



# Training Soccer Legends

*Andy Barney*

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The Training Soccer Legends curriculum is truly unique because it relates soccer skill development to the Physical Education principles of transfer of training, (each skill builds upon the next), economy of training, (many things being accomplished at one time), and specificity of training, (everything relates to the sport and has a purpose). It utilizes accepted practice in childhood education and child psychology. It profits from the benefits of skill compounding. It involves the two skills that are easiest to practice at home and most motivating to players. It focuses on the skills that develop great self-belief and leadership. It emphasizes risk and the individual win instead of safety first and the team statistic. It trains the total soccer player not the limited positional player. It trains the ability vital to making big plays that guarantee selection to the higher levels of play, i.e. representative and professional teams. It refutes the instant gratification win now, pay later mentality that permeates modern society. It demands great failure on the road to great success. It creates players of amazing perception and skill. It operant conditions the technical and tactical habits necessary to play at the very top. It recognizes that there s no way any human can learn all the techniques and tactics of soccer before they complete their youth career at age 18, and that attempting to do so will only result in poorly developed skills and little high level tactical understanding. The curriculum first focuses on the technical stage where all players work exclusively on the most creative and difficult skills of the game. It gradually transitions into the 1 v 1 stage where they learn to dominate the immediate opponent. It then changes slowly from the 1 v 1 into the 2 v 2 phase where players are taught to combine with teammates to create, exploit or destroy goal-scoring opportunities. As a result mature Legend trained players are at home in the clutch and feel totally comfortable at both ends of the field with making big plays that determine the outcome of games. The skills are the most difficult but greatest fun. The training area is much smaller than normal. The practices more crowded. We keep stats, demand greedy, ball hog , play, don t use bibs and employ many other out of the box ideas to create the truly complete player. In every practice from the 1 v 1 stage onwards players are challenged maximally in the four key developmental areas of technique, tactics, physiology and psychology. This develops all four key components of soccer simultaneously to the greatest degree in every single practice. As you digest the unique methods described herein your current thoughts and beliefs will be questioned and challenged in ways you have never imagined. However, the confusion, chaos and creativity involved in the Training Soccer Legends way will create, improvisational, tough, quick thinking, soccer geniuses. Open your mind. Read and analyze carefully. Understand and recognize the new truth. If you adopt the original methods set out here, you re in for the ride of your soccer life.

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