

BARTRAM TRAIL HIGH SCHOOL SOCCER
2016 – 2017

POSITION EXPECTATIONS

“Being the most fit team with the most talent, having the best touch will not happen overnight. It will only happen through countless hours of pushing ourselves and our teammates, when it is hot and muggy, rainy and in the mud. It will take place on your own. It will take place with other potential players. We will be there when other teams are not. It will happen by consistent and smart training. It will happen because we care that much more than any other team in high school soccer. Be Great. Good is average. Average is boring. Be Great.”

Technical Series – YOU NEED TO BE GOOD WITH THE BALL AT YOUR FEET

- **Fast Footwork – Perform various turns, and dribbling moves at a fast pace. Change of direction helps.**
- **Ball and a wall**
- **Driven and Bended Balls: 50 to 100 driven and bended balls**
- **Finishing and Service: 50 to 100 shots on Goal: Flanks and outside backs should hit 50 to 100 bended balls 4 times a week**

Services

<u>CENTER BACKS</u>	<u>OUTSIDE BACKS</u>	<u>CENTER MIDS</u>	<u>OUTSIDE MIDS</u>	<u>CENTER FWDS</u>
Ability to let the ball come across the body	Ability to always get the ball on the Front foot Always with a few of the goal you are attacking	Simple Passing with the ability to play a variety of balls	Crossing	Finishing Facing goal – Using Many Surfaces Laces, Head, In Step, etc....
Switching the point of attack with a variety of surfaces of the foot	Ability to hit a variety of services- Driven, flighted, etc....	Understanding the importance of Short-Short-Long	Creufing and Playing it back as soon as possible	Turning and Finishing
Long Driven Diagonals to one of the targets	Ability to overlap and produce an attack	Wide Variety of Passes – outside, inside of foot, etc.	Ability to Dribble – Engage a defender and dish the ball	Checking with the ability to lay it off with 1 touch
Heading and Chesting Ability	Ability to hit in a cross or send a ball back post	Switching the point and hitting targets.	Playing with Back to Goal- Ability to lay ball off & U running	Checking with the ability to Post Up and hold it.
Reading and Making Tackles	Defending in a 1 v 1	Ability to make tackles in the MF	Reading Tackles	Ability to drop in and tackle the ball back
Clearances	Open Field Tackling Reading Tackles	Ability to Dribble – Engage a defender and dish the ball	Delaying by containing and corralling play centrally	ABILITY TO SCORE BIG TIME GOALS IN BIG TIME GAMES

<u>GOALKEEPER</u>				
Shot stopping ability				
Ability to catch flighted balls in a crowd				
Ability to hit a goal kick over Mid – Field				
Ability to play a ball one time when in danger				
Ability to handle a ball cleanly in all situations				
Ability to organize the field				
Ability to play aggressively but in control				

Services

Service: Flank players must be able to hit a moving ball and dip it into the box consistently. They must be able to hit the ball first time at time and be able to come across and strike balls at net. Service is the key for an outside midfielder. Be sure to work on it 4 to 5 days a week if you are planning on playing and making an impact on the outside. Again, watch a top premier league match and you will see the best service in the world. You should be training with defenders in your face. Can you get a bended or driven ball into the box consistently with a man in your face?

Finishing: To finish a technical workout hit 50 to 100 balls on the move at goal or at a wall. Be sure to have your toe down, heel up and try to land on your kicking foot. Power comes from knee to foot and from your core strength. Work on striking balls with both feet and getting it to dip. Also, have some fun at the end of a technical work out and hit balls from a cross and be sure to be getting service in yourself. Be creative, but not stagnant. **DO NOT SIMPLY HIT DEAD BALLS UNLESS TRAINING FOR SET PIECES.** Keep on the jog while retrieving your ball and make it realistic.

These are all things that you know; however, it is essential that you work on these things in an organized fashion consistently. If you can get into a training session, you incorporate most of these thing intrinsically. You should be working on these facets of the game throughout your career. Remember, I expect to see you working on these things before and after training sessions next season.