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# Self Training:

Ways to help athletes improve their performance on their own

# How does “one” become so good?

- Perseverance
- Dedication
- Hard Work
- Commitment
- Effort
- Diligence
- Persistence
- Tenacity
- Drive





Success comes from Hard Work & Dedication = Self Training



# Purpose of Self-Training:

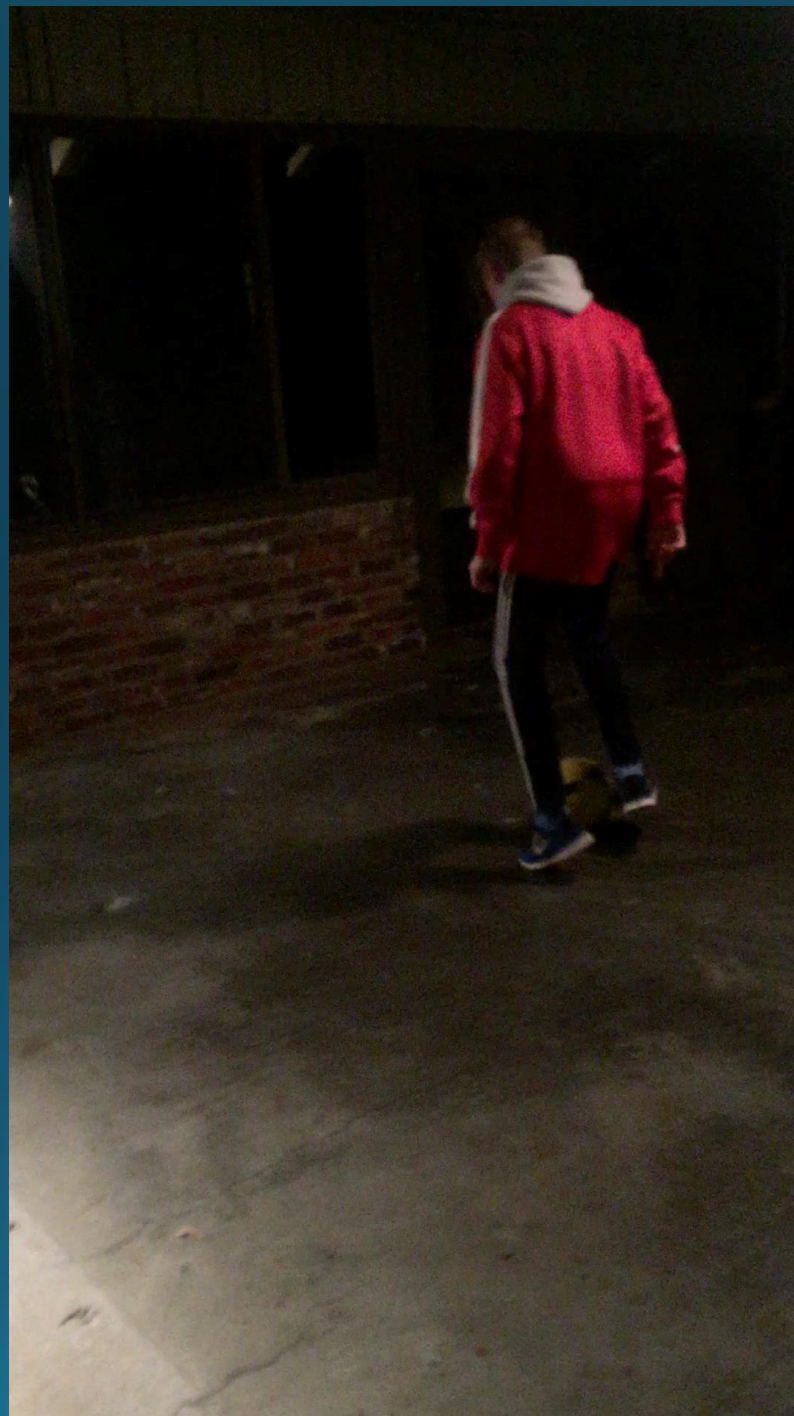


- To engage the athlete to compete at their highest ability technically, tactically, physically, and psychologically.

