturally.

And I firmly believe that with the right tools you CAN fix all injury, upgrade all weaknesses, and attain a surreal level of confidence on the football pitch.

Getting started NOW on a serious system is the key.

So, instead of endlessly consuming other people's content and getting stuck over and over again.

Try this:

Build your own talent

Take small steps each day to begin changing your habits across your training, lifestyle, and nutrition and I guarantee you will be a lot closer to your dreams than what you were doing before.





# The Secret To Staying Consistent

How do I stay consistent and hold myself accountable?

A question I get asked all the time and truthfully the answer isn't pretty...

Being able to stay on point and execute day after day is the hallmark of a professional.

It's what separates the good from the great.

So of course it's not easy.

Most footballers fall off.

But let's consider something:

The greats always have eyes on them. They have pressure.

Everyone is waiting for them to fail.

This is live real-time accountability that many footballers will never have access to.

They don't feel that urgency of millions of people waiting to see their downfall.

And that is the power that gets you results NOW and not next year when it's too late.

It's what keeps you consistent every night going to bed on time, eating right, living right, and ultimately doing exactly what is most optimal for you and your career EVERY single day.

How many of you can say you are at that level?

There's no shame in holding your hand up...

The sooner you do that, the sooner you can get started on your transformation.

This need for accountability and urgency is one the reasons I set up the Entangled Tribe, the world's only football talent development academy.

So every single day you can be coached, motivated, and molded by myself and other footballers achieving the things you desire...

You won't get anywhere as a lone wolf. Find a strong team. That's one of the biggest lessons I've learned throughout my career.

Hope it helps 🙌🙌



# Potential Causes Of Injury

## Sources of Injury

- Artificial Blue Light 💡
- Mindless Video Games 🎮
- Lack of Sleep 😴
- Bluetooth, Wi-Fi, and Cellular Radiation ☢️
- Refined Sugar 🍭
- Toxic Seed Oils 🌻
- Lack of Meat 🍖
- Supplements 💊
- Modern Cushioned Shoes 👟
- Fascial Adhesions 🕸️
- Traditional Weight Training 🏋️
- Bodybuilding 💪
- Muscle Tightness 🤰
- Stretching 🤸
- Po\*n 🥒
- Toxic Relationships 🚫



## Why & How

The human body is a perfect creation designed, evolved, and modified over millions of years.

You really think a few extra games per season is the cause of injury?

No of course not.

Human health, athleticism, and resiliency has been going down every single year for almost a century.

The human body was NOT designed to break down. It was NOT designed to be fragile and collapse with no one around...

A referee just tore his ACL...

A REF!!!

If this doesn't make you realize that something is not right then nothing will.

Injuries are a wake up call that what you are doing is NOT working.

They are a big ALARM that you need to change NOW.

## Definitely Not Sources of Injury

Too Many Games

Bad Luck or Misfortune

"The Modern Game is faster and more physical"

Bad Challenges

Bad Grass

+ + +

+ + +

# + The Truth About Size

Footballers, listen to me carefully:

If a coach ever tells you that you are too small, too weak, or not tall enough (unless you're a GK)...

Ignore what ever he/she says and understand the below:  
Size isn't your problem

“Strength” isn't your problem

Even height isn't your problem (unless you're a GK)...

Skinny young talented players are playing every single day for big clubs like Barcelona, Real Madrid, Dortmund, Milan, and others.

Your coach just doesn't want to tell you the harsh truth:

You're not good enough (in that moment!)

If you simply raise your talent (natural athleticism) and become “good enough”, magically you are now big enough, strong enough, and old enough.

Talent is your ticket to the top, not mindless hard work in the gym or doing cone drills.

Hard work of course is still needed but it's the minimum. On it's own it means nothing.

That's the big shift I need you to make right now.

I know that is a hard pill to swallow but actually it unlocks your potential because...

Taking control of your talent puts you in the driver's seat... as opposed to be in the passenger seat on the “grind & pray” path.

It's time to look deeper into the art of Football Performance...

What's a few real ways you can develop talent while also naturally improving muscle size and strength?

