

Individual PLAYER DEVELOPMENT

Designed specifically for players to learn more and become better technically and tactically outside of team training, our Individual PLAYER DEVELOPMENT programs will guide you step-by-step through the process of mastering the foundational techniques and the fundamental skills necessary to performing at your very best and becoming the player you want to be!

Step-By-Step Player Content



FOUNDATION MODEL

Focussing on the fundamental stages of development

- Brilliant Basics
- New Coach - The First 6 Weeks
- 1v0 | 1v1 | 1v2 Scenarios | Introduction
- 1v0 | 1v1 | 1v2 Scenarios | Technical Practices
- 1v0 | 1v1 | 1v2 Scenarios | Skill Practices
- 2v1 | 1v2 | 2v2 Scenarios | Introduction
- 2v1 | 1v2 | 2v2 Scenarios | Technical Practices
- 2v1 | 1v2 | 2v2 Scenarios | Skill Practices

YOUTH MODEL | In Possession

Training the in-possession performance of SCAN, MOVE, RECEIVE and RELEASE

- Scanning Skills
- Movement Skills
- Receiving Skills
- Releasing Skills

YOUTH MODEL | Out of Possession

Training the out-of-possession performance of SCAN, MOVE, DICTATE and DEFEND

- Scanning Skills
- Counter Movement Skills
- Dictating Skills
- Defending Skills

POSITION SPECIFIC

A structured approach to every playing position on the pitch, including but not limited to the history of the position, its roles and responsibilities, as well as the techniques, skills and scenarios surrounding mastering it well

- Goalkeeper
- Outside Back
- Center Back
- Defensive Midfielder
- Attacking Midfielder
- Wide Forward
- Center Forward