2002 Boys Region 3 Camp in Tuscaloosa, Alabama.



The player/athlete needs to take on the responsibility to raise their game!



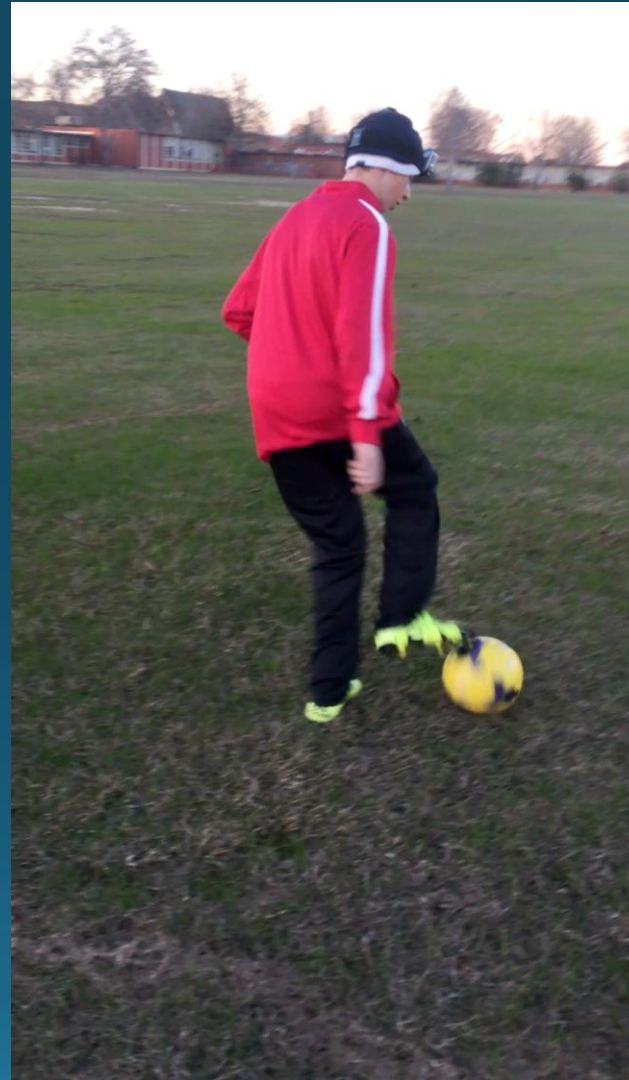




- Practice
- Skill acquisition
- Try new things!
- Be creative!
- Make mistakes!

