

The Ultimate Guide To On Page SEO – Advanced

[By DoSEOyourself.com](http://DoSEOyourself.com)

It's simple right? Add your keyword to your Title tag, image alt and H1-H6 headings

Make your keyword density around 2-3% and Bammm!

Your on page SEO is done..

Well this is what a lot of so called gurus will have you believe. The fact of the matter is, there is a lot more too it than that! I totally understand some of the frustrations you encounter, especially when there is so much to think about. But rest assured, I have pack everything you need to know about on page optimisation right here.



There has been a lot written about on page SEO and most of it is exactly the same. This post goes beyond the usual gibberish and **explores EVERY aspect of on page practices in detail.**

This guide is over 5000 words and took me 3 weeks to complete!! Save this page for your future reference and don't forget to share it :-)

What is all of the fuss about?

Without sufficient on page SEO, Google has far less chance of understanding exactly what your site or new page is about. therefore it is absolutely vital that we do everything we can to make it as easy as possible for the Big G to read and fully understand the subject matter that we are trying to rank for.

Google got smarter

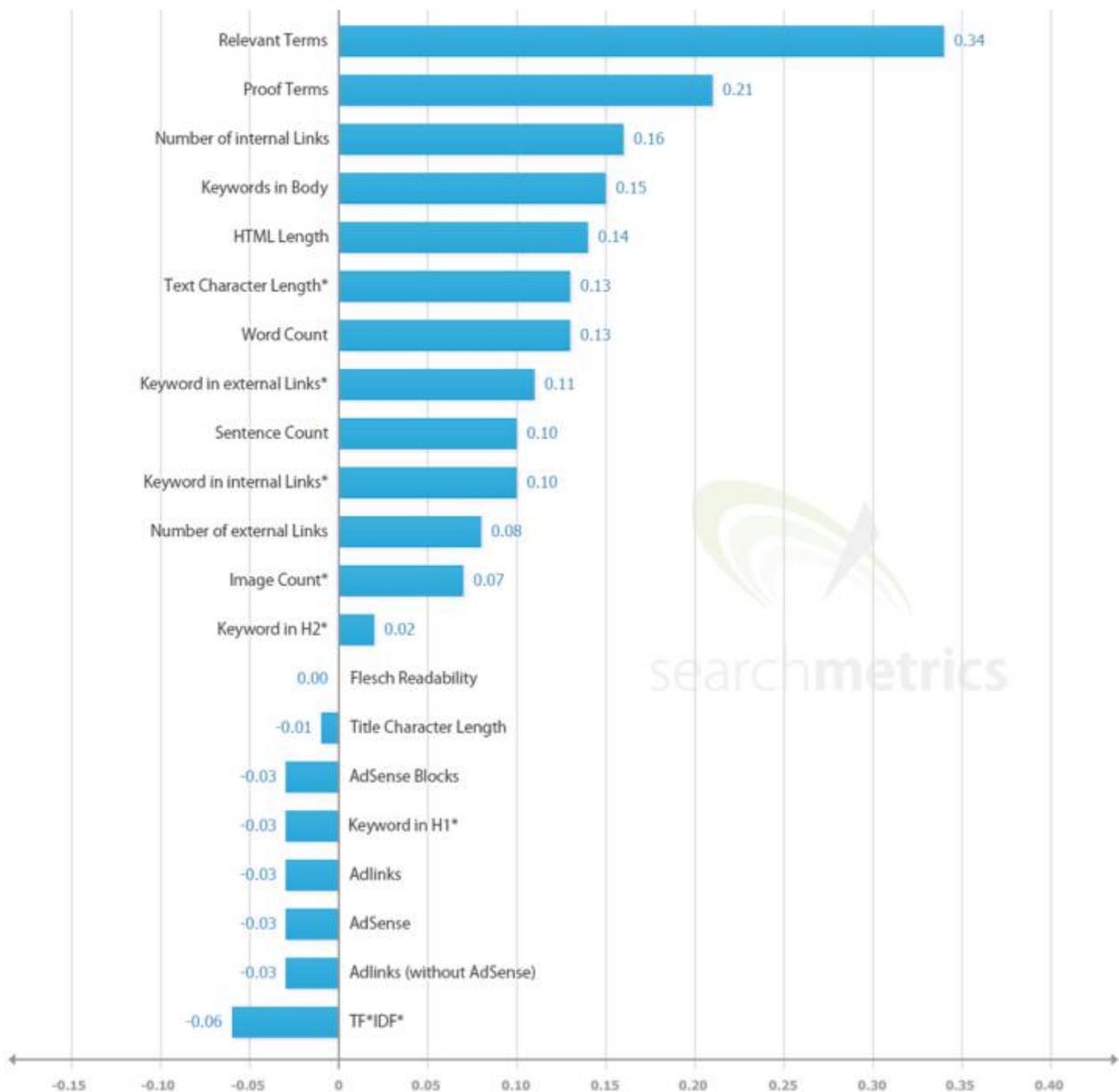
Search engines are becoming more sophisticated. Gone are the days where keyword stuffing with a bit of shoddy content were good enough to move your page up the rankings.

Google can understand your content WITHOUT any exact match keywords!!

That's right, Google bots have started to interpret what an image is about without us actually spelling it out to them. Don't believe me! check out this post by Razvan <http://cognitiveseo.com/blog/6511/will-google-read-rank-images-near-future/>

So I think its about time you took your on page SEO to the next level. First, lets take a look at some important factors that affect rankings

On Page ranking factors according to [SearchMetrics](#):



Although keywords remain an important element in terms of usage and placement, It is becoming clear that the overall theme and detail of the on page content is the real factor that determines rankings!

As you can see from the chart - relevant terms and proof terms give the highest relevancy

The quality of your content is key, so I will begin with content because it may not be as clear as you first imagined!!

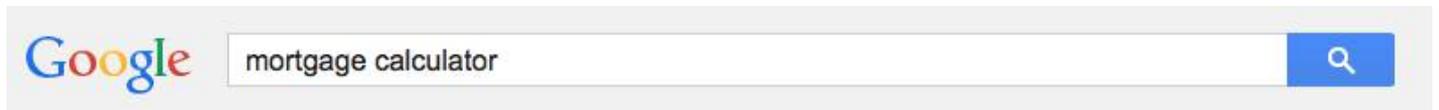
Content relevancy is key

Keyword placement is no longer substantial enough to improve your rankings. Although Google is much smarter than it once was, the search engines still can't read pages like humans can.

Therefore it has to find other ways to determine what results to display to answer the question or query as best it possibly can.

Ask yourself this....

If you search for the keyword 'Mortgage Calculator'



What does Google provide you with?

Yes, a 'mortgage calculator' (Amazing isn't it)

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Founder & Editor, Martin Lewis

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Work out your monthly repayment and the total amount you'll repay, including fees

Mortgage debt

Mortgage term years

Annual interest rate % OR Monthly payment £

Any fees for taking out mortgage

Add the fees to mortgage?

Mortgage type

No 2000 word article, No essay about the history of mortgages, No Wikipedia page on how a mortgage calculator works.

You get an actual calculator that will calculate your mortgage!!!

Simple

Now how does Google know that it is providing us with a calculator?

There are very few or no keywords!!

The only place the actual keyword is located is in the Title Tag, which I will come on to soon.

So next time you are [targeting a specific keyword](#), think about what it is the user is actually searching for!!

While the exact methodologies of Googles algorithms are not revealed, there has been a lot of research collected over the years to help us better understand exactly what goes on to determine search relevance.

If I search for a question, I expect an answer

If I search for cheap boxing gloves, I expect to see products for sale (Google relates the word 'cheap' to purchasing something)

If I search for for a term that includes the word 'guide' or 'tips', I expect a more detailed answer, the more content the better.

If I search for directions, I expect to see a map

What I am getting at here is that you must put yourself in your users shoes, think what it is they expect.

If your keyword is 'How to fly a plane', you better make sure you have one hell of a detailed post about the mechanics of flying a plane and the logistics of the cockpit, you better have illustrations, images and how to guides!

If your keyword is - 'Blue Leather gloves' you better have a page that sells blue leather gloves, with a clear image, size options, prices, shipping options and a check out.

So before you work through your on-page SEO checklist, first make sure that you are providing the correct type of content to your users.

You can start by checking out your competitors and see how they are presenting their content/products/services etc...

Quick Tips:

- Give your user exactly what they are looking for
- Google can understand the type of content much better
- Make your content as detailed as you can
- Spy on your competition to see how they present their content

Synonyms, LSI and variants

One of the most important factors that you must understand when planning your on-page SEO is the fact that the search engines possess a huge array of synonyms and variants for billions of phrases.

A [synonym](#) is a word or phrase that means the same or similar meaning to another word or phrase.

If my search includes the keyword 'New York', Google will understand that 'NYC' also proposes the same meaning.

So when writing your content, keep in mind the main variants and try to include them throughout your article!

Overuse of keyword



Natural Variants



The Use of Synonyms and Variants

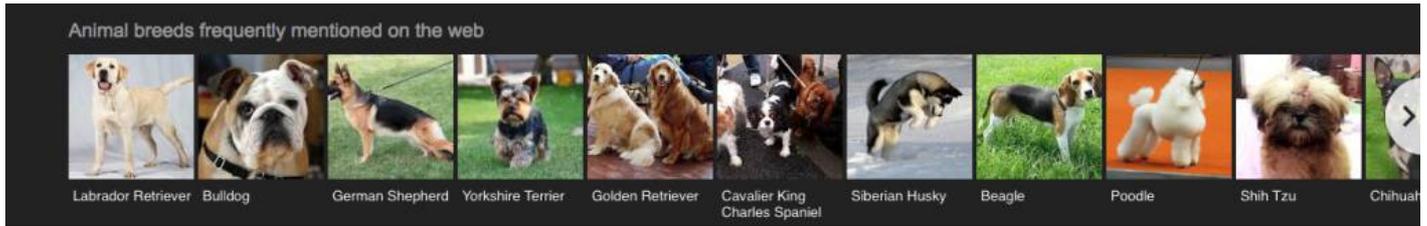
'It's important to include a variety of synonyms and variants on your page to give your articles a deeper meaning and relevancy to the reader. Google will give a higher emphasise to content that is enriched with natural text and detail. You only have to look at any Wikipedia page to see that.

DoSEOyourself

If I search for 'Dog Breeds' then Google will understand that I could also mean, 'Canine breeds' 'puppies' 'pictures of dogs'

In fact, when I typed the search term 'Dog breeds' I was presented with a slide show of images of different dog breeds:

This is what was at the top of my search results:



So this shows that Google does actually know what we are looking for and it can use synonyms and variants to accurately provide results.

So what does all this mean for SEO?

In the next section I talk about keyword density and how you should forget your main keyword and write naturally.

What you should be concentrating on is your THEME and TOPIC.

Google knows that a 'Beagle' is a breed of dog

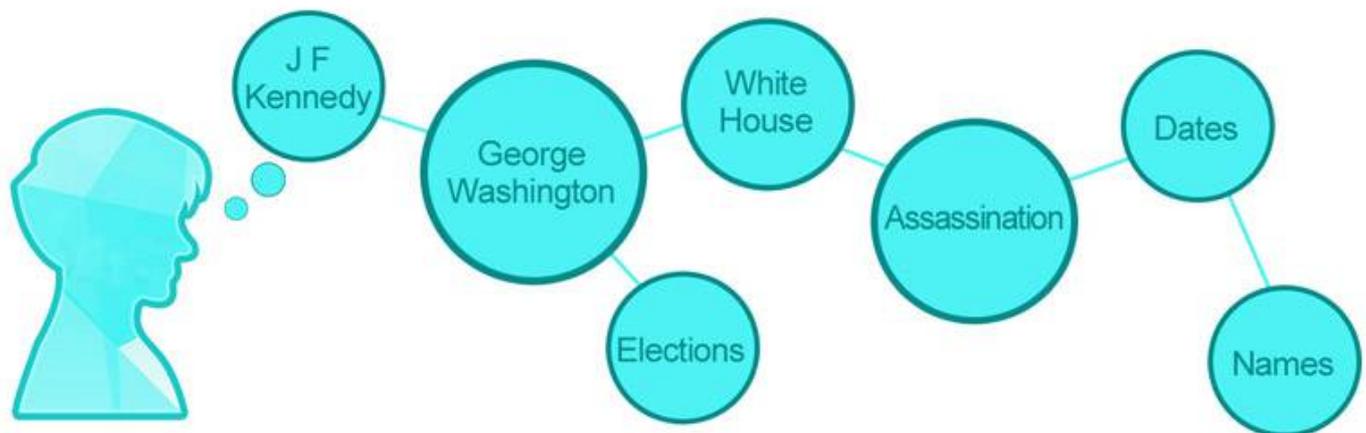
Google knows that the leaning tower of Pisa is in Italy

Google knows 'keyword research' is related to SEO and affiliate marketing.

So when writing your post or article, you need to be as detailed as possible to incorporate all of the LSI and variants to show that your article is in depth and offers the information that the user is searching for.

Example:

What comes to mind when you think of US Presidents?



Google will reward content that contains details of related subjects that it understands. An article about US Presidents that does not mention dates and names will not rank highly

Quick Tips:

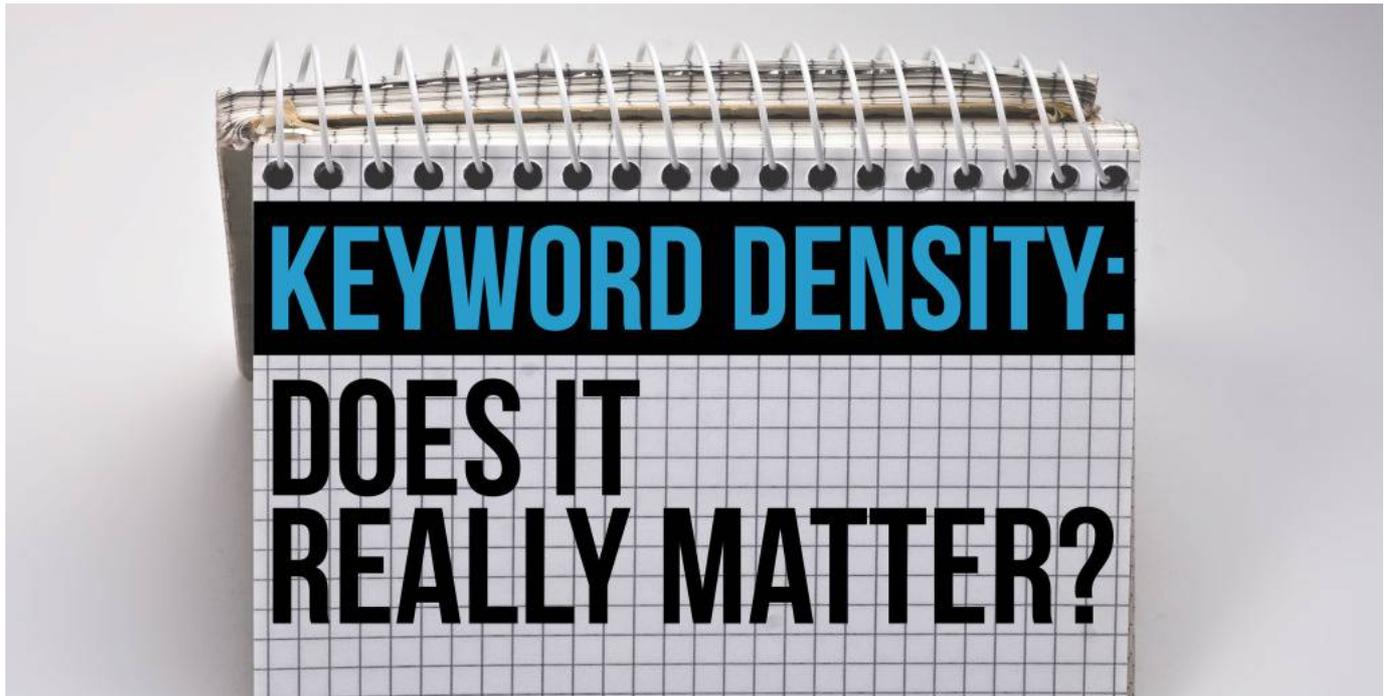
- Use keyword variants throughout your page
- Use Synonyms instead of repeating your keyword
- Build your content around a theme rather than a single keyword
- Brainstorm associated topics related to your keyword

Keywords and density

Many years ago it was good practice to cram as many keywords into your page as possible.

