



SOCCER DEVELOPMENT PROJECT

CURRICULUM OVERVIEW

• TRAINING THEMES & TOPICS •



**INDIVIDUAL & SMALL GROUP
PRO SOCCER TRAINING**



○ **PLAYER DEVELOPMENT PATHWAY** ○

- What Will Players Experience at Our Small Group Pro Soccer Training sessions?





○ **PLAYER DEVELOPMENT PATHWAY** ○

Juggle Activation	<ul style="list-style-type: none">● Skills Appropriate Challenges○ Bounce Juggles○ Double Juggles○ Left Foot & Right Foot
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Ball Familiarity | Part I

Closer Control with Rapid Improvement of Technique & Two-Footed Skill Development

Skill Acquisition & Ball Mastery	<ul style="list-style-type: none">● Ball Manipulation● Wall Work Partner Work○ Left Foot & Right Foot○ Inside○ Outside○ Sole
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Ball Familiarity | Part II

High Repetition & Low-Pressure Technical Training

Multiple Game-Related Shoe Contacts on the Ball > *Homework Assignments*





○ **PLAYER DEVELOPMENT PATHWAY** ○

<p>Dribbling Skills Moves, Turns & Tricks</p>	<ul style="list-style-type: none"> ● Protect the Ball ● Change Direction ● Beat an Opponent <p>Skills Moves Menu</p> <ul style="list-style-type: none"> ○ Drag Circle ○ Cut Circle Outside Inside ○ Rollover ○ Stepmover ○ L-Turn ○ V-Move 1Foot > 2Foot ○ Double Touch Inside Outside ○ Cruyff Turn ○ Stop Turn ○ CR7 Chop ○ Rollover Stepmover ○ Single Scissor Multiple Scissor ○ Maradona ○ Bish Bash Iniesta
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Talent Development

Greater Range of 1 -v- 1 Moves to Penetrate on the Dribble &/or Escape Pressure

<p>SA&Q Speed, Agility & Quickness</p>	<ul style="list-style-type: none"> ○ Change of Direction ○ Change of Speed ○ Balance ○ Coordination ○ Acceleration ○ Game-Specific Endurance
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Soccer-Specific Athleticism

Superior Physicality for Enhanced Disguise & Capacity to be *'Unpredictable'*





○ **PLAYER DEVELOPMENT PATHWAY** ○

<p>Passing & Possession 1st Touch Control</p>	<ul style="list-style-type: none">● Angles of Support● Distance of Support● Mobility ● Receiving Priorities<ul style="list-style-type: none">○ Left Foot & Right Foot○ Inside○ Outside○ Sole○ Air Ball
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Soccer-Specific Vision

Increased Field Scanning & Spatial Awareness Abilities to Progress the Ball Effectively

<p>Finishing, Goal Scoring & Ball Striking</p>	<ul style="list-style-type: none">● Ball From Infront● Ball From the Side● Ball From Behind Back to Goal<ul style="list-style-type: none">○ Combination Play○ Score On the Dribble○ Ball in the Air Volley 1/2 Volley○ Left Foot & Right Foot
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Scoring Goals

Maximizing Talent & Opportunity to the Best Effect for the Team & the Individual Player





○ **PLAYER DEVELOPMENT PATHWAY** ○

<p>Small-Sided Game Play 1 -v- 1 2 -v- 1 3 -v- 3</p>	<ul style="list-style-type: none"> ● Attacking Principles of Play ● Defensive Principles of Play ● The Game's 4 Key Moments ○ Scorekeeping ○ Winning -v- Losing
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Conditioned Game Play

Small-Sided Competitive Soccer Providing Relentless Repetition to *Attack > Defend > Transition*
 Tactical Application of the Learned Technical Development
When & Where to Utilize Your Range of Skills | Decision Making

<p>Personal Development</p>	<ul style="list-style-type: none"> ● Training Values ● Game Day Values ○ Integrity & Respect ○ Commitment & Determination ○ Humility & Dignity ○ Team & Teammate ○ Leadership & Confidence
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Player & Person

Determining the Values & Personality Traits of Aspirational Youth Athletes

Wining Mentality

Cultivating Players Who Represent Themselves with Confidence & Honor



An Intense, Competitive & Thrilling Pro Soccer Training Environment





○ **PLAYER DEVELOPMENT PATHWAY** ○

● **EXPECTATIONS** ●

- Retain a Football First Attitude ○

Players Need to Possess a Committed Training Culture | Turn Up Prepared

Only 100% Attendance Can Return Maximum Success

Psychological | Social | Cerebral & Athletic Training Phases Are Recognized



● **NON-NEGOTIABLE** ●

No Cheating

No Bullying | No Trash Talk | No Swearing | No Fighting

No Chewing Gum | No Spitting

No Food or Bottles on the Field

No Outdoor Cleats | Indoor Soccer Shoes ONLY

No Drama





○ **PLAYER DEVELOPMENT PATHWAY** ○



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423 276 1827

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423 276 1827
SOCCERDEVELOPMENTPROJECT@GMAIL.COM
WWW.SOCCERDEVELOPMENTPROJECT.COM

THANK YOU