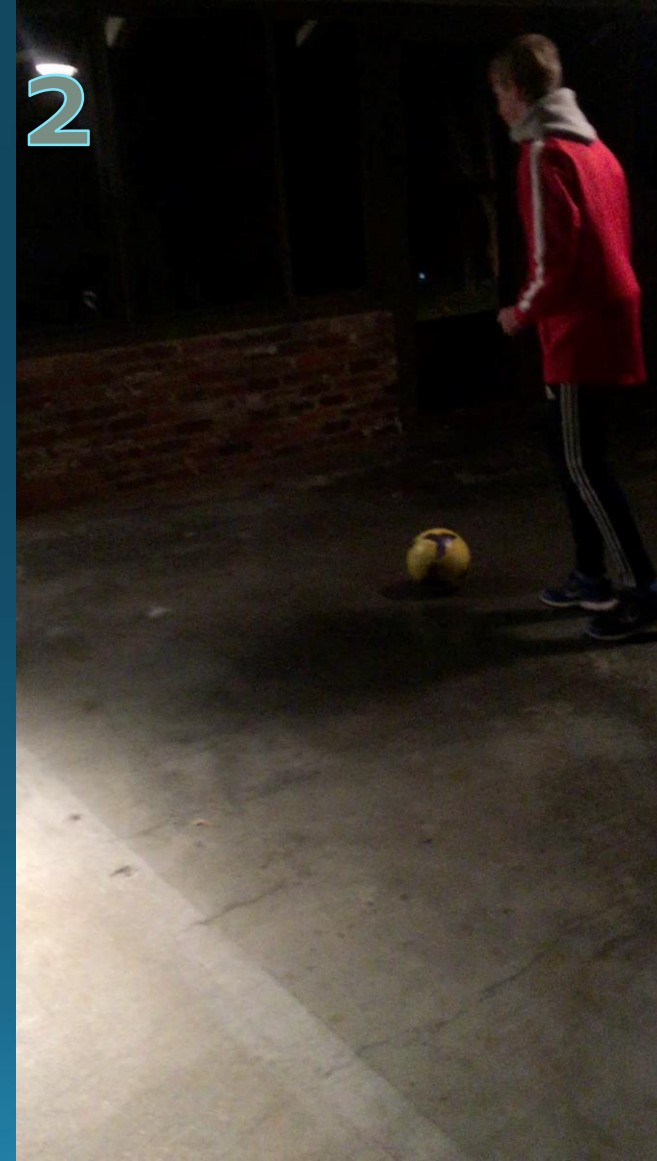
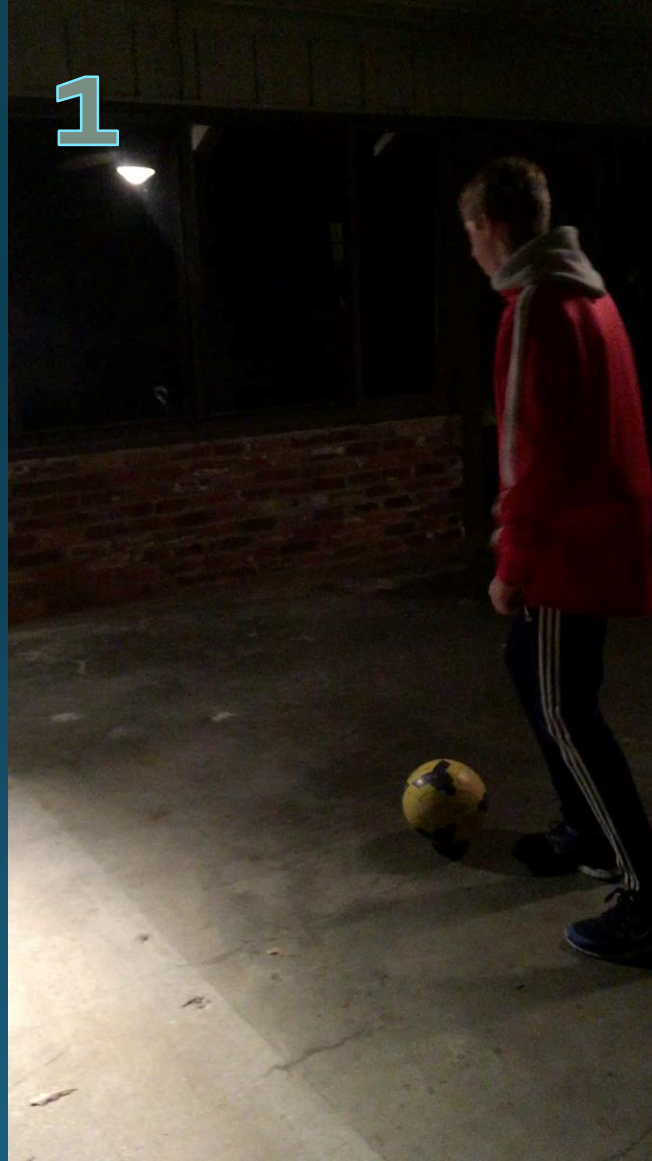
# Technical Component: DRIBBLING

- Notice that the player is using different surfaces of his feet.
- He is using both feet.
- He is changing direction as well.



# Technical Component: PASSING

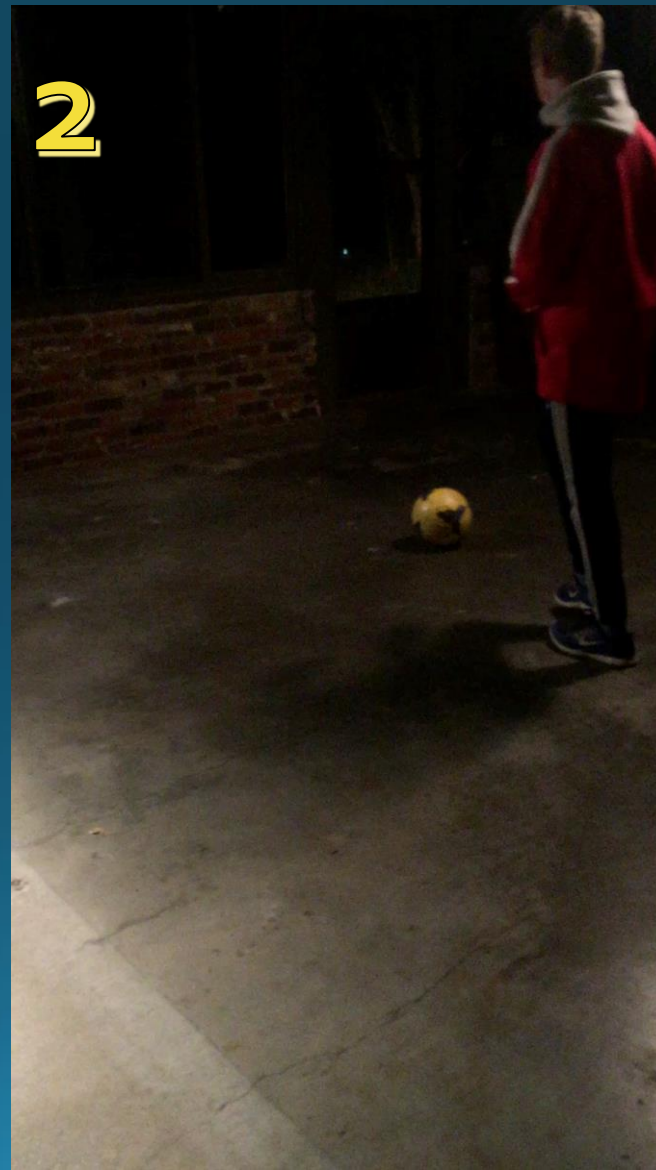
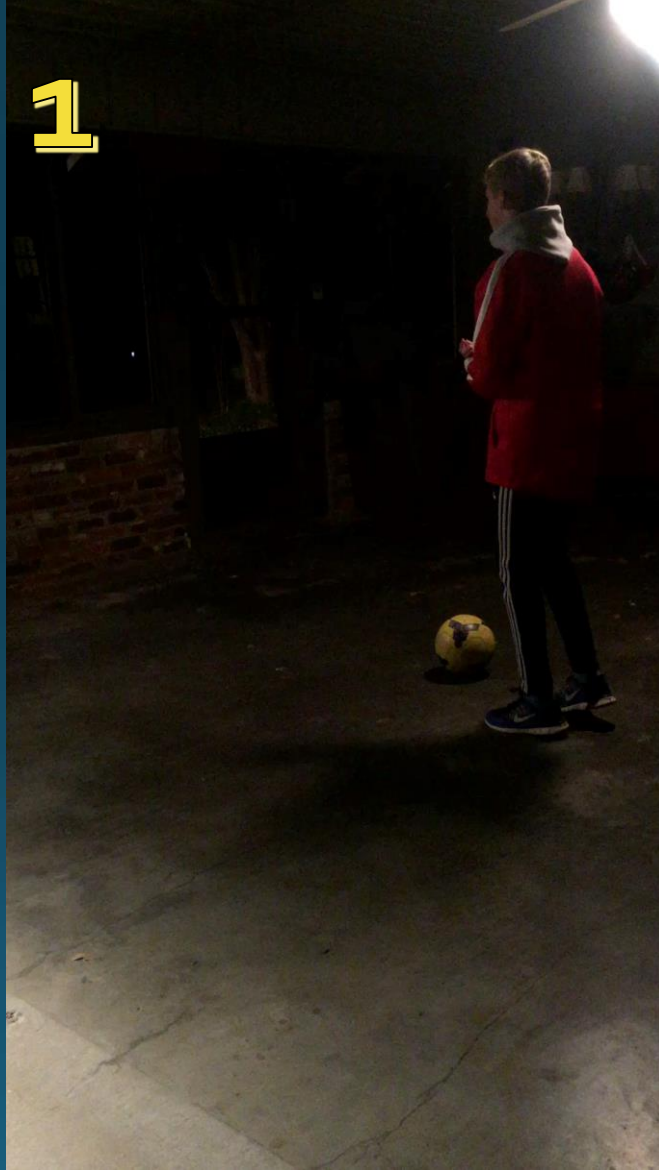
The player here is **passing** off the wall with his left foot only. You can see the difference from the 1<sup>st</sup> clip to the 2<sup>nd</sup>. He is challenging himself to make more consecutive passes the 2<sup>nd</sup> time!





# Technical Component: PASSING

The player here is **passing** off the wall with his right foot only. You can see the difference from the 1<sup>st</sup> clip to the 2<sup>nd</sup>. He is challenging himself to make more consecutive passes the 2<sup>nd</sup> time!



# Technical Component: RECEIVING

Notice that the athlete has to receive the pass off the wall with the inside of his foot and then change directions.





# Technical Component: VOLLEYING

Can do many different things when practicing volleying the ball against a wall:

- Right foot
- Left foot
- Alternate feet
- Different distances
- Different heights
- One touch
- Two touch



# Technical Component: HEADING

- Here is an example of working on heading on your own with a wall.
- Can do many different things:
- Head at different heights
- Head at different distances
- Head to defend (high) and then head to attack (low)
- Head consistently (several headers in a row)
- Head up to receive the ball (and then dribble the ball in a different direction).



# Technical Component: JUGGLING



Here, the player has to **juggle** the ball two times with his foot and then two times with his thigh. Clip #1 is with his right foot and clip #2 is with his left foot. You can see what foot he is more comfortable with the ball.

# Technical Component: SHOOTING/FINISHING



#6 (yellow)  
demonstrates the ability  
to dribble, change  
directions, and finish  
under pressure.  
This doesn't happen  
without the work she  
put in before this game!



# Technical Component: SHOOTING/FINISHING

- Players can work on their shooting technique by striking a ball against a wall to hit a certain spot.
- Can put tape on a wall in the form of an X or a box and work on hitting that spot(s).



# Technical Component: SHOOTING/FINISHING

- Can work on different heights.
- Work on striking the ball at different distances.
- Can strike the ball from a stationary position
- Can strike the ball on the dribble (at speed).





# Tactical Component

- Things to improve tactically:
  - *Speed of thought (when to move, making "that" right decision in my head)*
  - *Decisions (Where to move, Why to move)*



# Physical Component

- Agility
- Speed
- Power
- Quickness
- Balance



# Psychological Component



- Confident
- Experienced
- Prepared
- “Been there, done that!”



# Example Self-Training Program

Look at handout .





# Self Training Program For Technique & Agility

*(Includes two workouts: All-In-One Program and Wall Program)*

Part of the program below has been taken from the U.S. National U-16 training program as a means of self-improvement in the technical areas. Without a solid technical base, your full potential as a player will never be reached. Players who follow this program will not only maintain their skills, but improve them during the off-season. And, it is something each player can do by themselves as well as with their friends and/or family.