Then things changed as Google realised that it was possible for people to rank poor quality content on the basis of keyword stuffing.

Google cut down on this and updated their algorithm to spot instances of keyword stuffing. A lot of SEO's suggested a keyword density below 4% was good, some argued it was lower.



So what is the perfect keyword density today?

My answer would be to FORGET your keyword!!

Don't attempt to consciously include it your article. Google is now smart enough to understand what you are talking about without you having blatantly tell them!

So what should I do?

Before I continue let me get this straight. Keyword research is still absolutely vital and should NOT be overlooked. Doing [keyword research](#) provides the basis of your whole post, page, article, blog!!

Here is a great guide that explains everything you need to know about keyword research:

<http://backlinko.com/keyword-research>

I have also done a tutorial on how to find awesome keywords using Long Tail Pro - [See Here](#)

Ok, so once you have your keywords in mind, you want to structure your article around the 'topic' of your keywords.

Remember this.... Relevancy over Density

If your keyword consists of 2 words (for example: 'Underwater camera') then it is more natural for that keyword to appear more times throughout a page than if your keyword was longer (example: 'what is the best underwater camera')

The best tip I can give is to write your article naturally, then go back and check your keywords after and adjust accordingly.

Remember, there is NO magic number when it comes to keyword density - Just keep it low and keep it natural

Here is a video of Matt Cutts actually talking some sense for once!!

Here are some free tools to check your keyword density:

<http://tools.seobook.com/general/keyword-density/>

<http://www.seocentro.com/tools/seo/keyword-density.html>

<http://www.keyworddensity.com>

My personal recommendation would be to check your keyword density, if it is higher than 2% then you should lower it by replacing some of the keywords with synonyms and variants.

Quick Tips:

- Forget about your keyword
- Keep density to a minimum
- Short keywords will naturally have a higher density
- Longtail keywords should have a lower density
- Write your article naturally, check keywords after

Title Tags - Use them wisely

The fundamentals of on page SEO, and considered the most important factor to get right.

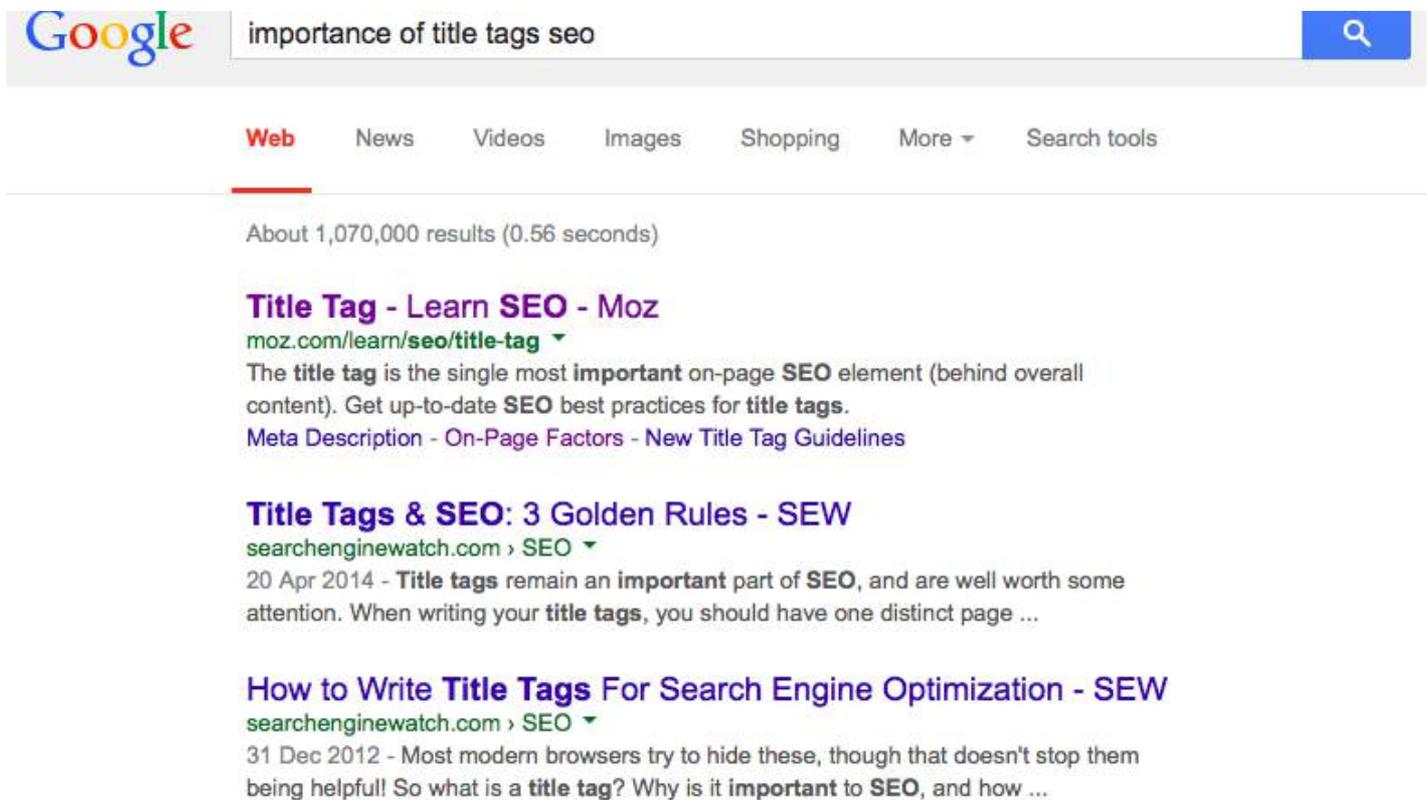
This is where everybody inserts their main keywords

But is it the correct thing to do?

According to MOZ, (<http://moz.com/learn/seo/title-tag>) The Title tag is the most important on page element (apart from the actual content)

The Title tag, also known as a Title element; represents a concise description of your content and is the easiest way for Google and your visitors to get a quick indication of what your content is about.

It appears not only at the top of your post, but also in the browser and SERP results. Google also highlights the keywords when displaying results in their search engine:



The image shows a Google search interface. The search bar contains the text "importance of title tags seo". Below the search bar, there are navigation tabs for "Web", "News", "Videos", "Images", "Shopping", "More", and "Search tools". The "Web" tab is selected. Below the tabs, it says "About 1,070,000 results (0.56 seconds)". The first search result is titled "Title Tag - Learn SEO - Moz" and includes a snippet: "The title tag is the single most important on-page SEO element (behind overall content). Get up-to-date SEO best practices for title tags. Meta Description - On-Page Factors - New Title Tag Guidelines". The second result is titled "Title Tags & SEO: 3 Golden Rules - SEW" and includes a snippet: "20 Apr 2014 - Title tags remain an important part of SEO, and are well worth some attention. When writing your title tags, you should have one distinct page ...". The third result is titled "How to Write Title Tags For Search Engine Optimization - SEW" and includes a snippet: "31 Dec 2012 - Most modern browsers try to hide these, though that doesn't stop them being helpful! So what is a title tag? Why is it important to SEO, and how ...".

This gives your listing extra visibility and if Google are highlighting keywords, it's a sure fire indication that including your main keywords in your title tag is an absolute must!!

Lets put it to the test

Search Google for any keyword and 99% of the time you will see that the top ranking pages all include the word in the title tag.

As a quick test, I am going to type the keyword '*content marketing tips*' in to Google

By the way, this is a great post on content marketing techniques by Robbie Richards: <http://www.robbierichards.com/seo/16-explosive-content-promotion-strategies/>

Here are the results:

9 Best Social Media and Content Marketing Tips From Buffer...

www.convinceandconvert.com/content-marketing/9-best-from-buffer/ ▼

badge guest post FLATTER 9 Best Social Media and **Content Marketing Tips** From Buffer We've experimented with lots of different content marketing methods at ...

7 Outstanding Content Marketing Tips for Small Businesses ...

searchenginewatch.com > Content ▼

23 Jun 2014 - Small businesses have historically been slow to adopt the **content marketing** strategies that corporate marketers use. But as SEO has evolved ...

10 Awesome Content Marketing Tips For Small Business

www.business2community.com/content-marketing/10-awesome-content-... ▼

9 Sep 2014 - The first four tips for content marketing happen before you actually publish. ... These are just a few **content marketing tips** you can start using ...

