DEVELOPING TO BECOME THE BEST

Developing Soccer Technique

Individual technique is the foundation of soccer skill. Technique can only be developed through continuous use of the ball. Harmony or an "oneness" between the player and the ball is the ultimate goal. A player must feel at ease with the ball and not treat it like a hot potato. A player must possess the confidence to use the ball constructively even under extreme pressure. Ball sensitivity or "touch" comes only through purposeful hard work with the continuous desire and challenge for self-improvement.

The player's responsibility is to dedicate oneself to hard work and be willing to put in the training time needed to develop one's maximum potential. Players must want to find out just how good they can be. It is a waste of talent not to reach one's capabilities. Playing beautiful, technically sound soccer is an art. A person does not become great without tireless hours of individual practice. Pele serves as the master model. If players ask themselves, "I wonder just how good I could have been" after there playing days are over, then those players have cheated both themselves and their teammates. What is your potential? Find out!!!!

Individual Ball Control

Juggling-50 consecutive touches on feet, thighs, and head.
Functional Juggling:
1. Juggle on the move varying speed and direction
2. Three taps low-one high

Ball lifts-create your own, challenge yourself
Partner/Group Juggling:
1. Vary the number of touches
2. Circle knock out
3. Soccer tennis/soccer volleyball

Fast Footwork: Coever exercises
Step-ups: stationary, forward, backward, sideways.
Pendulum: stationary, forward, backward, sideways.
Rollover (sole of foot): inside, outside.

Dribbling, Marking and Tackling Exercises

Keep away – 1 v 1 - one minute concentrated repetitions.
1 v 1 to a goal-count the number of goals
Creative dribbling-use your imagination-make-up new moves.
Develop deception with body fakes and ball fakes.
Incorporate basic Coever moves.

Finishing

1 v goalkeeper: shoot from outside 18-yard line
1 v goalkeeper: dribble/beat keeper.
1 v 1 (defender) + goalkeeper
Vary approaches, shooting angles, and services. (Dribbling, ground passes, air balls, volley and half volley, back to goal, etc.)
Vary the pressure by defenders: build from passive to game conditions.

Remember the game of soccer breaks down to many one on one confrontations in all parts of the field. The team that wins the majority of these battles generally will win the game. Challenge players who are better than you.

Developing Soccer Skill

Skill in soccer is applying the individual technique plus intelligence to game situations. A skillful player is continually reading the game. A skillful player knows the location of teammates and opponents. A skillful player is not just a ball watcher but knows how to move purposely with and without the ball. A skillful player understands the principles of play, offensively and defensively. A skillful player knows when to

pass first time and when to receive and carry. A skillful player knows when to mark tight and when to provide support.

Skillful players understand their own role plus the role of all their teammates in the team's tactical design. A skillful player communicates directions to fellow teammates rather than just calling for the ball. A skillful player compliments teammates by bringing them into the game with constructive passes and unselfish running without the ball. Soccer skill is developed through training in functional game situations. It must be understood that individual technique is a prerequisite to soccer skill and mush be developed to its fullest. Become a student of the game and develop an insite and an understanding of the game! Enter every training session with the intent to learn-ask questions-be curious.

Developing Soccer Fitness

Without fitness even the most skillful player is useless to the team. A player must be able to perform at top rate for a full game if the player is to succeed in modern soccer. There is no longer a place for the "one way" player. When in possession every player must attack and when not in possession every player must defend. To develop this range it takes a terrific work rate.

The components of fitness that are of primary concern for development are muscular endurance, strength, power and cardiovascular endurance. By following a prescribed weight-training program you will increase your strength and likewise your performance. Scientific research substantiates this principle in studies of most physical sports and activities. Also by following a prescribed running program you will have ample cardiovascular efficiency to compete at a top rate for a full game.

Developing a Soccer Attitude

At Dacula Soccer Club we strive to have each player develop a positive attitude toward teammates and coaches, the laws of the game and the officials who enforce these laws, and most important, toward oneself as a worthy member of a worthy team.

Only positive constructive comments are allowed between players. Giving the proper respect to the laws of the game and the officials will pay dividends in the long run. If a team cannot win within the framework of the rules, then victory is worthless.

Opponents are to be respected and any intentional physical or verbal abuse is not allowed. There is no need for a "kill your enemy" approach. Players need themselves to address their full attention to the role given to them on their team. If players allow themselves to become intimidated by the opposition, they lose concentration and become much less effective team members.

All players must feel good about themselves and see themselves as a worthy team member. A player must be willing to work in order to achieve as an individual and as a team member. Following are some questions the players are asked when they try out for the team.

What is your objective in soccer? Are you willing to pay the price to find out how good you can be? Are you willing to follow good personal health habits? Are you willing to train and keep fit during the off-season? If you desire to be the best and you are willing to work for excellence then you have the right attitude to be a part of this program. The potential of the team depends directly on the potential of each player. If every player trains and performs to the best of their ability then the team will be at its best. This is the ultimate anyone could hope for regardless of the record. Be proud and don't settle for less.