



**ATLETICO SANTA ROSA**  
**SOCCER SCHOOL**





*PRESENTS:*

# **T.I.P.S.**

**FOR TRYOUTS AND SHOWCASES**



## **T.I.P.S.**

- **TECHNIQUE**
- **INTELLIGENCE**
- **PERSONALITY**
- **STRENGTH**



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# TECHNIQUE

Technique refers to a player's ability to perform specific mechanical movements *under pressure of time, space, and opponent*. The mark of an experienced player is smooth, efficient motion, and the ability to elegantly transition between different techniques.



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Soccer skill can be developed through repetition, observation or visualization. With regular training and practice of a specific movement or technique, the player builds confidence and the *target motion becomes natural to him.*



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- **Dribbling**

- Encourage to take players on 1v1
- Feints/moves;
- Keep possession of the ball
- Shielding and spin turns.

- **Receiving**

- Quality first touch
- Take balls out of the air/turning
- All surfaces of the foot, on the run.



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- **Shooting**

- On the run; On the turn;
- From all angles/crosses, volleys.

- **Passing**

- Short, long, bent, crosses, driven, chipped.
- All surfaces of the foot, on the run.

- **Heading**

- To goal (Shoot/glance), to pass, to clear.

- **Tackling**

- Slide proper technique.



# INTELLIGENCE



- As footballers develop and mature, their polished skills and strengthened physique allow them a wider range of possibilities. Apart from their physical maturation, the broadening of their *intelligence* helps them find innovative ways of solving problems. Implementation and success become significantly more dependent on the strength of will rather than technique.





- From this brief inspection, nothing suggests that a *developed player* is a obedient worker following team tactics. Good footballers are **self-efficient individuals operating logically by exploiting enemy weaknesses and capitalizing on their own assets**. At the higher levels of the game, where mistakes are very costly, a sound individual understanding of football strategy is therefore a must.



The hallmark  
of a complete footballer is  
***“Consistence”***



- His performance is not deteriorated by negative outside influences like a team slump. On the contrary, superior footballers thrive in the face of adversity.



# PERSONALITY



Personality is the visible aspect of one's character as it impresses others. Is the sum of the physical, mental, emotional, and social characteristics of an individual.

- **Attitude**

Long-term success in the game requires a positive attitude.

*Do you blame your environment or personal circumstance for your lack of success in the game?*

*Do you prefer to abstain from competition because you fear failure or you think you are not appreciated by your coach?*



- The above examples are weak and timid ways of looking at the world around you.



***Successful people are active.***

They see failure and rejection as temporary obstacles, not as career-ending events.

**When confronted by a challenge, they immediately start dealing with it.**



- Losers will see it as a problem they will actually exert themselves to justify their attitude.

**You can achieve anything you want in the game, if you want it bad enough.**



- **Game Face**

Positive self-talk during competition is crucial for peak performance.

Talking yourself down or doubting your skills will set you back emotionally and technically.

Focus on what you are *in control of right now!*

Do not compare yourself to other players. Instead of trying to be the “**shining star**” on the pitch, focus on playing up to your own strengths.

Anxiety at important events is normal, but don't let your fear get out of hand. Be prepared to make mistakes and don't allow them to stop you from your objective.



- **Communication**

*Never look for excuses.*

Trying to justify your mistakes is a sign of weakness.

When you slip up (which you will, sooner or later) just let it go. *Do not put blame on your teammates*, especially during a match. When you are a part of the team, you must share both responsibility and merit. If you want to criticize a teammate, do it briefly and constructively. Explain your suggestion as an alternative, not as the only right way. Remember to give positive feedback to your teammates as well.



# STRENGTHS



- Sometimes soccer strength is so well shadowed by a player's other qualities that we don't really picture them as spending too much time in the gym. But if you look at players such as Ronaldinho, Zinedine Zidane or David Beckham, you'll notice they all have a ***solid constitution*** and make heavy use of their bodies when dribbling or protecting the ball.



Soccer conditioning through physical strength affects several of the soccer fundamentals, including:

- *Shot/Header Power* – Most of the *power in a shot* or a header comes from the lower back and abs. Working these areas out, as well as your legs in soccer strength training will soon show off in your shots and headers (but don't forget you also need a good striking technique to go with the strength in order to achieve shot/header power).



- ***Shielding*** – The bigger you are, the harder it will be for your enemy to work his way around you and take or push the ball away from you. Strong legs can keep you vertical in a shielding situation and having a solid upper body can also help pushing the opponent away, making room for a pass or a shot.
- ***Balance*** – Having strong legs is the key to having a good balance on the pitch. Balance is useful when shielding a ball, when dribbling, when jumping for a header & when trying to avoid a tackle, so it's a pretty important ability to have.



- *Jumping* – Knowing how to head the ball right is great, but in most cases the hardest part is getting to it first and that's done by jumping for it. Your soccer jumping skill can be improved through soccer strength training by increasing your leg strength to jump higher and your upper body strength to manage to position yourself in the air perfectly to hit the ball.



