



SMALL GROUP SESSIONS

“Technique is not being able to juggle a ball 1000 times. Anyone can do that by practicing. Then you can work in the circus. Technique is passing the ball with one touch, at the right speed, to the correct foot of your teammate”. – Johan Cruyff

Our small group sessions are designed to improve 3 elements of your game:

PHYSICAL SPEED

TECHNICAL SPEED

MENTAL SPEED

PHYSICAL SPEED

Physical speed is important in modern day futsal and football but there's world class players out there that are not blessed with great physical speed. We will replicate multidirectional running you will do in matches.

TECHNICAL SPEED

Technical speed is something that we can all improve with practice. Technical speed is being able to dribble with the ball close to your feet and being able to control the ball properly and play 1 and 2 touch. We will work on this, however, if you want to reach the very top, you will require to continue working on your touch and control on a regular basis.

MENTAL SPEED

Mental speed is your game awareness and intelligence on the pitch or court. This is the difference between a good player and a world class player. All world class players require good mental speed. We will create 1v1, 2v2 and 3v3 exercises that will constantly challenge your brain. We want the players making the decisions and not the coaches.

PLAYER ASSESSMENT

We will provide each player with feedback on their performance and areas that they can improve. We will be honest and upfront with EVERY player as we believe that this is vital in the player's development.

PLAYER ASSESSMENT

Name:

Age Group:

PHYSICAL SPEED:

TECHNICAL SPEED:

Dribbling:

Passing:

Control:

MENTAL SPEED:

ATTITUDE & DESIRE: