

SOCCER TRAINING IDEAS

BY: STEVE MYRLAND

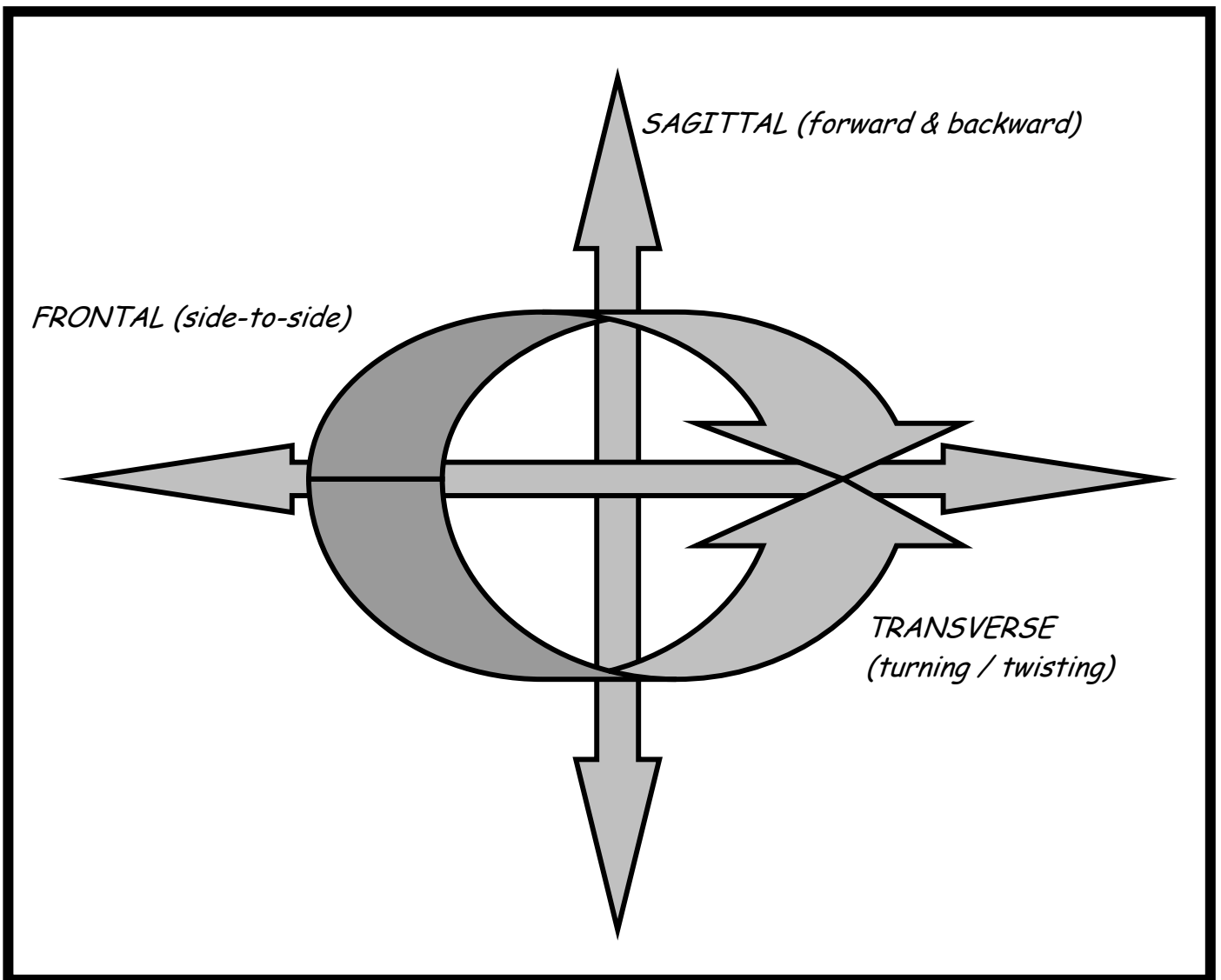
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THE KEY CONCEPT:

Every muscle in the body functions in three planes of motion.



BALANCE PROGRESSIONS
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Basic progression (do these drills on firm, flat ground):

- 1) Static balance without movements on each foot
- 2) Static balance with movements on each foot
- 3) Forward step to balance on each foot
- 4) Lateral step to balance on each foot
- 5) Backward step to balance on each foot
- 6) Transverse (turning) step to balance on each foot
- 7) Forward bound to balance on each foot
- 8) Lateral bound to balance on each foot
- 9) Backward bound to balance on each foot
- 10) Transverse (turning) bound to balance on each foot
- 11) Forward hop to balance on each foot
- 12) Inside lateral hop to balance on each foot
- 13) Outside lateral hop to balance on each foot
- 14) Backward hop to balance on each foot
- 15) Transverse (turning) hop to balance on each foot

Basic progression +: Repeat the progression performing each movement with eyes closed.