- **Fix your health:** Sunlight, grounding, great sleep, and proper nutrition will increase testosterone, human growth hormone, melatonin, and other hormones that will naturally build size.
- **Cross-training:** Expanding your movement vocabulary will allow you to “handle” other opponents with ease and get more from your existing frame (athleticism 📈)
- **Isometrics:** (long holds at your end range) will activate more muscle fibers through the fascial system and help create permanent size through targeting more of the connective tissue

# The Mystery Of Football Talent

Talent is the most highly valued thing in the football world. Big clubs pay \$70 million without blinking an eye for the next big talent.

And yet 99% of footballers (yes you) are training (exercising, living, recovering, and eating) in a way that does not build talent and usually sabotages it.

And the truth is that talent is developed during childhood. It's NOT luck.

If you can hack your genetics, recreate the environmental factors, and unlock your natural athleticism then you can actually RAISE the ceiling on your talent!!

- Get barefoot outside every day in the sun with the ball and the wall
- Play small-sided football a few times per week at least
- Cross-train 3x/week
- Get lots of sun on you every day (no sunglasses or sunscreen)
- Sleep at 10PM every night and wake up around sunrise
- Eat organic fresh and local real foods (meat, eggs, fish, honey, milk, and fruit)
- Roll out all fascial adhesions
- Lubricate and stimulate all your nerves with the Morning Primer
- Build Glute Dominance with towel retractions, bird on a branch, and lymphatic hops
- Toss out modern shoes, air-pods, supplements, sunglasses, man-made hygiene products, fake friends, and low-quality relationships

+ + +

+ + +

# + **Athleticism CAN'T Be Built In The Gym** 🏋️

Athletic strength, power, or speed can not be built under a barbell

Why is that?

First and foremost, it's too slow and too linear.

Moving heavy weight in a slow and linear manner literally reinforces muscle dominance and disrupts fascial sliding. Elite athleticism involves dynamic and spiraling joint actions at the ankle, knee, hip, spine and shoulders.

Any kind of linear movement, especially under load, is going to decode these spiraling movement patterns making you more robotic and less fluid.

You can toss around whatever study you want, but it doesn't change fundamental laws of Nature that are obvious in all animals and elite athletes of all sports.

A large majority of studies have been shown to be faulty years later and should be all taken with a grain of salt

Sure use them as a starting point, like I did, but eventually you'll see how out of touch with reality studying isolated muscle strength in untrained volunteers over 8 weeks is compared to what built Messi over an 18 year childhood...

Get outside. Get playing multiple sports. Regain full functionality of your feet. Awaken your fascial connections. Train barefoot. Enjoy the sun. Smile. Have fun. Be social. Embrace life and reject artificial indoor living.

# Stop The Injuries

## Step 1: Stop Sabotage

- Get out of the gym and stop doing mindless muscle-based training. It's not how athleticism is built.
- Stop wearing modern shoes. They atrophy all the intrinsic foot muscles and leave your feet weak which decreases your fascia connections throughout the body.
- Stop sitting in chairs so much. Get more movement. Walking is great. Sit on the ground. Learn to crawl and rest in natural positions

## Step 2: Optimize Your Sleep

- Wake up every morning early and get some morning sun on your eyes and skin. This creates Melatonin which is the most important sleep hormone.
- Eat quality protein in the morning and don't skip breakfast too much. Don't eat dinner too late and ideally stop eating around sunset.
- Wear Blue Blockers at night to filter out artificial blue light from your eyes. This destroys melatonin and raises cortisol, the stress hormone (Entangled Eyewear coming soon!)

## Step 3: Unlock Your Athleticism

- Break up Fascial Adhesions with a spike ball or tennis ball. 3-5 minutes per spot of tenderness.
- Regain full foot functionality, ankle stiffness, and glute dominance.
- Cross train 3 times per week to expand your movement vocabulary and learn to move freely again

## Step 4: Nourish Your Body

- Eat Real Food. So many footballers fill themselves with deficient toxic and processed food. How are your bones, muscles, organs, fascia, and brain going to be elite like that? Get to your local farmers market ASAP.
- Get lots of full body sunlight every single day. Your body lives off sunlight. Without it, you will suffer. Don't be pale.
- Wear organic natural clothing. Stop rubbing plastic synthetic clothing all over yourself. Those fabrics are made from petrochemicals.
- Toss out ALL unnatural hygiene products. You are filling yourself with the stuff that causes most skin problems and mood disorders.

## DO THIS:

- START NOW (THERE IS NO BETTER TIME TO START)
- STAY CONSISTENT (GET COACHING AND ACCOUNTABILITY INSIDE THE ENTANGLED TRIBE)
- NEVER QUIT
- Most people tell you that injuries are bad luck...
- And that is totally not true!
- There are so many factors under YOUR control that can prevent contact and non-contact injury.
- It's all in your hands.
- Beware anyone that takes the responsibility out of your hands ⚠️
- Get yourself on a proven system (like the Way of the Natural) and execute day after day and YOU will transform into an elite footballer.

# Why You're Not Developing

## Gym Work



Strength training doesn't make you strong. It makes you good at lifting weights. Start training like an athlete outside in the sun without weights.

## Not Enough Football



The best players come from backgrounds on the court playing many hours of small-sided games. Not doing cone drills or ball mastery.

## Early Specialization



The best most resilient athletes come from a multi-sport background. Don't be a robot. Cross-train.

## Poor Sleep And Video Games



The best most resilient athletes come from a multi-sport background. Don't be a robot. Cross-train.

## No Football Knowledge



You don't watch full games. You don't understand basic tenets of football, and it shows on the pitch.

Do you have hunger, drive, and ambition?

If so, you can start unlocking your football success.

I learned how to approach football development in a whole new way, and it's working for all my clients. All it takes is a willingness to toss out everything you thought you knew and begin with a fresh plan based on results, not made up science.

I've listed 5 keys to football success that helped get me started.

# How To Go Pro

## Step 1: Stop Making Yourself Worse

- Stop all gym work
- Stop doing cone drills
- Stop eating processed food
- Stop staying up late
- Stop specializing too early
- Stop being anti-social
- Stop being depressed

## Step 2: Start Making Yourself Good

- Learn to train your fascia (the only real way is inside the Entangled Tribe)
- Cross-train
- Eat Real Food
- Sleep Early
- Lots of Sunlight and Grounding
- Keep your tongue on the roof of your mouth
- Block blue and green light at night
- Be social and smile in the face of adversity

## Step 3: Get More Exposure

- Play lots of futsal, cage football, and pickup
- Be on a team where you're playing a lot
- Lead your team to victories
- Build your personal brand online with good highlight clips
- Join the Entangled Tribe to get access to trials and residential opportunities

## Step 4: Act Now

- Most of you won't even do 5% of what I just said.
- The biggest factor in your success is your ability to execute and execute consistently (on and off the pitch)
- There are thousands of players your age at a higher level than you.
- Move now with SPEED to catch up!

## Yes, That's Not Easy

Yes there are very few spots.

Yes there are already 17 year olds playing first team football.

BUT

that doesn't mean that you can't too.

99% of footballers are sabotaging their football daily. They'll get lazy, injured, or depressed.

Your solution is to HACK your football talent by unlocking your Natural Ability.

It won't be easy but it's possible... and hugely rewarding

I've been building a system to help footballers become their best for 15 years.

I've helped elite professionals get injury-free, athletic, and happy on the pitch.

You have no excuse and frankly can't afford to not take advantage of this opportunity.

# How To Be The Best

## Step 1: Listen To These Podcasts



8. Gavin MacMillan Interview | Founder Sport Science Lab (Elite Sports Performance and Rehab Clinic)

## Step 2: Master These Skills

- Become fascial-driven
- Become glute dominant
- Raise your mitochondrial function
- Learn to move in Spirals
- Build the Midline
- Improve your sleep QUALITY
- Nourishing the body with REAL NATURAL food
- Flow State Training
- Parasympathetic Activation
- Winning Football Strategies
- Smiling

## Step 4: Use These Timeless Principles

- Time > Money
- Invest in Valuable Guidance, Coaching, and Accountability to Accelerate your success
- Demand excellence from yourself in every moment
- Smile in the face of adversity and embrace good stress (competition)
- Strength is not built in the gym
- Talent is made on the court
- Fascia is the cornerstone of athleticism
- Strength is 50% coordination
- Size does not equal strength
- There are 3 catalysts in the human body: the feet, hands, and tongue
- Muscles are dumb; The Brain is Smart (If you feed it)
- 10 hours on the court > 100 hours doing drills
- More fun, the better
- Hard Work is needed but guarantees nothing
- Talent decides everything

## Step 3: Read These



## DO THIS NOW:

- Start (Perfection is imperfect by definition)
- Stay consistent
- Enjoy the journey

# Where To Start Being Your Best

## 1. LEARN TO UNLOCK YOUR NATURAL FOOTBALL ABILITY

Natural football talent is the most valuable thing in the football world, as seen every transfer window when big clubs go to South America and spend millions.