As you can see, the top 3 results all contain the exact keyword!

So what are the best practices for Tile Tags?

Add creative words around your main keywords

There is a little more to it than placing your keyword in your title. If you notice from the example above, there are also other words contained in the title.

Search results are becoming more sophisticated and are generated more to user experience

It's important to include other words to create emotion and and click ability, Google wants

to show interesting results.

Looking at the example again above, notice how they all spark interest and curiosity!! the words they use include, 'awesome' 'bets' outstanding'

They are giving the reader a reason to click!!

Length between 50-60 characters

Google usually shows only the first 50-60 characters, anything after this will be cut off, so take this into consideration when writing your title tags. Try to get your point across within the limitations.

Main keywords should be close to the beginning.

According to a test carried out by Moz <http://moz.com/search-ranking-factors> placing your keyword near the start of your Title tag has greater ranking implications!

Although probably only minimal, it is worth following this practice

Uniqueness, keep it real

Google likes unique content, dummies go for title tags. Don't copy somebody else's title word for word. If you do you are far less likely to outrank the site you have copied.

Be creative and use unique title that explains exactly what your page is about

Don't keyword stuff

Only use your keywords once in the title, over using your keyword can result in an over optimisation penalty

Look at the Title of this page, this is a good example of what you should be aiming at!!

Quick Tips:

- You must include your keyword in your Title Tag
- Also include other creative words in your title
- Keep it below 60 characters
- Use a unique Title and avoid keyword stuffing

Headings <h1-h6> - Avoid over optimisation

Many will have you believe that you should also be including your main keywords in some of your headings

I disagree

In fact, I try to avoid it if possible, unless I really have too!

DO NOT use your main keywords in your headings if possible

Over optimisation is something that you should be aware of at all times, stuffing keywords into your headings as well as your title is an obvious indication of manipulation.



Going back to the Google results

The site ranked number 1 for 'content marketing tips' is <http://www.convinceandconvert.com/content-marketing/9-best-from-buffer/>

The Title contains the words 'Content marketing tips'

However, NONE of the headings throughout the article contain the keywords.

Take a look at a few of them:

SOCIAL MEDIA.

1. Share Images on Twitter: Increase Retweets by 150%

Since Twitter **announced inline images** we've been experimenting with this change to

2. Share Content More Than Once

3. A/B Test on Social Networks

Site 2: <http://searchenginewatch.com/article/2351403/7-Outstanding-Content-Marketing-Tips-for-Small-Businesses>

Again, the title contains the main keywords, but when it comes to the headings, the keywords are not used at all

Site 3: <http://www.business2community.com/content-marketing/10-awesome-content-marketing-tips-small-business-01002755>

Again, the headings do not contain the keywords 'content marketing tips'.

Having researched a number of sites I have found a lot of evidence of this.

If you think about it, **it makes sense**

If you had the keyword 'Content marketing tips' in your Title, why would you also use it in your headings??

This is one of the main reasons webmasters suffer over optimisation penalties.



So how should I optimise my H1-6 Headings?

Your article should be structured into relevant sections.

Your title describes the overall picture, for example, this post is about 'on page SEO'

The headings are a more detailed breakdown of the different aspects of on page SEO

Example, my sub headings are about:

- Title tags
- Headings
- Content
- Image alt text
- Meta tags
- Site speed
- etc.....

Google is clever enough to understand that my subheadings are related to my primary subject.

There is no need to start including my main keyword in my headings, its not natural.

But...

If it happens to fall naturally into one of your headings without consciously inserting it then that's ok.

Just don't overdo it.

Which Heading tags should you use?

`<h1>` H1 Tags `</h1>` **Your Title or main heading**

`<h2>` H2 Tags `</h2>` **Your main sub headings**

`<h3>` H3 Tags `</h3>` **If your subheadings need to be broken down into further headings**

For example. The `<h2>` Tag in this section is (Headings `<h1-h6>` - Avoid over optimisation)

The `<h3>` Tags are (So how should I optimise my H1-6 Headings?) (which heading tags should you use)

The correct use of H1-H6 tags are a good way to give your post structure, and it allowed Google to understand what your page is about!!

Quick Tips:

- Avoid using your keyword in your headings
- Headings describe different areas of your topic
- It is not natural to include your keyword a number of times in different headings

URL Structure

Using the correct URL structure plays an important role when it comes to on-page SEO.

Google will pay more emphasis on a page that contains relevant keywords in the URL structure over a page that does not.

Your URL describes your site and page, it should be descriptive without being lengthy.

You should be able to understand what the page is about just by looking at the URL. Not only is this helpful to search engines, it is also helpful to humans.



To ensure that your URL extension, you must make sure that you set your Permalinks to 'post-name' if using wordpress.

[For a complete guide to setting up WordPress for SEO click here.](#)

Here is a useful info graphic that explains the correct anatomy of a well crafted URL

<http://moz.com/blog/seo-cheat-sheet-anatomy-of-a-url>

SEO-FRIENDLY URL

1 2 3 4 5 6 7

<http://store.example.com/topics/subtopic/descriptive-product-name#top>

- 1 Protocol
- 2 Subdomain
- 3 Domain
- 4 Top-Level Domain
- 5 Folders / Paths
- 6 Page
- 7 Named Anchor

Keyword Priority¹
Observed Google priority of keyword placement:

- (1) Domain
- (2) Subdomain
- (3) Folder
- (4) Path/Page

SEO Tips for URLs

- Use **subdomains** carefully. They may be treated as separate entities, splitting domain authority.
- Separate path & page keywords with hyphens ("-").
- Anchors may help engines understand page structure.
- Keyword effectiveness in URLs decreases as URL length and keyword position increases.¹

¹ SEOMoz correlational data (2009)

Examples Of correct URL structure

The URL structure should be as descriptive and relevant as possible.

Usually your domain name will be your brand or business, followed by a category and then followed by your page description:

Example:

Silver Cross - Babies R Us - Britain's greatest toy store

www.toysrus.co.uk/browse/babies/product/silver-cross/

Established in 1877, **Silver Cross** has been helping parents give their children the best start in life for more than a ... **Silver Cross Linear Freeway Pushchair.**

In this next example the brand is actually the keyword that I searched for.

Here I have searched for '*Tomme Tippy Bottles*'

As you can see, 'TommeTippy' is used in the Domain, therefore no need to use it again in the extension:

Baby Bottles and Bottle Feeding Products | tommee tippee

www.tommeetippee.co.uk/department/baby-bottles/ ▼

tommee tippee's award winning, BPA free baby bottles are a natural & safe way to feed your baby. Find out more.

Easi-Vent™ Feeding Bottle - Advanced Comfort™ Baby Bottle - Vented Bottle

Quick Tips:

- Use your keyword once in your URL
- Describe your page in a few words
- Try to keep your extension below 5 words

Image Alt Text Optimisation

A picture tells a thousand words!!

Shame Google can't quite see it like that!!

Due to the fact that google can not fully read or understand an image, we have the opportunity to enter a short description to allow the bots to better understand what our image is about.

Alt text (or [Image Alt Attribute](#)) also provides a better user experience for people who can not see or can not see images in their browser.

It is also a great way to gain more traffic from image searches in Google.

Does Alt text have an impact on SEO?

The main question here is; Will adding my keywords to my image alt text boost my rankings?

There has been sufficient studies into the impact of alt tags on SEO. It is believed that search engines do not take into account the alt attribute when determine rankings.

However other studies have shown that the correct placement of keywords can have a

positive affect!

Here is an interesting study that proved that keywords in alt text actually helped rankings.

You can read the report here: <http://blog.silktide.com/2012/04/does-image-alt-text-get-used-in-googles-rankings/>

The conclusion of the report:

So back to my original question, does the wording we put in an image Alt text get used Google's rankings, yes, yes it does. But it shouldn't, so don't go keyword stuffing!

Best practices for Alt Text

When it comes to writing your alt tags I see it as similar to writing your URL extension. Keep it short, keep it relevant and keep descriptive.

Think of it from a users point of view. If you were to describe an image that the user could not see, how would you describe in just a few words!

Here are some things you should keep in mind:

The following formats are acceptable, GIF, JPEG, BMP, PNG, SVG and WebP. Change the file name to something descriptive rather than the default name, such as IMG2899289.jpg.