- ***Goalkeepers*** – A goalie doesn't require that much strength as he requires agility, so if working out at the gym hinders your agility you should only focus on the essential areas: Your legs for jumping and diving, your lower back and abs for kicking and your shoulders and biceps for shot stopping. The upper body can also be worked out entirely, in order to give you a better shock absorption when you dive to the ground, avoiding injuries. Much like a wrestler, a goalkeeper uses his strength to avoid getting injured when slammed on the ground.





- ***Defenders*** – Good balance and jumping skills are essential for a good defender and since both of these skills are affected by your leg strength, it's that area you should focus on at the gym. A good upper body helps you shield the ball better and will also make you harder to dribble and better at shoulder-to-shoulder situations.



- **Midfielders** – A midfielder's main strength doesn't lay in his physical constitution, although this will help a great deal. If you look at some of the best dribbling midfielders out there such as Ronaldinho or Zidane, you'll notice how they use their upper body to perform the dribbles and gain an advantage on their opponents. However, your lower back, abs, quadriceps and femoral biceps should also be worked intensely, especially if you're often found in the position to shoot at goal. Defensive midfielders should work out just like a defender would, since they'll rarely dribble or shoot at goal.



- ***Attackers*** – A goalmouth striker can use his physical fitness to overcome his opponents and score even when he is outnumbered. Knowing how to use your upper body strength to shield the ball before receiving it in the box is crucial, but you'll also need to have that strength in the first place, so working out your upper body is important. Given the fact that you'll need balance in order to put the ball down and score, or to jump and head it in the back of the net, leg strength is also crucial, making the attacker the hardest working player in the gym.





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# ZONAL TRAINING

FOR TRYOUTS AND SHOWCASES



- **Basic of attack**

- 1. Open the field: use all the field and**
- 2. Move at zone 3. Change sides.**
- 3. Penetration: Zone to filter the defense of the opponent. Win last line.**
- 4. Move: basic to disorganized defensive zone of the opponent.**
- 5. Improve: basic to surprise opponent.**
  - Wall passes.
  - Control of 2 vs. 1 and 1 vs. 1.
- 6. Definition: look for open space and target. Play to score goal. See the goal, have good body position have to take a shot**





- **Basic of defense**

1. Wait and mark
2. Balance: Cover, anticipation
3. Concentration: no give space. Go to the ball, be aggressive.
4. Control: avoid making fall close to the box, doing only when really it is necessary. Pressure that have the ball. Avoided to play on the ground. Play wide.



## ***Ball***

- 1) Fight to get it.
- 2) Good pass.
- 3) Kick hard.
- 4) Not give way.

## ***Opponent***

- 1) Good mark.
- 2) Stay close.
- 3) Use your body.
- 4) Stay calms all game.



## ***Field***

- 1) listen
- 2) divided
- 3) good positioning
- 4) know the game (focus)

## ***Score***

- 1) 0 - 0 = start
- 2) Not be lazy
- 3) Get advantages
- 4) Not lose before end the game. Fight to win always.



- **Defensive zone**
  - 1) Fight in order
  - 2) Pressure that has the ball
  - 3) Mark all possible option to receive
  - 4) Concentration and focus always.
  - 5) Kick the ball hard (forward or sides)
  - 6) Between defense and goalie, the ball is for goalie.





- **Creative zone**

- 1) Stop and pass good
- 2) Target at long pass
- 3) Pass behind opponent
- 4) Play easy.
- 5) Organization.
- 6) Between middle and defender the ball is for defender.





- **Attack**

- 1) Quickly and objective. Take a shot
- 2) Do not give the ball away
- 3) Shoot hard
- 4) Play to the team
- 5) Listen.
- 6) Between forward and middle the ball is for middle fielder.



# ZONAL TRAINING ZONE

**ZONE**

**2**

**CREATIVE**

**4**  
**DEFINITION**

**ZONE**

**1**

**DEFENSIVE**



# ZONE 1 DEFENSIVE



- No bounce
- No dribbling
- No loose the ball
- If be pressured kick the ball out or forward
- Use your head
- Attack the ball (go to the ball)
- Look only to the ball
- No enter at first time (pleas wait to better time or like an opponent to distract)
- Communication
- Help each other
- Marc close the opponent
- Never bring passes to the middle (center)
- The ball never cross or passing in front de goal or box





- **Basic of defender:**

1) wait and mark

2) balance: Cover, anticipation

3) Concentration: no give space. Go to the ball, be aggressive.

4) Control: avoid making fall close to the box, doing only when really it is necessary. Pressure whom that have the ball. Avoid play on the ground in front the goal. Play wide.