Or you can do what all the average footballers are doing:

- Gym Work
- Cone Drills
- Supplements
- Personal Trainers
- Band Work

## 3. Light Environment & Training

The light you expose yourself to significantly affects your mood, performance, and well-being.

I highly recommend limiting your exposure to artificial light and getting natural light into the eye and skin most of the day.

Training in a proper light environment can double or even triple the benefits.

At the very minimum, 3 sessions of natural light exposure in nature per day can transform your body, mind, and spirit:

- Morning Sunrise
- Early Afternoon
- Evening Sunset

Throw in some hills sprints and long super easy jogs 1-2x/week

## 2. CREATE A ROUTINE

Simple and easy-to-follow routine is key 🗝️

Here's my daily routine as a personal consultant to Premier League Footballers and ex-professional footballer myself:

~7:00AM: Wake up, coconut oil pulling, go outside for the sunrise, and walk the dog (barefoot and grounded)

~7:30AM: Morning Primer

~8:00AM: Celery Juice, Raw Eggs (not together)

~9:00AM: First Business Meetings, Calls with Clients, Content Creation, Emails, Reading, Coaching

~11:00AM: Raw Unsalted Cheese, Raw Meat, Royal Jelly, Raw Eggs

~11:30AM: More Deep Work

~2:30PM: Training

~4:00PM: Beach, Swim, Sunset

~5:30PM Dinner (Raw Meat, Royal Jelly, Raw Eggs) + Sometimes Starch

~6:30PM : More Deep Work

~10:00PM: Sleep

## 4. Action

Action teaches you 100x more than learning alone. So, if you decide to:

- Become a better footballer → Play more actual football.
- Get faster, stronger, and smoother → Become more athletic with our training system.
- Recover faster and have more energy → Proper light environment, eat real food, and sleep on time every day.

Don't just learn, start taking massive, imperfect action on whatever you choose to do.

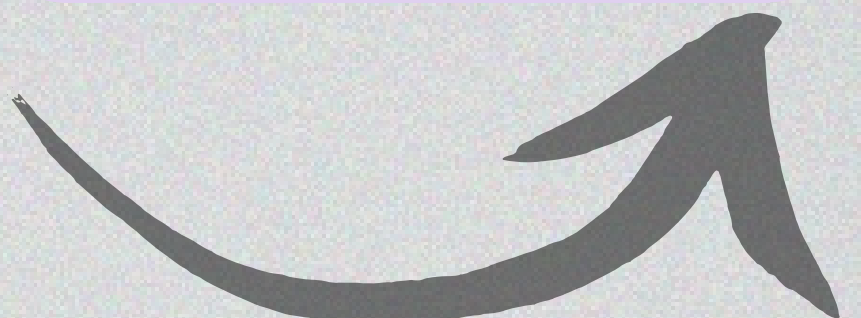
## 5. DOPAMINE DETOX

Start practicing these things to fully reset your brain and cure athletic depression:

- Eat a proper breakfast first thing in the morning and eat dinner early.
- Avoid artificial blue light into the eye and skin. Reduce nnEMF (airpods, wifi, cell towers, bluetooth devices, etc)
- Keep your phone on airplane mode a lot and focus on your work. Toss out easy validation and entertainment.
- Avoid gossip and drama. Talk about future projects and valuable things.
- Don't look at your phone first thing in the morning. See the sunrise.

## DO THIS:

- Start NOW
- Do something
- Keep trying until it works



# Plan To Become A Great Footballer



## 6 Simple Steps:

1. Have amazing sleep every single night by getting lots of morning sunlight, grounded barefoot throughout the day, reduce nEMF, and reduce exposure to artificial blue and green light at night.(Comment “modern” and I'll send you a free course on Elite Performance Fundamentals)
2. Become fascial-driven: Fascia is the cornerstone of athleticism and having dry, disconnected, and unstimulated fascia will leave you slow, weak, and tired. Begin stimulating the fascial system through your feet, hands, and tongue.
3. Upgrade your ability to heal: Nerve supply is hard to get these days as we live such sedentary and unathletic lives. Perform lymphatic flow exercises in the morning on an empty stomach to awaken your body.
4. Play more football! So many footballers are simply not high intensity environments as much as they need to be. Play more futsal, 5v5, and cage football and you will develop 10x faster as the cone/gym bros.
5. Tame your mind and cure athletic depression: most footballers have silent depression of the mind and the body these days. Stop playing video games. Stop watching 🍌. Stop eating processed junk synthetic foods. Stop being so sedentary. Move. Cross-train. Learn new skills. Be social. Smile. Flirt. Be daring. Take life by the horns, on and off the pitch.
6. Learn the Game: it is shameful how many so-called footballers don't know basic tactics and lose matches because of it. Your coach will drop you if you simply look out of place and can't keep up. Watch more full matches. Become a student of the game. Learn the Laws of Football to upgrade your performance overnight.