Intermediate progression: Repeat the basic progression on an unstable surface (such as an Airex foam mat) as a landing pad.

Intermediate - advanced progression: Repeat the intermediate progression and have a partner toss you a ball (or: use a variety balls of different weights) at any point in each drill.

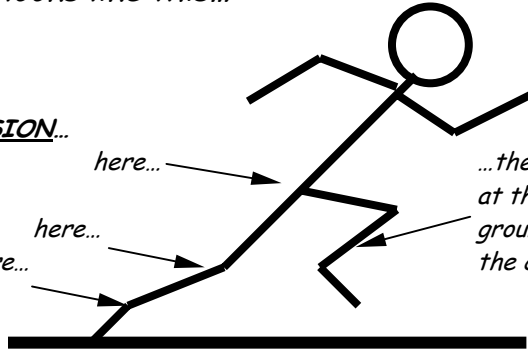
Advanced progression: Repeat the basic progression adding linear resistance to each movement (by working on a hill / ramp; or by using surgical tubing). Change the direction of the resistance (front; sides; or back) with each repetition of each movement.

THE ACCELERATION PROFILE

Acceleration looks like this...

EXTENSION...

here...
here...
and here...



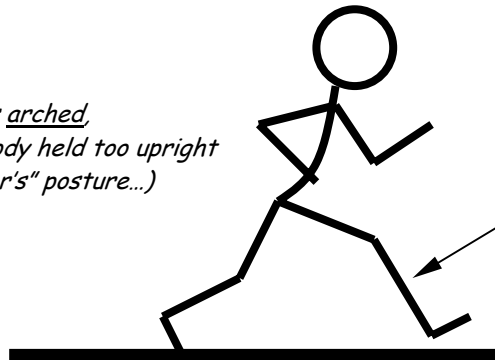
one arm "hammered" back...
the other swings forward, to
the mid-line of the body...

...the lead leg creating a positive angle
at the shin... putting force into the
ground, in the correct direction, at
the correct time...

DIAGRAM #1

...not like this...

...the back is arched,
the upper body held too upright
("drum-major's" posture...)



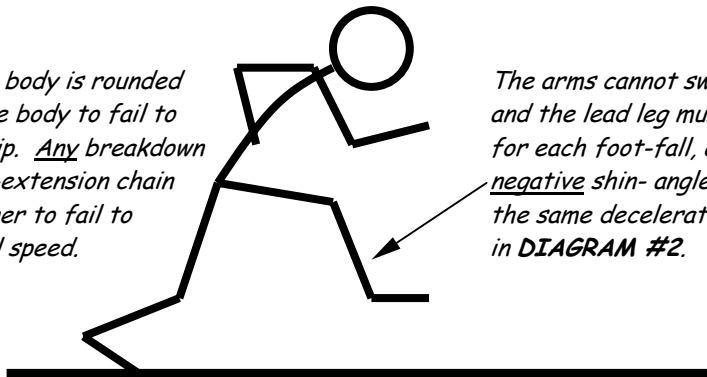
The arms are held too tightly
and cannot assist the stride...

the lead leg is reaching...
forming a negative shin-
angle. This causes the lead
foot to strike the ground and
break forward momentum,
rather than create it...

DIAGRAM #2

...or this...

Here, the upper body is rounded
over, causing the body to fail to
extend at the hip. Any breakdown
along the triple-extension chain
will cause a runner to fail to
realize potential speed.



The arms cannot swing freely,
and the lead leg must reach
for each foot-fall, again, creating a
negative shin- angle. This results in
the same deceleration force as in
in **DIAGRAM #2**.

DIAGRAM #3

AGILITY, BALANCE, COORDINATION & SPEED

Drill Guidelines, Diagrams, & Teaching Cues

ABC LADDER Drills (General Guidelines)

- *Each ladder drill has its own teaching points and cues; many have rhythmic patterns, as well. Learn a few drills, well; repeating them many times, each, before moving on to others. Build a repertoire of drills by reviewing those you have already learned (to cement them into your body's movement memory); then add a few new ones.*
- *In order to get the most from using the ladder, an athlete must be taught to integrate correct upper-body movements with the footwork patterns. In virtually all cases, this means the application of basic runner's arm-mechanics. Watch the arm-action of your athletes, carefully (they will be monitoring their footwork), and encourage teammates waiting in line to focus attention there, as well. Once an athlete has the basics of a footwork pattern down, she or he should be coached to include the appropriate arm-action before attempting to go faster.*
- *Fast feet should also be quiet feet; speed at the expense of one's joints is a fool's economy. Teach your athletes to do everything they can to reduce impact forces without compromising speed.*
- *You will occasionally work with athletes possessing no sense of rhythm, which makes acquiring footwork skills more difficult. You can, however, still get results from using the ladder if you teach the word-cues, and then persuade the athlete to say them out loud. Saying the word-cues out loud can connect the feet to the brain, and the drills can be learned.*
- *Finally: athletes must be coached to do each drill as well as they can; not as fast as they can't. Poor English, true; but too often athletes try to tear through a drill, managing to get about a fourth of the way down the ladder before missing a step, or over-reaching their center of gravity. At this point they trip over the ladder and the continuity of the drill (for the athlete, and the rest of the team) is destroyed. Teach the difference between "rhythm" and "tempo", and encourage athletes to go slowly, at first, to commit the movement pattern to memory, before trying to increase the pace of the drill.*

**LATERAL SPEED, AGILITY, BALANCE,
COORDINATION, & FOOTWORK**
Steve Myrland

ABC LADDER TRAINING IDEAS

Level one: Basic drill sequence

Purpose: Central nervous system excitement & core temperature elevation;

Focus: light, quick footfalls and the inclusion of appropriate upper-body mechanics (amplitude; direction; & synchronization).

- 1) *Forward 1-in's*
- 2) *Forward 2-in's (right-foot lead)*
- 3) *Forward 2-in's (left-foot lead)*
- 4) *Lateral 2-in's (right-shoulder lead)*
- 5) *Lateral 2-in's (left-shoulder lead)*
- 6) *Lateral cross-over (right shoulder lead)*
- 7) *Lateral cross-over (left shoulder lead)*

Level two: Varying rhythmic and directional components

Purpose: Maintenance of focus (stop & start skills; arm-action) with increased drill complexity, including multi-directional movements (forward / backward drills with lateral components) and different rhythm patterns.

- 1) *Forward slalom-jumps*
- 2) *Backward slalom-jumps*
- 3) *Lateral Ali-Shuffle (2-feet in)*
- 4) *Lateral Ali-Shuffle (1-foot in)*
- 5) *Forward 3-count shuffle*
- 6) *Backward 3-count shuffle*
- 7) *Forward hop-steps*
- 8) *Backward hop-steps*
- 9) *Forward cross-steps*
- 10) *Backward cross-steps*

LADDER TRAINING (continued)

Level three: Increased complexity and / or amplitude

Purpose: Learning to handle greater eccentric and concentric loading; improve stopping mechanics; directional changes; spatial / kinesthetic awareness.

- 1) *180° slalom jump-turns (left-foot pivot)*
- 2) *180° slalom jump-turns (right-foot pivot)*
- 3) *Forward cycle-hops*
- 4) *Backward cycle-hops*
- 5) *Forward big-step shuffle*
- 6) *Backward big-step shuffle*
- 7) *Forward cross-step bounds*
- 8) *Backward cross-step bounds*

Level four: Training for special circumstances (having fun; avoiding disaster...) Purpose: Creating high-level physical puzzles for the body to solve; reinforcing the connections between low center of mass and body-control; hip mobility and footwork.

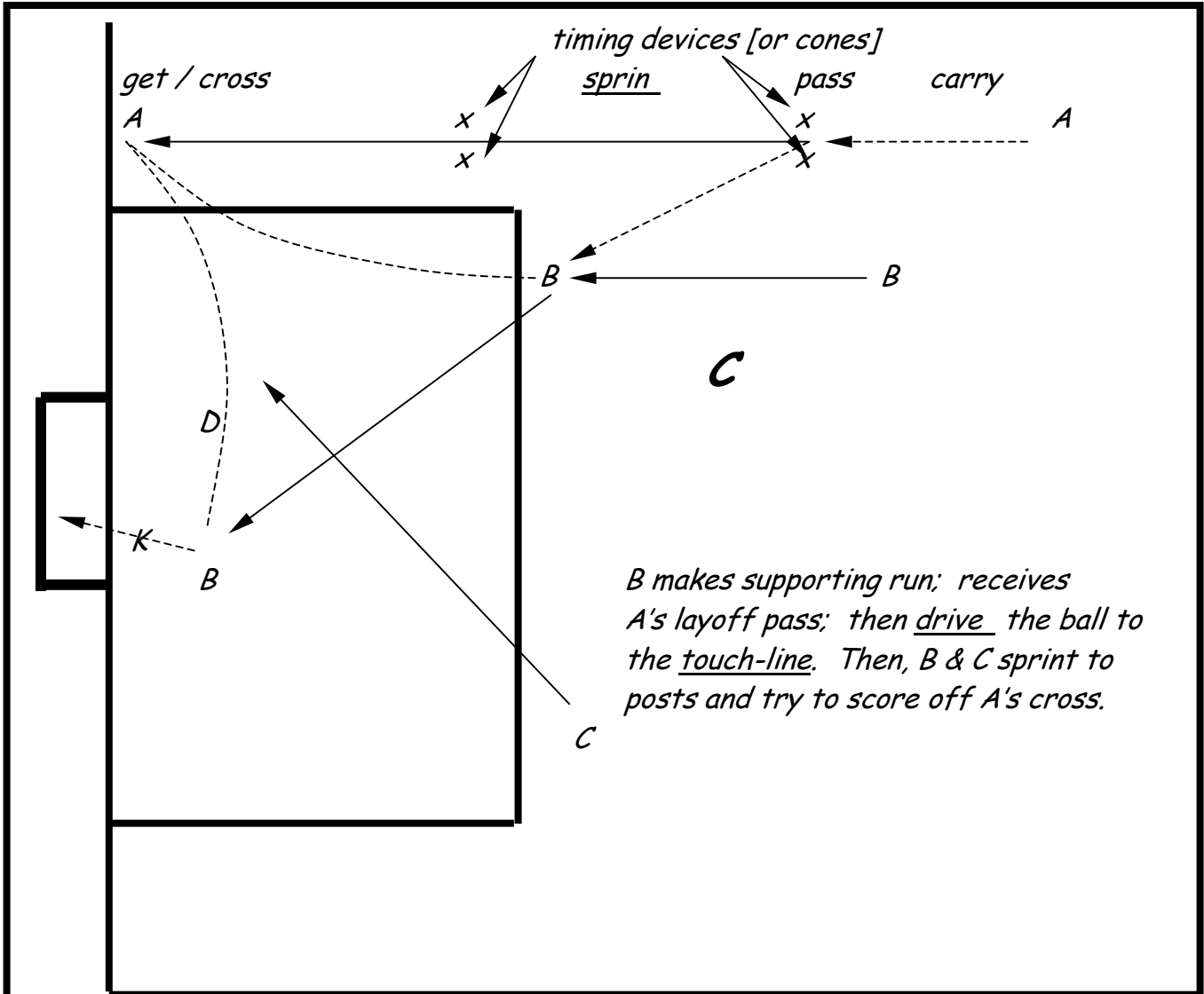
- 1) *Forward right-foot in's*
- 2) *Forward left-foot in's*
- 3) *Backward right-foot in's*
- 4) *Backward left-foot in's*
- 5) *4-count transverse shuffle (right side start)*
- 6) *4-count transverse shuffle (left-side start)*

Level five: Tweaking it

Purpose: Creating sport-specific drills and skills; adding resistance / assistance.

- 1) *Multi-ladder patterns (with acceleration between segments)*
- 2) *Carrying the ball (or stick; racquet; glove, etc.)*
- 3) *Adding reaction skills*
- 4) *Adding resistance / assistance (hills; or tubing)*

Soccer Speed: TIMED GIVE-GO-GET
 Jim Launder / Steve Myrland



B makes supporting run; receives A's layoff pass; then drive the ball to the touch-line. Then, B & C sprint to posts and try to score off A's cross.

NOTE:

Run this drill from both sides of the field, use your lef when it should be used). You can add players, here: "C" can make a run to the near post to give A and alternative target; "D" can be a defender who must choose to mark either "B" or "C" against the cross; and you can add a keeper ("k"), as well. Set the drill in mirror image on the other side of the field, and you have lots of people working at soccer-specific speed and skills.

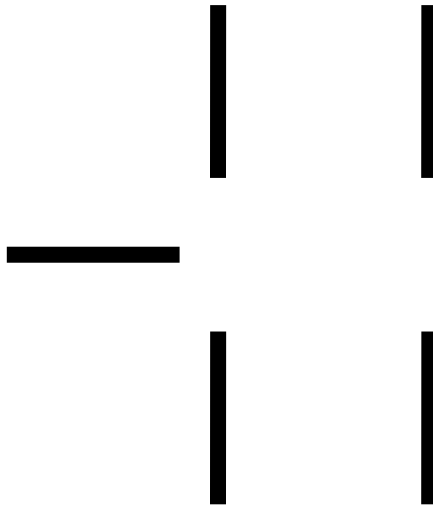
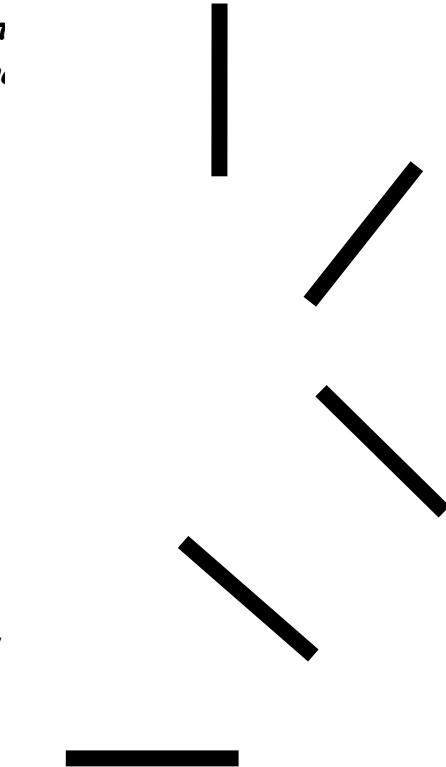
AGILITY, BALANCE, COORDINATION & SPEED
Steve Myrland

