TOTAL SOCCER FITNESS & TRAINING LLC

BUILDING BLOCKS TO PLAYER DEVELOPMENT

THE COMPLETE PLAYER

TEAM

Systems Of Play; Formations

Attacking & Defending Principles

INSIDE THE GAME

Speed, Agility & Quickness

Strength & Conditioning

Endurance Training

SOCCER-SPECIFIC FITNESS

Attacking in the 1 v 1

Group Attacking & Defending

Team Attacking & Defending

Defending in the 1 v 1

LEARNING BASIC TACTICS

Ball Control: Juggling & Dribbling

Striking The Ball, Passing, Finishing

Receiving & Trapping

Defending

Goalkeeping

MASTERING THE TECHNIQUES