🔴 NOTE: none of this will help if you don't act. This is especially hard when you're surrounded by losers and much easier when surrounded by winners. You must be ready to do what it takes.

These steps will easily help you level up your game and become a great footballer NOW.

# 7 Uncomfortable Truths

**1 -** All the people around you (coaches, trainers, physios, parents, etc) want the best for you.

But they don't always know what's best for you.

**2 -** You're the only one in charge of your career.

Not your parents.

Not your agent.

Not your coach.

Not your club.

Not your friends.

**3 -** You're not going to become an elite footballer by accident

So many footballers, both professional and not, go through their career relying on luck.

They have no system. They have no plan. They have no education.

I've never met a successful footballer who didn't have what my system teaches.

**4 -** Your time is ticking

Footballers have a very small window to "make it".

Once you are past 20 years old then you aren't "young" anymore.

You must be playing senior football week in, week out.

Any time you are out injured or on the bench, your career is dying.

If you aren't growing, you are falling behind.

Get resourceful ASAP.

**5 -** We live in the greatest time of sports development...

Or do we?

World Class Athletes are having catastrophic non-contact injury EVERY week.

AND

The rest of the football world blindly keeps doing the same things that got them injured.

Will you wake up and see the truth?

**6 -** Most footballers have brokie mentalities.

Afraid to spend \$5, \$50, or even \$500 to save their career...

When according to you and your supposed goals you want to be an elite footballer...

Those guys make \$50k/week.

Does it sound smart to not make that investment?

You tell me.

**7 -** You won't become your best without talent.

And yet 99% of footballers are not training their talent...

Truth bomb: Hard work means nothing if you are training the wrong things.

Don't break a sweat for the sake of breaking a sweat.

Time is precious. Effort is sacred. Honor it with a world class training system.

# Performance Tool Grid

## Football Mastery Guide

Recovery 🌞	Meditation	Sunlight	Grounding
Sleep 😴	Morning Sunrise	Blue Blockers	Red Light at Night
Nutrition 🍌	Morning Celery Juice	Raw Eggs	Fresh Grass Fed Meat
Mental 🧠	Dopamine Detox	Mindfulness	Good Friends
Romance 🌹	Smile	Be Bold	Lead Charismatically
Tactics 🧑	Watch Full Games	Listen to Experienced Players	Watch Full Games
Football ⚽	Play Small Sided Games	Play 11v11	Solo Max Intent
Training 🏃	Fascia	Spirals	Cross Training
Restore 🌿	Myo Fascial Release	Pandiculations	Nature
Lymphatics 🚰	Hops	Hot Baths	Spinal Hygiene

# Modern Footballer Performance Blueprint

- See the sunrise
- Walk barefoot grounded in Nature
- Mindfulness Meditation basking in the Sun away from music and tech
- Eat 3-5 Raw Eggs (fresh unrefrigerated and organic as possible)
- 30 Minute Myofascial Release
- 30-60 Minute Morning Primer + Hand Juggling
- Eat 1-2 lbs of REAL meat or fish
- Cross train as much as you can without taking away from your main sport.
- 15-30 minutes of barefoot training
- Play 5v5 for 1-3 hours
- 10 Minute Deep Breathwork (Nasal Breathing x long inhale x longer exhale)
- Feast after a day's hard work with loved ones that lift you up
- Have room temperature raw milk and raw honey after dinner
- Hop in the ocean, swim in a river, or hike to a hot spring
- Put blue blockers on after sunset and take them off when going to bed
- Sleep at 930PM & REPEAT

## Details:

Durations, repetitions, and times depend on your own unique situation, location, and climate. Use your own brain and think what is best for YOU. If you'd like your questions answered and coaching to get you personalized help, consider joining us inside the Entangled Tribe and begin the road to elite athleticism.

Keep your phone on airplane mode until AFTER you've finished your breakfast that is after the morning walk.

5v5 means indoor, futsal, or any other kind of small-sided games. Have fun.

# Want To Build **World Class Performance** In Yourself And Become An Elite Footballer?

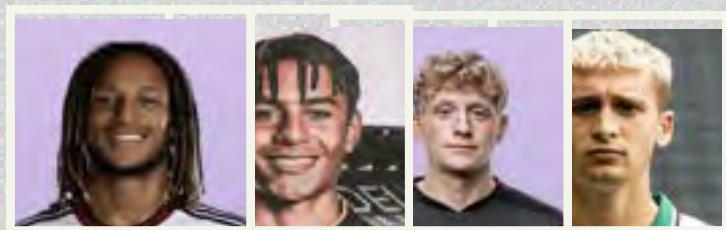
## Take The Leap

You've read everything in the ebook. You've seen the hundreds of players we've helped. Now you have to make a choice.

**Will you invest in yourself?**  
Or will you stay comfortable where you are?



**JOIN THE COMMUNITY**



Join **500+** Others



# FAQ Page 1

## Bodyweight training and calisthenics

- It is okay to do as a general workout for health and physique but won't build fascia connections, develop your athleticism, or unlock your talent.

## Sand training

- I don't recommend speed and agility work on the soft sand. The instability of the sand requires higher levels of ankle stiffness that most do not have. Even then the increased stability demands that are not present on grass or concrete cause your body to deprioritize speed. The end result is becoming more muscle-driven and less elastic.

## Why are pros in the gym and weightlifting?

- Well pros are there because for one, they're told to be. Second, many players like the social media validation of posting gym pics or the momentary hormonal boost. Third, unfortunately many are taught to believe it helps performance and prevents injury in a wicked level of stockholm syndrome. Read more [here](#).

## Aren't injuries just bad luck?

- No, there is always a reason behind an injury. The human body was never meant to merely break down or succumb to adversity at first sight. You would not be here today if the human body was that useless.

## All the injuries we see are caused by fatigue and too many games?

- No, this is another rationalization that many cling to protect their beliefs and jobs. Increased demands (too many games) merely shines a light on the underlying dysfunctions hiding away in one's body.

## Plyometrics

- They can be helpful at higher levels of fascial ability. Very good ankle stiffness is needed. It's important to focus on the fundamentals first. Funny enough, most the plyometrics you see online are not actually true plyometrics. True plyometrics utilizing the "shock method" were designed in Soviet Russia through extensive testing on Olympic level athletes.
- Thus these are extremely athletic individuals with the characteristics I described above ALREADY at the elite level. I would bargain you'll get a lot more results in your career if you focus on what got those athletes to that level, not what they were doing after they got there. True plyometrics are implemented throughout our program fine tuned to your level of progression or regression.

## Cardio, endurance, and stamina

- Top athletes with high level fascial ability can create free energy with each step using the fascial biotensegrity structures in the body. Think of a spring or pogo stick. Meaning the better that you can get your fascia to mechanotransduct using the piezoelectric effect, the more stamina and endurance you'll have access to naturally and effortlessly.
- On top of that, low level movement such as walking or other forms of "working in" we use to increase mitochondrial density which leads to direct improvements in energy production in play and rest.

## Talent and Genetics

- These are words used when someone doesn't know how to explain something. It ends any investigation. It's really an excuse to give up and blame what you (think you) cannot control. Talent is just a word attached to a set of traits most people don't quite understand.
- Talent is really a combination of many factors revolving around natural athleticism and getting the most out of human biology. That's what being Entangled is all about!

## I thought ankle mobility was good and ankle stiffness was bad?

- This comes from bodybuilding and biomechanical-focused weight lifters who want to see specific joint angles for the specific movements like squats and deadlifts. Although in reality this is not how the body operates out in Nature or on the field. No one is squatting to parallel. If you look at all top athletes, they have very stiff ankles through fascial tension which is not the same thing as muscle tightness.