Players are highly encouraged to perform these two workouts three times each per week (i.e. M-SAT) during the off-season for the best results. At 45 minutes each workout that is a total time commitment of 4.5 hours a week. During the season, these workouts can be performed once each per week to help maintain your skills.

With your determined work towards becoming your best, you will continue to strive to be at your best! We all want to be champions and with your hard work, perseverance, diligence, and sheer determination you can get the job done! Set your goals high and believe!

*“The will to win is important, but the will to prepare is vital.”*

*----Joe Paterno, Head Football Coach, Penn State University*

*“The thing always happens that you really believe in; and the belief in a thing makes it happen.”*

*----Frank Lloyd Wright*



6 minutes	Coerver warm-up (moves & fakes)
2 minutes	Head juggling
2 minutes	Throw the ball up, jump, and while you are in the air, control the ball with your head, settle the ball with your feet, and explode away – repeat.
2 minutes	Thigh juggling
2 minutes	Throw the ball up, jump, and while you are in the air, control the ball with your chest, settle the ball with your feet, and explode away – repeat.
2 minutes	Foot juggling with no spin on the ball.
2 minutes	Start in a kneeling position, throw the ball up, get up, and receive the ball before it hits the ground with your head, settle it with your feet, and explode away – repeat.
2 minutes	Start in a kneeling position, throw the ball up, get up, and receive the ball before it hits the ground with your chest, settle it with your feet, and explode away – repeat.
2 minutes	Start in a kneeling position, throw the ball up, get up, and receive the ball before it hits the ground with your thigh, settle it with your feet, and explode away – repeat.
2 minutes	Start in a kneeling position, throw the ball up, get up, and receive the ball before it hits the ground with your foot (alternate), settle it with your feet, and explode away – repeat.
2 minutes	Combined juggling using 14 body parts (head, both shoulders, chest, both thighs, both insteps, inside of feet, outside of feet, and both heels).
20 minutes	Place cones 15 yards apart. Dribble in a figure 8 using just the inside of your feet for 6 figure 8's, then rest for one minute. Then dribble in a figure 8 using only the outside of your feet, then rest for one minute. Repeat for the total time. As you dribble around one cone, use quick touches to get around it and then accelerate to the next cone and repeat.

# Workout #1 ALL-IN-ONE PROGRAM

## *Ball Control and Agility*

You need a ball, a yard/field space, and two cones for this workout.

Total Activity Time  
= 46 minutes



6 minutes	Coerver warm-up (moves & fakes)
3 minutes	Passing with two feet – inside and outside of feet
3 minutes	Passing with one foot – inside and outside of foot
2 minutes	Target passing – Find a target on the wall and see how many times you can hit it!
2 minutes	Volleys - One foot, two feet – How many times can you keep it up? Try it with a partner also. (Allow one bounce and then try without any bounces).
3 minutes	Practice side volleys
3 minutes	5-7 yards from the wall, shooting with the laces – good technique, be light on your feet, and shoot with both feet, alternating.
3 minutes	5-7 yards from the wall, shooting with the inside of your feet. Same as before, use good technique, be light on your feet, and shoot with both feet, alternating.
3 minutes	Juggle with the wall, trying to use the laces as much as you can.
6 minutes	15-20 yards from the wall, one touch shooting with the laces. Try to strike the ball first time regardless of the bounce, height, and speed, etc. that the ball comes at you. Keep it low. You can put a piece of tape on the wall that you have to shoot under.
6 minutes	15-20 yards from the wall, strike the ball with power, receive it cleanly and quickly fire another shot at the wall. You can do the same with the fake shot, touch, and shoot!
1 minute	Head juggling against the wall.
2 minutes	5-7 yards from the wall, throw the ball up against the wall and as it comes off the wall, head with power back to the wall. Catch and repeat. For goal scoring heading (offensive), head the ball down! For defensive heading, head the ball up!
2 minutes	5-7 yards from the wall, throw the ball up against the wall and as it comes off the wall, jump and head with power back to the wall. Catch and repeat. For goal scoring heading (offensive), head the ball down! For defensive heading, head the ball up!

