



Team Training Priorities for BSC Players

Mental Toughness:

Players need to know that it is ok to compete. Players need to understand the importance of every ball possession. Each ball possession should be of utmost importance. If a player has possession of the ball, they need to fight to keep it, and if they lose possession of the ball, they need to fight to win it back. Too often a player will give up the ball either by dispossession or a poor pass and a goal is scored as a result. Players must be shown and learn the importance of ball possession.

One vs. One Play:

The basic element for the game of soccer; players must understand and be strong and capable in this area. When in possession and when not in possession of the ball.

Technical Abilities – ALL Areas:

- 1st touch – learn to play with head up (scanning)
- Power/Technique – ability to hit balls over 40 yds. With both feet, in the air and above the head.
- Ability to receive and control passes that are played over 40 yds.
- Shooting/finishing – be consistent and take opportunities, players should only be satisfied with a goal.
- Finishing from crosses – 1 touch volleys, half volleys, and headers
- Aerial Balls – heading the ball forward and not letting it hit the ground.

Decision Making:

- Movement off the ball – both in attack and defending situations.
- Understanding what is dangerous and non-dangerous space while in attack.
 - Willingness and ability to go at and past defenders in 1v1 situations.
 - Greater emphasis placed on creative play in the attacking third – combination play.
- Understanding what is dangerous and non-dangerous space while in defense
 - How to defend the player with the ball
 - How to defend the player without the ball
 - Willingness & ability to win the 1v1 battles
 - Willingness & ability to adjust to the flow of the game – starting position.

Speed of Play:

Players to often play at one speed – There must be a change of pace – explosive power.
Plyers must perform basic explosive combination plays (wall passes, overlaps, take overs)
Player MUST train at speed.

Goalkeeping:

The Goalkeepers role is certainly improving, but emphasis needs to focus on:

- GK's must be able to take their own goal kicks and the distance must increase to reach the center circle.
- GK's must improve on the balls crossed into the penalty area. In most cases, high balls are not caught at the highest point possible. Also, they must attack the ball on the cross.
- GK's must learn to hold on to shots, and not allow the ball to drop to the ground.
- GK's must be able to play with their feet and distribute properly
- GK's must communicate, early, clear, and inspiring.

Fitness Level & Lifestyle – Year-Round:

Players should understand that a basic foundation of fitness is required. A greater emphasis needs to be placed on an aerobic base, speed and power training, as well as strength training. Players must learn to balance the three S's - soccer, school, and social life. There is also a need for players to better understand the game, watch soccer, games, read books etc.

LIVE THE GAME!