Borracho (Drunkard's Path)

start / finish

Set a pattern of mini-hurdles (a pattern you like) and then do the following:

- 1) *Step* the pattern beginning with the **right** foot, and alternating feet accordingly from that point (you will have to cross-step, from time-to-time, depending on the pattern).
- 2) Repeat the drill (beginning from the same starting point, but leading with the **left**-foot, this time.
- 3) Repeat twice, again, starting from the opposite start / finish line.
- 4) Try bounding; jumping; & hopping the pattern from both starting points.
- 5) Re-set the pattern in its mirror image and repeat the drills.

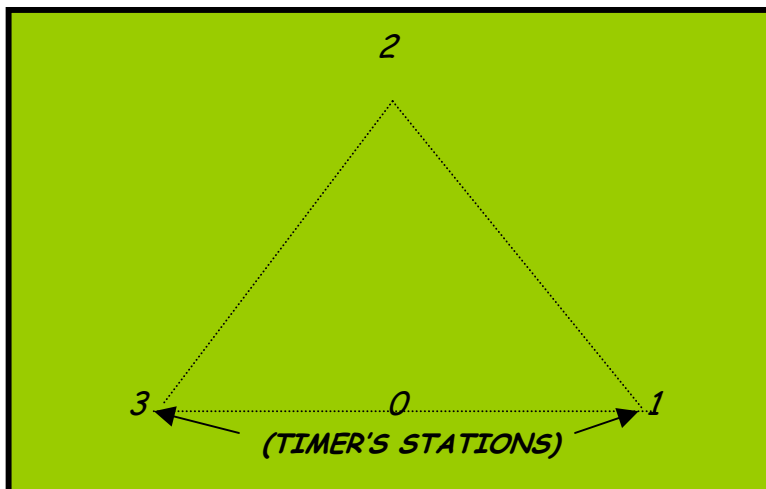


start / finish

TESTING: 10 - 15-METER TRIANGLE SERIES

Steve Myrland

Course Set-Up: Form an equilateral triangle of three 10 - 15-meter sides and mark the corners with cones or flags.



Test #1:

Place two additional cones on either side of the center of the base of the triangle (to the right and left of the point marked "0"). The player to be tested begins at cone #2. At the signal of the timer, the player sprints through the base-line cones; Timer stops the watch as the player crosses the base-line. Repeat once or twice more.

Test #2:

Remove the two base-line cones (added for test #1). The player to be tested begins this trial at cone #1. At the timer's signal, the player sprints to cone #2, then to cone #3. Timer stops the watch when player reaches cone #3. Repeat the test with the player beginning this trial at cone #3; sprinting to cone #2, then to cone #1. Timer stops the watch when player reaches cone #1.

Test #3:

Player to be tested begins at point "0"; At the timer's signal, the player sprints counter-clockwise around the perimeter of the triangle (0-1-2-3-0) to finish at the starting point; Timer stops the watch when the player reaches the starting point. Repeat the test in the opposite direction (0-3-2-1-0).

Test #4:

Follow and double the same directions for test #3 (full perimeter run in both directions) but allow only 10 seconds rest between trials 1, 2, 3, and 4; so: the player runs the test as follows:

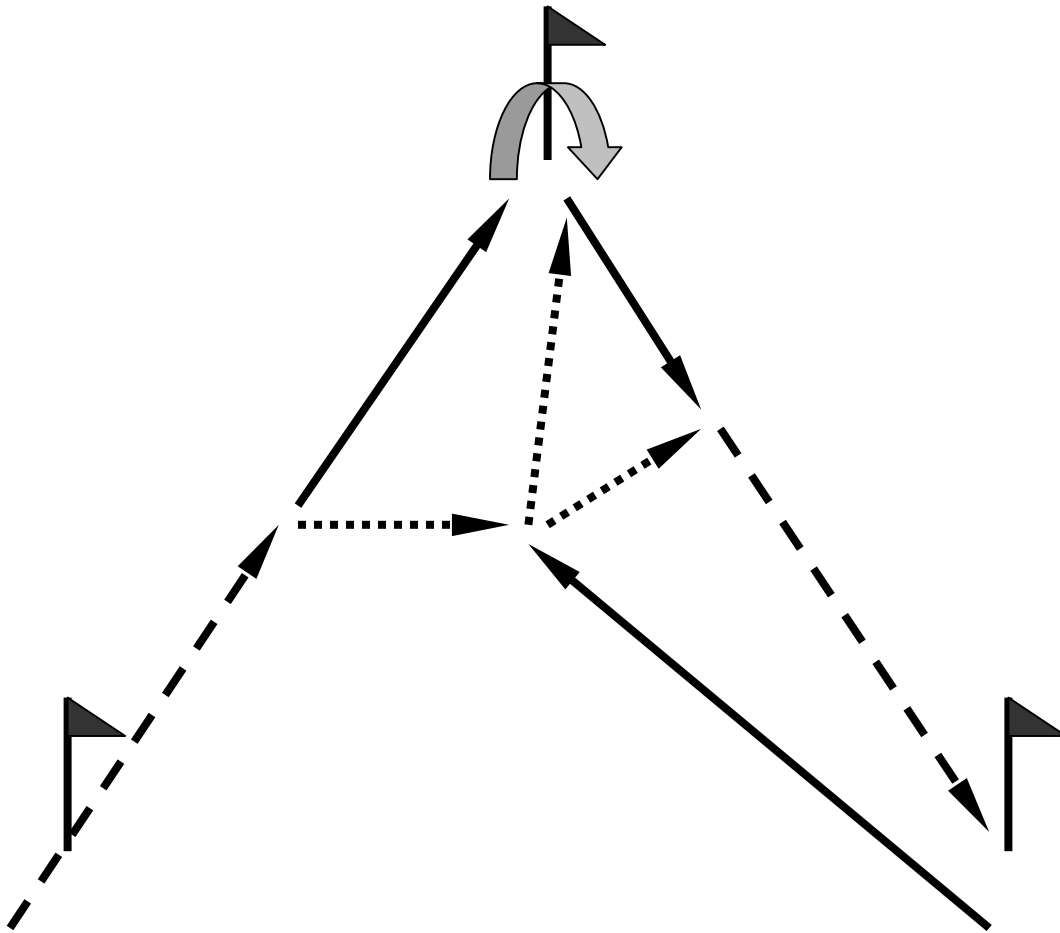
0-1-2-3-0; rest 10 seconds;

0-3-2-1-0; rest 10 seconds;

0-1-2-3-0; rest 10 seconds;