Although all sizes are usually acceptable you should take into consideration the file size to help your site load faster, There are some cool online resizing tools that will reduce the file sizes, smash.it being one I use.

Smush.it uses optimization techniques specific to image format to remove unnecessary bytes from image files. It is a "lossless" tool, which means it optimizes the images without changing their look or visual quality. After Smush.it runs on a web page it reports how many bytes would be saved by optimizing the page's images and provides a downloadable zip file with the minimized image files.

Do not link to the smushed images on Smushit.com since they will only be available there temporarily. Instead, download the zip file containing the smushed images for your web page and replace your image files with those files.

Another useful plugin is: '[SEO friendly images](#)' This cool plugin optimises all of your images with proper ALT and title attributes



I will be covering more on site speed later.

Your image alt attribute must contain 10 words or less to describe the image. Here is an example:

```

```

If using WordPress you can simply click on an image to edit and then enter your Alt-text as required:

Image Details



Caption:

Alternative Text:

Avoid stuffing keywords into your alt attribute, only include your main keyword if it actually describes the image.

Multiple images:

If you have more than 1 image within the same category, such as watches or trainers. You should add a unique description and not repeat the same alt attribute on multiple images

Test your Alt Tags with this free tool - <http://www.feedthebot.com/tools/alt/>

Quick Tips:

- Use Keywords where relevant in Alt text
- Describe the image in a few words
- Change the file name to something descriptive
- Use Smush.it to compress images

Keyword placement in first paragraph

It is often said that you must place your main keyword within the first paragraph or first 100 words!

But is this statement entirely true?

Theoretically, the first paragraph of a page is the most important area after the main Title. Google advises that your most important information should be placed in these areas.

It makes sense to include your keyword or at least the general topic of your article in these areas:

Page Title

These areas carry the most weight, therefore It's a good idea to include your keyword here

First Paragraph

Main Content Area

Hey, My name is Jason, Let me show you everything I know about SEO and making money online!...

Text placed in sidebars is likely to hold less relevance, so avoid using keywords here!!

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SEO is changing – Google Sandbox, What You Need To Know!

Filed in [Blog](#) by [Jason Chesters](#) on September 3, 2014 • 4 Comments

One of the biggest topics of conversation in the SEO world at the minute is the Google 'Sandbox'. Google recently launched a new update in may 2014 and since then there have been many reported instances of the Google sandbox in action.

Many site owners have reported that it is taking a lot longer to gain any significant [rankings to new sites](#). So I will be exploring the facts and myths surround the Google Sandbox.

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This post will cover:

- > What exactly is 'Sandbox'
- > What type of sites get affected by Sandbox
- > Why Google uses Sandbox
- > Evidence that Sandbox exists and is becoming more apparent
- > How long will you be stuck in Sandbox
- > How to avoid it

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We have already covered keyword density and we understand that Google no longer requires the multiple use of a keyword to understand what the page is about.

Matt Cutts has already stated that once they see your keyword, they do not require it again and again

It can actually harm your rankings by keyword stuffing.

Be smart!!

Include your main keyword or part of it in your title - because we already know this holds a strong relevance

Use your first paragraph to best describe what your page has to offer.

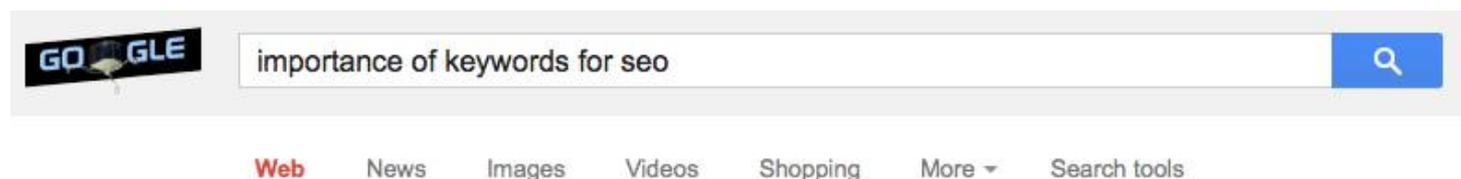
If your keyword is "How To....."

Then try to provide a short descriptive answer to that question in your opening paragraph, rather than trying to include that keyword again!

If it happens that your keyword fits in naturally then I would suggest only using it once!

Take this for example, this is how you should go about your opening paragraph:

I have entered the query "Importance of keywords for SEO" into Google:



Google came back with these results:

Keywords – the Most Important Item in SEO - WebConfs

www.webconfs.com/seo-tutorial/seo-and-keywords.php ▾

Keywords are the most **important SEO** element for every search engine, they are what search strings are matched against. Choosing the right **keywords** to ...

Is keyword research still important after Hummingbird ...

www.wordtracker.com/.../keyword-research-is-still-important-after-hum... ▾

10 Feb 2014 - Old school **SEO** was pretty straightforward. Choose some **keywords** (maybe even just dream them up), chuck them in your title tags and meta ...

How To Do Keyword Research - The Beginners Guide to SEO

moz.com/beginners-guide-to-seo/keyword-research ▾

The Beginner's Guide to **SEO** has been read over 1 million times and provides the ...

Keyword research is one of the most **important**, valuable, and high return ...

[How Usability, Experience and ... - Mission ImposSERPble - Illustrating the Long Tail](#)

Site ranked No:1

The page that is ranked number 1 has this as it's opening paragraph:

Keywords are the most important SEO element for every search engine, they are what search strings are matched against. Choosing the right keywords to optimize for is thus the first and most crucial step to a successful SEO campaign. If you fail on this very first step, the road ahead is very bumpy and most likely you will only waste your time and money. There are many ways to determine which keywords to optimize for and usually the final list of them is made after a careful analysis of what the online population is searching for, which keywords have your competitors chosen and above all - which are the keywords that you feel describe your site best.

Straight to the point, question answered + more details on keywords!!

The exact keyword was NOT used, however a variant of the main keyword is used

Site ranked no:2

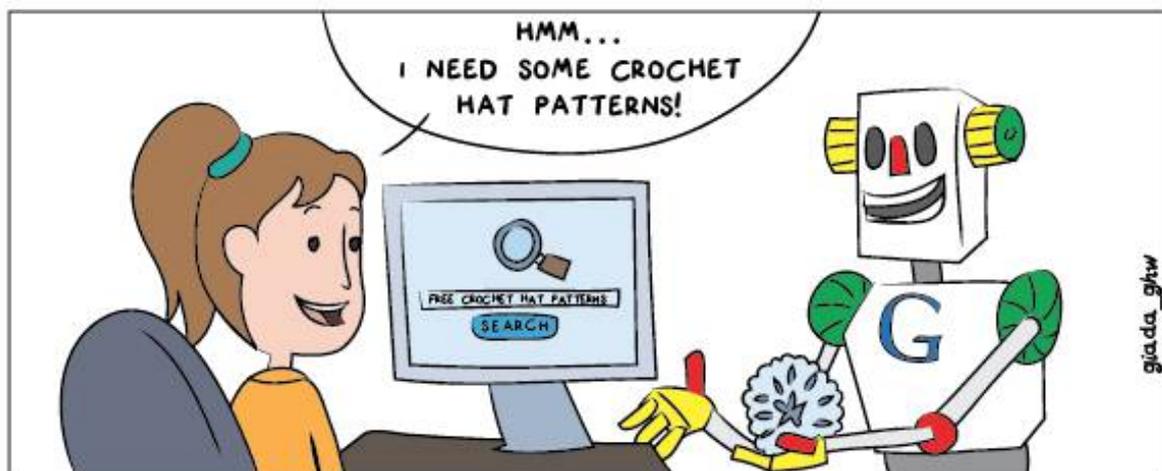
Also ranking with the use of Variants and Synonyms which we have discussed the importance of already!

Is keyword research still important after Hummingbird?

8 COMMENTS KEYWORDS WORDTRACKER TOOLS SEO

Mal Darwen discusses the importance of keyword research after Google's Hummingbird update

Old school SEO was pretty straightforward. Choose some keywords (maybe even just dream them up), chuck them in your title tags and meta keyword tags (remember them?), repeat them over your content, hammer in some easy-to-acquire links, and watch your page start to climb the search rankings.