# Workout #2

## WALL PROGRAM

### *Passing, Shooting and Heading*

You will need a ball and a wall for this program. A racquetball court (indoor or outdoor) works very well.

Total Activity Time = 45 minutes





# Physical Component

- Fitness program(s)
- Help develop the athlete's physical component which includes:
- Muscular strength
- Muscular endurance
- Power
- Speed (aerobic & anaerobic)
- Balance
- Flexibility
- Agility



# Soccer “Homework”

- Example of a form that demonstrates a “guide” for players to utilize in order to improve!
- Helps athletes in an organized and simple format.
- Ability to track progress on a daily, weekly, & monthly basis.





# Small Groups

- Get into small groups and discuss various ways that you can implement self-training with your athletes.
- **Come up with 3-4 activities for your athletes.**





So, it doesn't matter where you are...



# Can be at home in the yard...





# Can be in the street...



*Doesn't matter how young or how old you are!*



# Can be at the fields...





# Can be at the beach...





Can be in a stadium...





# Or wherever you can find a place!

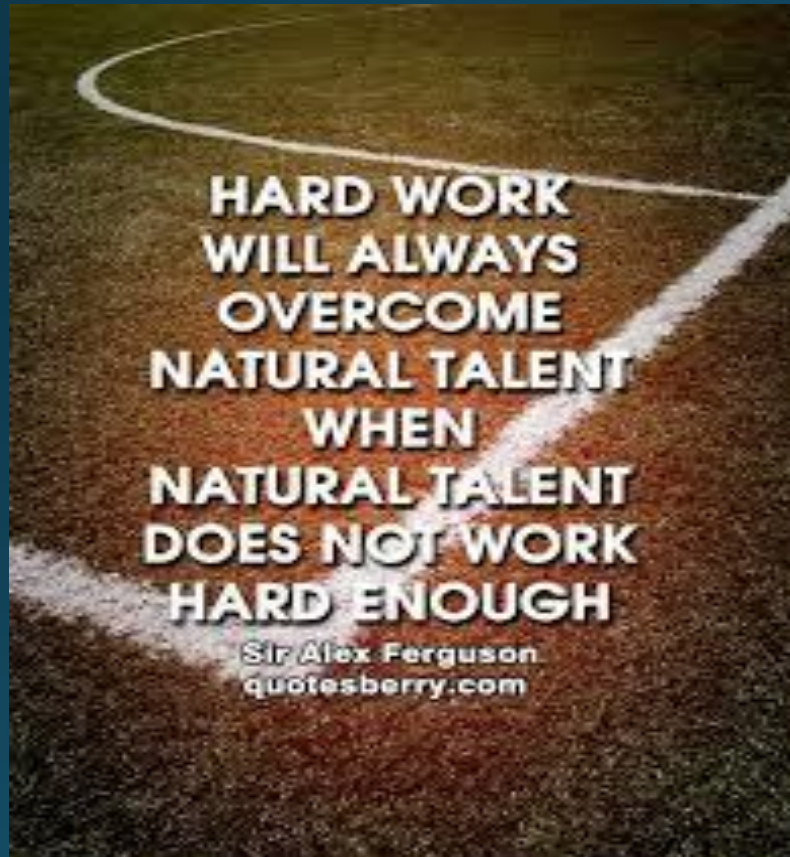


# Input = Output

- Whatever you put in is what you get out!



# Hard Work!





# Check This Out!

Yael Averbuch's app for Self-Training:

<http://www.technefutbol.com>



# Take Aways

- Be creative!
- Make it competitive!
- Create challenge tasks (where you continuously work to improve the skill/task you are working on).
- Try new things!
- You can only get better!!!
- Work hard!!!





# Thank you for coming!



Thank you for spending the time learning how to provide more opportunities for your athletes to become better through self-training!

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