0-3-2-1-0

TRIANGLE DRILL
Steve Myrland

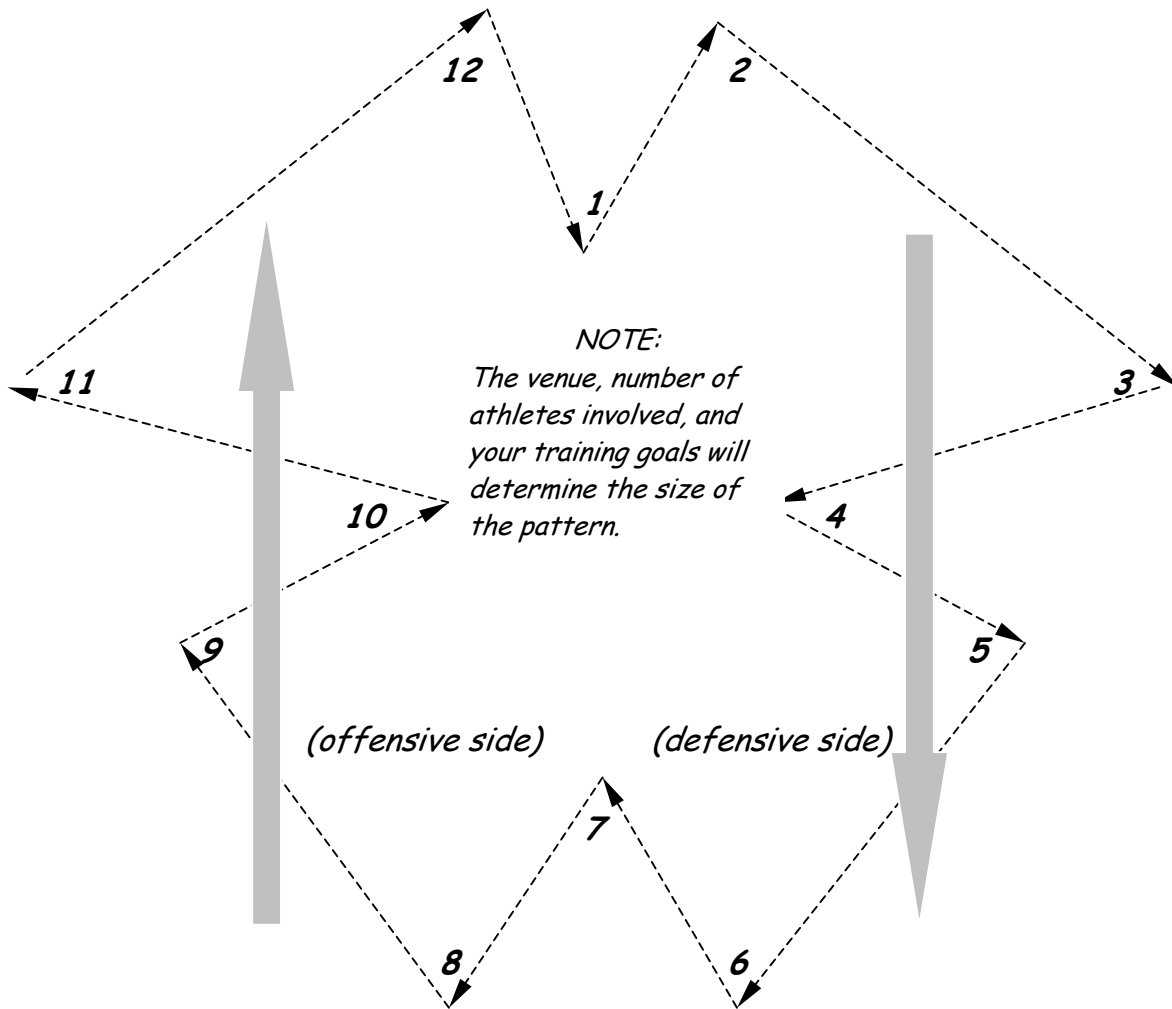


A accelerates with the ball toward the top flag. B checks (hard) to center of the triangle in support. A lays the ball off and continues sprinting to the top flag. B can throw or kick the ball to A so that A must play the ball as soon as A rounds the flag. A plays the ball back to B with as few control touches as possible, then sprints toward the next flag. B feeds the ball back to A so that A can collect it and carry it at top-speed to the flag. B moves over to the opposite flag, and A begins the drill, again (in reverse). Complete two reps; then switch places and repeat with each player in the opposite roll for two more reps. Rest 30-60 seconds and repeat the entire set (four-reps, plus the rest interval) two to five more times.

NOTE: This drill is about speed and skill in combination; the lay-off player must perform well if the player on the perimeter is to succeed and improve. Make good passes!

CONDITIONING WITH AGILITY AND COORDINATION DEMANDS

(Set the pattern with numbered cones, if possible)



Pattern walk-jog-sprint's or jog-sprint's (time-interval of each segment can be from 10 - 30 seconds); Always cut so that you can maintain a defensive vision-line toward the top of the pattern (your opponent). Diagram shows the drill done clock-wise. In this direction, the left side of the pattern is the "offensive" side (athletes are working forward), and the right side of the pattern is the "defensive" side (athletes are working backward). Change directions after each set (walk-jog-sprint is one set). Emphasize quality cuts—especially as fatigue increases.

CONDITIONING: ANAEROBIC SPRINT INTERVALS
Steve Myrland

*Beginning level: 50-yards & back x 6 in 20 seconds, each;
20-second rests; rest 2 minutes on completion*

*40-yards & back x 8 in 17 seconds, each;
17-second rests; rest 2 minutes*

*30-yards & back x 10 in 14 seconds, each;
14-second rests; rest 2 minutes*

*20-yards & back x 12 in 11 seconds, each;
11 second rests*

*Intermediate level: 50-yards & back x 6 in 19 seconds, each;
19-second rests; rest 2 minutes on completion*

*40-yards & back x 8 in 16 seconds, each;
16-second rests; rest 2 minutes*

*30-yards & back x 10 in 13 seconds, each;
13-second rests; rest 2 minutes*

*20-yards & back x 12 in 10 seconds, each;
10 second rests*

*Advanced level: 50-yards & back x 6 in 18 seconds, each;
18-second rests; rest 2 minutes on completion*

*40-yards & back x 8 in 15 seconds, each;
15-second rests; rest 2 minutes*

*30-yards & back x 10 in 12 seconds, each;
12-second rests; rest 2 minutes*

*20-yards & back x 12 in 9 seconds, each;
9 second rests*

*ANAEROBIC SPRINT INTERVAL OPTIONS:
Steve Myrland*

- 1) Reverse order: do the entire program in reverse order.*
- 2) Half-reps: reduce the number of repetitions at each distance by half; reduce the time allowed for each sprint (and the rest interval between sprints) by one second; reduce the two-minute rest interval between sets to one minute.*
- 3) Half-distance: reduce the distances by half (25-20-15-10) and run the program (in either regular or reverse order) according to the following times:*

*25-yards & back x 6 in 11 seconds, each;
11-second rests; rest 1 minute on completion*

*20-yards & back x 8 in 9 seconds, each;
9-second rests; rest 1 minute*

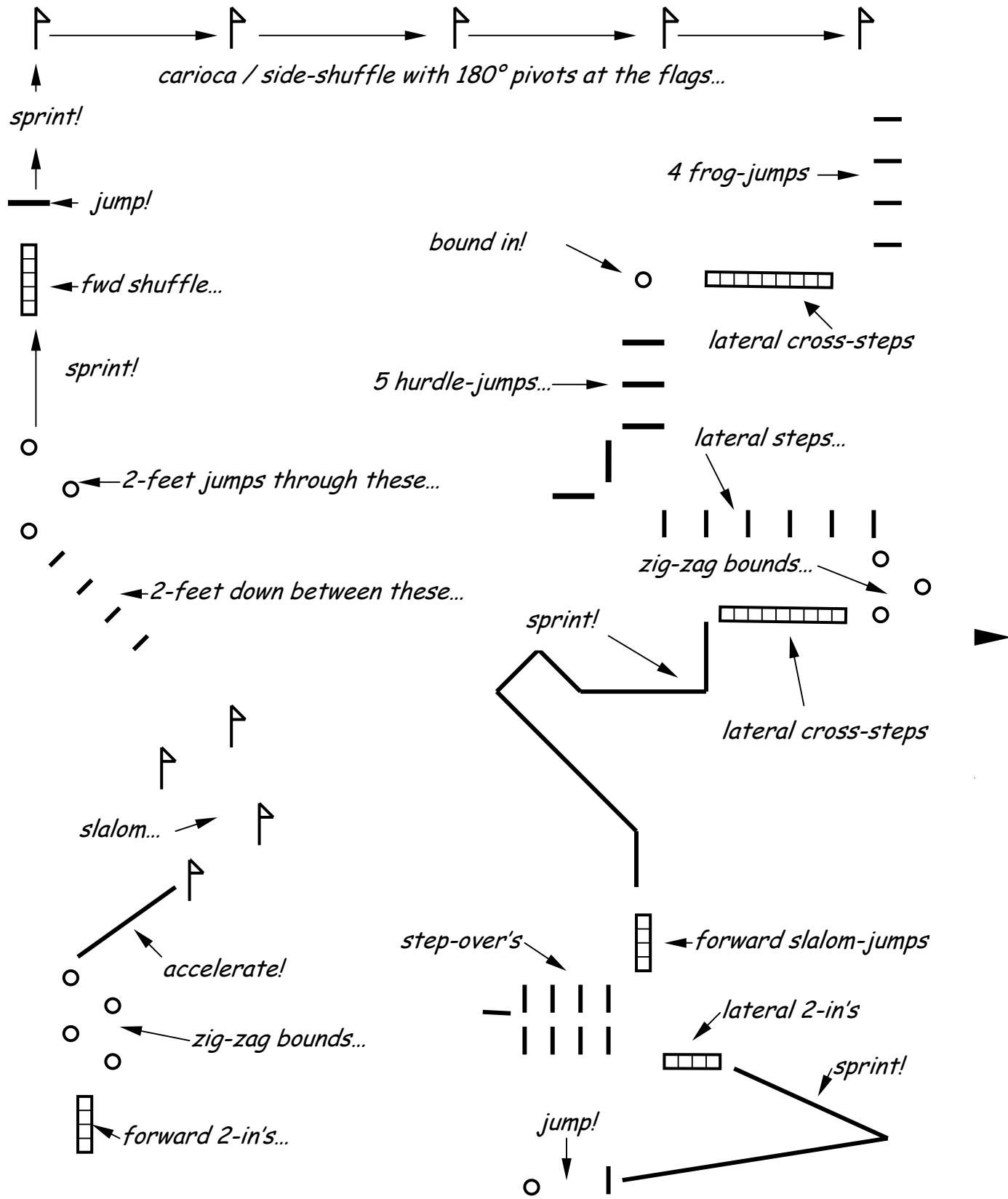
*15-yards & back x 10 in 7 seconds, each;
7-second rests; rest 1 minute*

*10-yards & back x 12 in 5 seconds, each;
5 second rests*

- 4) ADVANCED: half-distance reduced times: reduce the times allowed for each sprint by 1 second; keep the rest interval between sets at one minute.*

SPRINT INTERVALS (QUICK PROGRAM)

*10-yards & back in 6 seconds x 5; 6-second rests;
20-yards & back in 9 seconds x 4; 9-second rests;
30-yards & back in 13 seconds x 3; 12-second rests;
40-yards & back in 17 seconds x 2; 16-second rest;
50-yards & back in 19 seconds x 1*



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