Site ranked No: 3

Again, this site starts with a good descriptive first paragraph with variants of the keyword:

CHAPTER FIVE

KEYWORD RESEARCH

It all begins with words typed into a search box.

Keyword research is one of the most important, valuable, and high return activities in the search marketing field. Ranking for the "right" keywords can make or break your website. Through the detective work of puzzling out your market's keyword demand, you not only learn which terms and phrases to target with SEO, but also learn more about your customers as a whole.

Now I bet my bottom dollar that neither of these sites were consciously attempting to rank for the keyword "Importance of keywords for SEO"

It is probably not the best example that I could have chosen, but it shows Google is getting good at providing quality content and that the importance of exact keyword placement is diminishing.

The example I gave was using a LongTail keyword

If your keyword only contains 2 words for example, then the chances are that you are going have to include it more often because there are less variants!

When I changed my search to just 'Keyword reasearch'



keyword research



One of the top results was this:

<http://backlinko.com/keyword-research> (It's a fantastic guide by the way)

Keyword Research: The Definitive Guide

With all the talk in the SEO world today about content, authorship and social signals it's easy to forget a little thing that happens to be the foundation of SEO:

keyword research.

I'm not exaggerating when I say that **without keywords, there's no such thing as SEO.**



Here the target keyword IS placed once in the first paragraph as well as in the Title. This is to be expected with it only consisting of 2 words.

So what can we conclude from this evidence?

Don't worry too much about your keyword placement. Make sure your main content areas provide the reader with the most important information.

I would strongly recommend using synonyms and variants where possible and if your target keyword fits in naturally, then by all means insert it.

But only do it once!!!

Quick Tips:

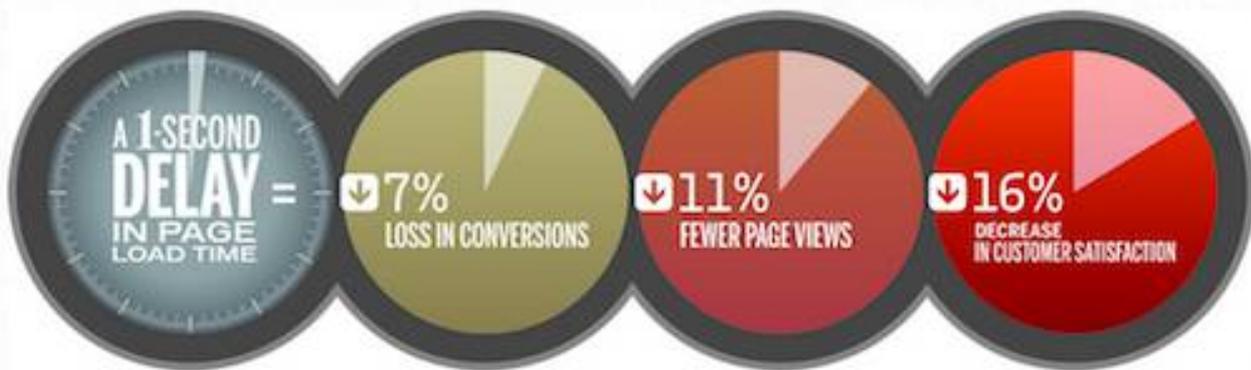
- Keyword in first paragraph is not necessary, Use keyword variants
- Try to answer the readers query within the first paragraph
- Provide your most important info in the first paragraph
- Only include keyword if it fits in naturally

Page Speed

Back in 2010, Matt Cutts revealed that Google would be using 'page load speed' as a ranking factor in it's algorithm

Did you know that for every second delay there is around a 7% decrease in sales and an 11% loss in page views!!

- 47% of people expect a web page to load in two seconds or less.
- 40% will abandon a web page if it takes more than three seconds to load.
- 52% of online shoppers say quick page loads are important for their loyalty to a site.



IN DOLLAR TERMS,
this means that if your site typically earns \$100,000 a day, this year
you could lose **\$2.5 MILLION** in sales. SOURCE: Aberdeen Group

 **strangeloop** www.strangeloopnetworks.com

In the grand scheme of things, that is billions of dollars lost every year due to slow loading pages!

Recent studies have concluded that Google doesn't just test your pages speed, they actually monitor your load speed from different countries, devices and networks.

Your page may load fast in the US on a mobile device, but maybe slower in the UK on a standard browser!!

I highly recommend that you do everything you can to increase the speed of all of your pages.

Here is a great tool that I use to test my sites:

<http://tools.pingdom.com/fpt/>

Pingdom Website Speed Test

Enter a URL to test the load time of that page, analyze it and find bottlenecks

Test Now

Save test and make it public

Test from:

- Amsterdam, Netherlands New York City, New York, USA
 Dallas, Texas, USA

Settings ▼

Just enter your URL and hit the 'Test Now' button

Here is an example using one of my pages:

The screenshot shows the results of a website speed test. On the left is a thumbnail of the website being tested. To the right, the URL is **http://doseoyourself.com/amazon-...** and it was tested on November 14 at 12:35:58. A table of performance metrics is displayed:

Perf. grade	Requests	Load time	Page size
68 /100	121	1.91 s	1.0 MB

Below the table, a message states: **Your website is faster than 73% of all tested websites**. At the bottom, there are four buttons: **DOWNLOAD HAR**, **Tweet**, **Post to Timeline**, and **Email**.

My load time is 1.91s which is not bad. As you can see, it's faster than 73% of all tested websites!!

There are things I can do to make this page even faster, and Pingdom gives us recommendations on the different areas that can be improved!



Upgrade your host

The main reason why my site loads fast is because I use [WP Engine](#) as my host! Had no problems with them so far.

If you want a cheaper option then I can also recommend Traffic Planet Hosting as I also use them on some of my other sites, and they are just as fast and reliable!



Hassle-Free WordPress Hosting

WP Engine Offers the Best Fully-Managed WordPress Hosting Platform

[See Our Plans](#)

Security

Scalability

Support

Community

Speed

The reason I chose [WP Engine](#) for this blog was not only for the speed, but they also:

Conduct automatic daily back ups

Run their own custom based caching software, so you don't need to download cache plugins

Offer a separate staging area so you can work on your site whilst keeping it live

Servers run on Nginx which are much faster than Apache

Offer a CDN to make your load time even faster!!

Optimise your images

One factor than can cause a delay in load time is your images. Luckily there are some really easy to use tools available to compress your images.

Firstly you can run your site through JPegReducer

You can also use Smush.it to compress your images. Here are a few recommended tools:



Smush.it allowed you to compress images in bulk or individually through your WordPress panel.

CW Image Optimizer

Reduce image file sizes and improve performance using Linux image optimization programs.

[Download Version 1.1.9](#)

♥ Favorite

[Description](#) [Installation](#) [FAQ](#) [Screenshots](#) [Other Notes](#) [Changelog](#) [Stats](#) [Support](#) [Reviews](#) [Developers](#)

4 reviews

5 stars  17

Average Rating



CW Image Optimizer reduces your images as you upload them to your site. You also have the option of reducing older images too



Hammy is a tool that will generate a number of re-sized images and present your user with the lowest possible size that is appropriate. This helps with load time and user experience.

Use a CDN

A CDN, also known as a Content Delivery Network is a method of caching your data and files and saving them at different locations around the world.

When somebody loads your page they are routed through the closest data centre, resulting in a faster load speed.

Here is a more detailed explanation from Wikipedia:

A content delivery network or content distribution network (CDN) is a large distributed **Internet**. The goal of a CDN is to serve content to end-users with high availability and high performance. CDNs are used to deliver content to users today, including web objects (text, graphics and scripts), downloadable objects (media files, **streaming** media, on-demand streaming media, and **social networks**).

A popular CDN provider is CloudfFlare. They have over 28 data centres across the globe



Optimise your database

The database is the heart of your site and it's where everything is stored. If not optimised properly it can have a significant affect on your sites speed.

Everytime a page is loaded, it reads your database. If your database is full of crap and disorganised it will take longer for the page to find exactly what it is looking for.

If you are using Wordpress then here is a handy plugin to help clean up your database.