## Don't we want to improve our mobility and flexibility?

- Well yes in theory but then we have experts trying to use symptom-based models to fix the supposed insufficient mobility/flexibility. This creates a domino effect of other unforeseen issues that spiral into more injury or decreased performance. You want to ask why is there poor mobility in a joint or inflexibility across a muscle group....
- For example, muscle tension can prevent a joint from getting full range of motion. Then an outdated response would be to stretch that tight muscle. Momentarily, that muscle might feel looser, but long term it will tighten up even more because you simply pulled on a know which just desensitizes the tissue (numbing the pain).
- In reality, pandiculating muscle trauma would allow the muscle to relax, lowering the set point of tension and allowing free joyful movement. On top of that, looking at fascial adhesions would be a far better use of your time which might be locking in specific muscles into chronic contractions, again preventing optimal mobility.

# FAQ Page 2

## **How do we stay in shape if we aren't in the gym building muscle?**

- Well ask the Natural who is ripped and lean while eating McDonalds and going to bed at 2AM. When you have the higher levels of mitochondrial function and fascial connection, your body has a different set of parameters. Muscle is maintained much easier and your hormone levels are far more optimal. Combined with the correct work, good nourishment, and your desired choice of sport, then optimal physique is perfectly achievable.
- It is one of the most asinine assumptions in our modern world that hitting the gym, counting calories, and basically being a bodybuilder is the only way to have a great athletic physique. It's actually the opposite of athletic. Nature has consistently created great athletic specimens without any of those "protocols". We've been fed a total lie so that we think we NEED all these man-made tools and we don't actually realize that when live, play, and eat in tune with Nature, you are capable of an incredible physique.

## **No pain no gain right?**

- It did the hamster on the wheel no benefit to run harder. It doesn't matter how hard you paddle your boat if you are headed the wrong direction. A plane facing even a few degrees the wrong direction will end up extremely off course not before long.
- How many of you have struck a football as hard as you can and then missed the goal by miles?
- Point proven.

## **Isn't it impossible to prevent contact injuries?**

- What we've seen in top athletes like Messi and LeBron specifically shows us that even terrible falls or tackles can be survived with very minimal damage. Fascial biotensegrity explains how. The body becomes better at evenly absorbing incoming force across the whole body instead of the direct bone. Think of trying to use force to break through a rubber band.

## **How do we add muscle and get bigger if we aren't weightlifting?**

- Well first you need to ask why you feel you want to add muscle and get bigger. Is it because you are underweight for your age or do you feel insecure in front of women? There is much research that shows testosterone levels shoot up when higher levels of posterior chain activation is achieved. Upgrading your fascial connection level unlocks more of your posterior chain that was previously unused. Combining that with learning how to upgrade your mitochondrial function and properly nourish your body is a plan for elite physique.
- On top of all that, many footballers are chronically under-recovered and under-nourished. Their leptin sensitivity is in the dumps so their body simply doesn't have the inputs to grow and develop like one would hope.

## **All the experts say we need to get strong in the gym?**

- Yes many experts operate off a muscle-based view of the human body. They assume one muscle does that and one muscle does that. They assume you just need to get stronger. When many experts are asked what getting stronger really means, they'll often resort to a weight-based response saying it means you can lift more weight. Then ask yourself if that actually translates to real life or to your sport...
- We'll add here that true strength is integration of the whole, not the sum of one's parts. Meaning strong biceps and triceps doesn't make you strong. Better connective tissue and coordination from the nervous system to improve how well the biceps, triceps, wrist, fingers, forearm, shoulder, etc all work together in unison is how you gain greater leverage and ease of functionality.

## **How long will it take to see results?**

- This depends on what level of athleticism you are currently at. Some could see results in weeks while others will need months. Your athletic history including injuries and childhood will play a big part in the transformation.

## **What does glute-dominant mean?**

- It means you have a high level of fascial connection from the feet to the glutes. The glutes are 75-85% fascial inserts (to muscle fibers). This means without the fascia connection, you have access to very little of your glutes. Your brain chooses to utilize the glutes and posterior chain instead of the quads during movement. Imagine having access to only 15% of your car's engine power.

## **How do I know my current level of fascial ability?**

- Well there are certain physical indicators that we use to find out what's happening under the skin. On top of that, there are several exercises we use in our physical assessment. At the end of the day though, you must ask yourself: "Do I pass the eye test?".
- If you are considered athletic by your peers, it's very likely you already have a decent level of fascial connection. If you feel glutes or abs while your run and play football then that is a good sign. With that said, it is rather a mute point because we all have room to grow regardless of how athletic we currently are.