- **Defensive zone**

- 1) fight in order
- 2) pressure that has the ball
- 3) Mark all possible option to receive
- 4) concentration and focus always.
- 5) Kick the ball hard (forward or sides)
- 6) between defense and goalie, the ball is for goalie



## **GOALKEEPER:**

- Attention all game, organization the defense positions
  - Everybody have to marc opponent,
  - Ball in the air use head
  - Stop the ball, first
  - Out to put opponent in offside
  - Be careful at your back (says name person)
  - Attack the ball in your box, no bolt at the box
  - Hands on the back to the ball
  - All time pay attention when someone marc, have somebody behind to help
  - If feel pressure kick the ball out or forward
  - If you need go out the box please doing faster
- Communication / control the box / aggressive / confidence  
/don't allowed the ball bounce / organized defender / footwork



## **DEFENDER SIDES AND FIRST DEFENDER:**

- Have to mark close the opponent
- Anticipation
- Wait decision of opponent
- Look only ball
- No lose mark
- Ball in the air/use head
- Stop the ball, first
- Out to put opponent in offside
- Be careful at your back (says name person)
- Help each other
- Attack only to middle
- If feel pressure kick the ball out or forward
- If you need go help somebody, please do faster





- **Communication / aggressive  
/ confidence / no bounce  
/ pressure the ball / cover / balance/  
pressure kick out / last defender , Mark tied,  
anticipation, zone to play at middle  
maximum, ask midfielders for help, make  
more number player at zone, no watch the  
game, close the field**



## **STOPPER:**

- Attention all game, organization the defense positions
- Everybody have to mark opponent,
- Ball in the air use head
- Stop the ball, first
- Out to put opponent in offside
- Be careful at your back (says name person)
- All time pay attention when someone mark, have somebody behind to help
- Talk all game to get relax and organization (defender and center middle field)
- When you have to go to the ball, need end the playing. ( stop the game) destroyed
- If feel pressure kick the ball out or forward
- If you need go help somebody, please doing faster





- **Communication / aggressive / confidence / no bounce / pressure the ball / cover / balance / pressure kick out / last defender , Mark tied, anticipation, zone to play at middle maximum, ask midfielders for help, make more number player at zone, no watch the game, close the field**



# ZONE 2 CREATIVE



- *When your team has the ball*
  - Open the field
  - Play faster
  - Move to lose your marc
  - Ball on the ground
  - Play with and with out the ball
  - Support / help forwards
  - Create score opportunities





- *When your team doesn't have the ball*
  - Everybody have to marc
  - Mark close to the opponent
  - No bouts
  - Use the head
  - Communication
  - Help each other
  - If will be pressured kick the out or forward





- **Creative zone**

- 1) stop and pass good
- 2) target at long pass
- 3) pass behind opponent
- 4) play easy.
- 5) Organization.
- 6) Between middle and defender the ball is for defender.





## SIDE MIDDLE FIELDERS:

- Help forwards
- Attack straight to the target (When have ball)
- When lose the ball (go back and mark)
- Everybody have to mark opponent,
- If feel pressure kick the ball out or forward
- If you need go help somebody, please do faster
- Concentration all game
- Do not be scared



## *CENTER MIDDLE FELDERS:*

- Playing together
- All time the team needs someone at the middle
- Use the head
- Everybody have to mark opponent,
- If feel pressure kick the ball out or forward
- If you need go help somebody, please do faster
- Concentration all game
- Do not be scared
- If feel tired save the position. Stop to the middle and mark close



- **Communication / aggressive / confidence / no bounce / organized middle / cover wide forwards / pressure kick out / mark tied, anticipation, support forwards, play wide, take a shot, pressure the man ball, help center midfielders, lose the ball fight to get the ball again, no watch de game, close the field.**



# ZONE 3 DEFINITION



- If will see the goal, kick (shoot the ball to the object)
- Help each other
- Use head
- Attack the ball
- Communication
- Make wall passes
- All game one forward has to stay to the center for references to other player know where the target is.
- Don't lose the ball, all zone 3 ball have to definition. (Doesn't matter if is in or out. Only have to definition)
- Look to the object all the time



- **Basic of attack**

1) Open the field: use all field and move at zone 3. Change sides.

2) Penetration: Zone to filter the defense of the opponent. Win last line.

3) Move: basic to disorganized defensive zone of the opponent.

4) Improve: basic to surprise opponent.

- Wall passes.

- Control of 2 vs. 1 and 1 vs. 1.

5) definition: look for open space and target.

Play to score goal. See the goal, have good body position have to take a shot.





- **Attack**

- 1) quickly and objective. Take a shot
- 2) do not give the ball away
- 3) shoot hard
- 4) play to the team
- 5) listen.
- 6) Between forward and middle the ball is for middle fielder



## FORWARDS:

- If you see the goal you have to kick
- Dribbling only when you need to see the goal or situation 1 Vs 1
- No open the field (now change both has to stay together at the center forward)
- One player stay like a post only stop the ball and make a pass for middles or forward to kick
- If the team loses the ball, help in mark or go to the ball only pressure at middle
- Use head
- Kick all time when is possible
- Help the team at the organization, if you see opponent doesn't have marc talk somebody to go mark





- **Communication / aggressive**  
/ confidence / no bounce / play together  
/ cover wide midfielders / finish each time you  
have the ball / anticipation, support each other,  
play wide, have space take a shot, pressure the  
man ball, help midfielders, lose the ball fight to  
get the ball again, no watch de game, close the  
field, change the positions sides, play without  
the ball, maintain the ball inside the box,  
crossing the ball, play 3 or 4 touches, 1 vs. 1  
dribbling, make more player number each zone,