<https://wordpress.org/plugins/wp-optimize/>

An advertisement for the WP-Optimize WordPress plugin. The background is dark with a textured, metallic appearance. At the top, the text "Extensive WordPress Database Cleanup Tool" is written in a light, sans-serif font. Below this is the "wp optimize" logo, where "wp" is in a stylized font and "optimize" is in a larger, italicized font, with a blue checkmark icon integrated into the letter 'o'. In the bottom left corner, there is a dark rounded rectangle containing the text "WP-Optimize" in white. On the right side, a list of features is presented in a light font, including "Optimize DB", "Removes Spam & Un-approved Comments", "Clears up Trash Posts and Comments", "Can remove all Trackbacks and Pingbacks", "Can remove Transient Options", "Can run automatically", and "Can keep X weeks data during cleanup".

Did you know that every time you save or update a post, WordPress will save a revision of that post in your database.

Now imagine if your post is long and contains a lot of images (a bit like this post)

That's a lot of bytes that are on your MySQL overhead!!

So make sure you clean up your database to improve your load speed

Caching

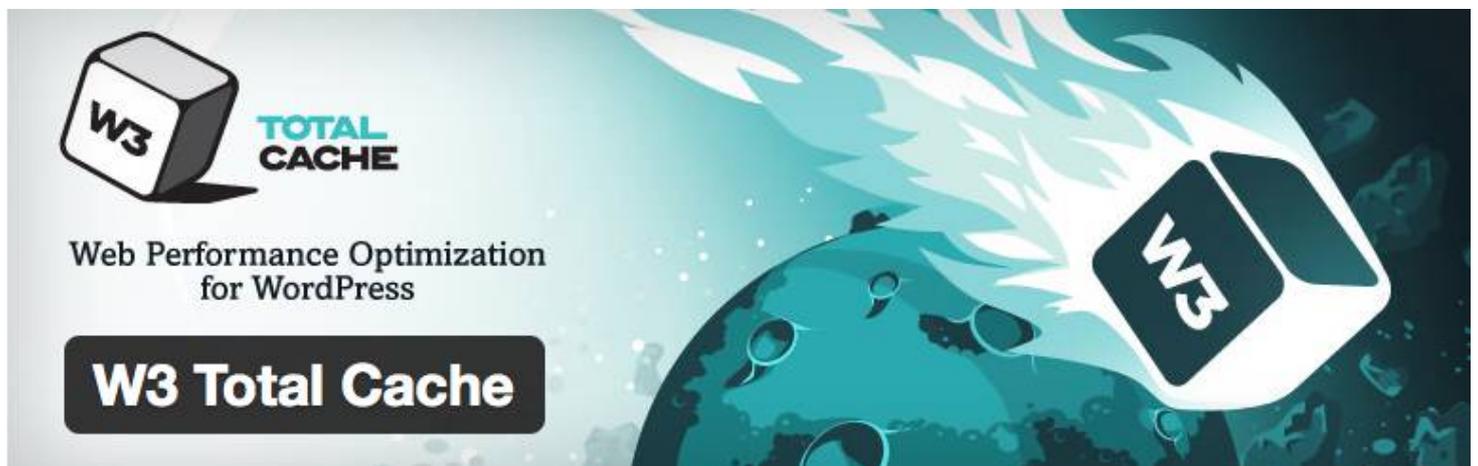
One of the best things you can do to improve your load speed right now is to use 'caching'.

Basically this stores a website's elements on your hard drive, so the next time you visit the website, it doesn't have to send another HTTP request to the server, greatly decreasing the time it takes the page to load.

Although there are a number of caching options and plugins available for free, I have never really had any good experiences with them, which is another reason why I chose WP Engine hosting.

The 2 most popular plugins for caching your site are:

[W3 Total Cache](#)



And [WP Super cache](#)

If your host does not provide automatic caching then these are good options for you to use.

Other options

Although I have covered the most important factors above, there are a few more things

that you can do to help reduce load time:

Choose a professional theme that is well coded

Optimise your CSS and Javascript

Keep your WP plugins updated

Delete all spam comments

Quick Tips:

- Your page needs to be as fast as possible
- Test your speed using tools.pingdom.com
- Upgrade hosting, compress files, optimise database
- Using caching and a CDN

Meta Tags and Descriptions

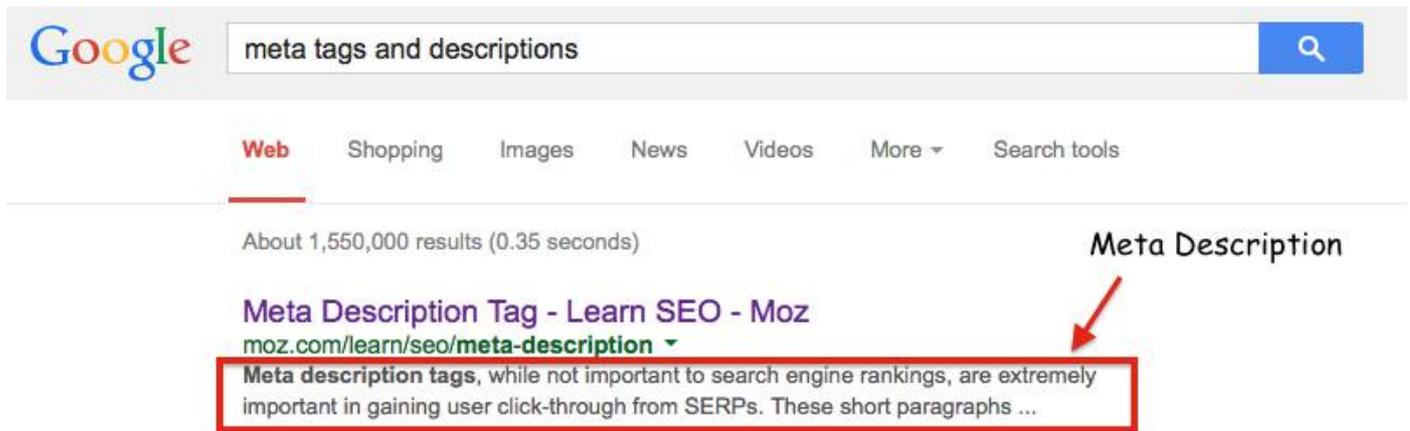
In 2009 Google announced that Meta Tags and Descriptions would NOT count as a ranking factor.

These days I do not bother with Meta Tags at all, however I still find it necessary to write good Meta descriptions because although Google say that it doesn't affect rankings, it can certainly help you to pick up extra traffic by carefully placing certain keywords within your description.

When writing your Meta description you want to include your keywords whilst capturing the users attention.

It's almost like its your chance to sell yourself amongst the other 9 results on the page.

Writing a compelling description that attracts more click throughs not only results in more visitors to your site, but it may also help to boost your rankings if Google see that more people are clicking on your site as opposed to the other search results.



Meta description best practices

Try to keep it under 160 characters, as anything after this will be cut off

Try to incorporate 'curiosity' into your Description to improve click throughs

Avoid duplicate descriptions, i.e. Don't copy off other sites

Include your Keyword within the description

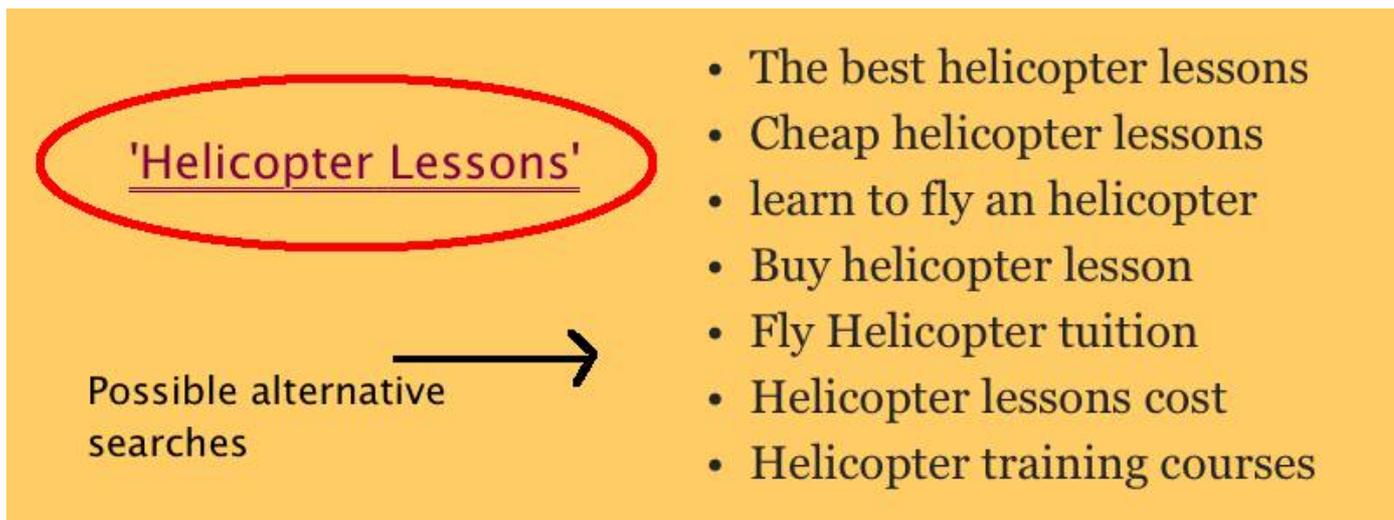
How to increase traffic with careful 'word' placement

Although Google claims that Meta descriptions do not affect rankings, I do believe that they help to increase rankings for long tail keyword variations.

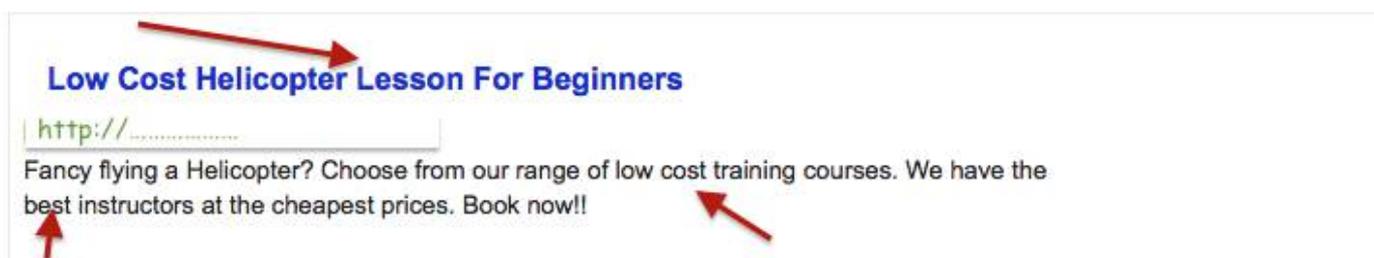
For example:

Lets say you are targeting the keyword: 'helicopter lessons'

The person searching for this could type in many variants such as.



When writing your Meta description, try to incorporate some of these words. For example



When you search a query, Google will highlight all of the words within your query.

So lets say we typed in *'The best helicopter lesson'*

We have ALL 4 words placed somewhere in our title and description. Although it does not state the keyword exactly, it does provide all of the words and it will give your listing more preference.

See how I cleverly placed the word *'Best'* into the description by saying, 'we have the best instructors'

I have also included the words 'training courses' to.

So even if somebody searched for *'the best helicopter training courses'*, we would have a very good chance of appearing towards the top of the search results!!

Next time you write a meta description, try to cover as many angles as possible to pick up extra rankings and more traffic.

Quick Tips:

- Meta tags are no longer relevant
- Use your Description to include keywords and variants
- Keep description under 160 characters
- Increase traffic with careful word placement

Linking out to authority Sites

It's said that linking out to other sites in your niche has a positive impact on SEO, and to be honest I have to agree.

It makes sense that if you link out to relevant sites that will provide your readers with added value, it will improve your user experience, thus give your site more credibility in the eyes of the search engines.

If you link out to authority sites in your niche, Google gets a better understanding of what your own site is actually about

And it can categorise your site along side 'already established' sites within your niche!

Look through this post and you will see a number of instances where I have linked out to other websites.

The reason I have done this is to provide you with:

Further reading on the subject

A more detailed analysis of what I have already touched

Evidence

Useful tools and plugins

References

Providing links like this gives your content more depth and credibility.

There are a few things you should consider before linking out:

Make sure it is natural - Only link out if it is necessary and relevant

Link to sites that are related to your niche, it doesn't have to be directly associated with your niche

Link to other pages of your own site - It's important to interlink within your site when viable.

Look at any Wikipedia page

When you come across a page on Wikipedia, notice how many inbound links there are....

Yes, tons of them!!

Here is a quick example, this is just the first section of the article on Wikipedia. 14 links pointing at other pages of there site.

Precipitation

From Wikipedia, the free encyclopedia

For other uses, see [Precipitation \(disambiguation\)](#).

In **meteorology**, **precipitation** is any product of the condensation of **atmospheric water vapour** that falls under gravity.^[1] The main forms of precipitation include **drizzle**, **rain**, **sleet**, **snow**, **graupel** and **hail**. Precipitation occurs when a portion of the atmosphere becomes saturated with water vapour, so that the water condenses and "precipitates". Thus, **fog** and **mist** are not precipitation but suspensions because the water vapour does not condense sufficiently to precipitate. Two processes, possibly acting together, can lead to air becoming saturated: cooling the air or adding water vapour to the air. Generally, precipitation will fall to the surface; an exception is **virga** which evaporates before reaching the surface. Precipitation forms as smaller droplets coalesce via collision with other rain drops or ice crystals within a **cloud**. Rain drops range in size from oblate, pancake-like shapes for larger drops, to small spheres for smaller drops. Unlike raindrops, snowflakes grow in a variety of different shapes and patterns, determined by the **temperature** and **humidity** characteristics of the air the snowflake moves through on its way to the ground. While snow and ice pellets require temperatures close to the ground to be near or below freezing, hail can occur during much warmer temperature regimes due to the process of its formation.

Its safe to say that Wikipedia ranks for almost everything!!

Quick Tips:

- Link out to authority sites where relevant
- Link to pages that will benefit your reader
- Use Inbound links where possible

Summary

There is a lot to think about when it comes to on page optimisation. I hope you have taken something from this post and I hope it will help to improve your rankings.

The most important aspects are content and relevancy. We have also concluded that it is vital that you place your target keyword in your Title.

Our evidence also showed that adding keywords into your H1-H6 headings is not necessary and can cause over optimisation issues.

The use of synonyms and LSI words are becoming ever more apparent and for this reason you should add as much detail as possible to your content.

But... We know that is not always necessary. Maybe your visitors are not expecting a massive article, like in our example about the 'mortgage calculator'.

Be specific and be realistic!!

[Here is a cool info-graphic from Rand Fishkin at Moz:](#)

The "Perfectly Optimized" Page [👑]

Title & Meta Elements

Title: Chocolate Donuts from Mary's Bakery

Meta Description: Learn the 3 secrets to Mary's award-winning chocolate donuts, get times & locations for availability, and learn how to make your own donuts at home.

URL: <http://marysbakery.com/chocolate-donuts>

LOGO | Navigation Menu

Chocolate Donuts from Mary's Bakery

There's 3 secrets that explain why our **chocolate donuts** have won awards, generated hour-long lines, & even inspired hip-hop tracks. They are:

#1: Our Ingredients
XYZ

#2: The Baking Process
ABC

#3: Timing
DEF

115 477 115
Like Tweet +1



Uniquely Valuable

The content offers everything a searcher might want in a unique, high-quality amalgamation.



Bot Accessible

There are no impediments to search crawlers reaching this page or determining it's the canonical version.



Built to be Shared

Like/tweet/+1 buttons make it easy for visitors to share on their favorite networks and provide social proof.



Phenomenal UX

Clear layout, solid visuals, & beautiful, simple design make the page easy to use & enjoy.



How to Get Hold of Mary's Chocolate Donuts (aka locations, pricing & availability)



Keyword Targeted

Primary and secondary keyword phrases appear in prominent positions in the headline, title, & content.



How to Make Chocolate Donuts at Home (aka our recipe for the **perfect donut**)



Multi-Device Ready

Thanks to solidly-tested, responsive design, this page loads looking great on any device, screen size, and browser.

Endorsements (including one from Homer!)



Meta Data Inclusive

The page includes authorship, an enticing meta description, and schema markup for recipes, too.



NOTE: Perhaps sadly, there's no "perfect optimization." This graphic's intent is to highlight areas that may be worthy of marketers' efforts.

by Mary D. of Mary's Donuts

Created by Rand Fishkin

MOZ

Please remember to save this post for future reference!

And don't forget to share it :-)

This epic guide was brought to you by Jason Chesters
<http://doseoyourself.com>

[Twitter](#)