

TTI SOCCER INDIVIDUAL TRAINING BOOKLET

Define | Develop | Recover | Defend



ABOUT TTI

Founded in 2015, The Technical Institute (TTi Soccer) is a multi-faceted soccer program based out of Houston, Texas.

In 2017 TTI added the top of our developmental pyramid, the WPSL. The Bluebonnets were three-peat conference champions in 2017, 2018, and 2019.

Here at TTI, we whole-heartedly believe in our philosophy in players long and short-term development in the game of soccer. Our Professional and experienced approach to educating the youth soccer community in Houston is something that will help guide young players through their youth development from the age of 5 years right up to the post collegiate play.

Individual Attention, Professional Approach, Quality of Instruction, Information Given, Experienced Advice, College and Professional Contacts as well as a Teachers and Educators Approach to your development both short and long term.

Open yourself to develop in program that is specific to your goals. Develop yourself, build your technical and tactical literacy through the extra work every player requires from Youth to Pro to be their best. The attention to detail the TTI Staff prides itself in will help you to become the player you envision yourself as.

TTi Soccer is designed and dedicated specifically toward getting the absolute best out of each and every player.

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MESSAGE FROM TTI SPORTING DIRECTOR

TTi Members,

We are big believers in economical training, this encompasses technical, tactical, physical and psychological elements. We believe that these scenarios which mirror the game are so vitally important to decision making and defining style of play in small groups and teams.

With that said, it is in no doubt that players are always looking for extra work to better themselves.

This booklet embodies activities we feel are good for the continuing development of the players individual skill as well as enjoyable physiological activities aimed specifically at their own athletic development.

Johan Cruyff once said *“When you play a match, it is statistically proven that players actually have the ball 3 minutes on average.....So, the most important thing is: what do you do during those 87 minutes when you do not have the ball? That is what determines whether you’re a good player or not”*. This rings true today as the pace of football grows quicker and quicker.

With that said - if you do not possess the football, you can't score!



TTi Sporting Director
Lee Cullip





Preformation Physiological Development

In the younger ages, it's important that children are involved in multiple types of sports that challenge them in different ways. They get the opportunity to explore different movement patterns, solve problems for themselves, and experiment with what works and what does not. Simple games such as TAG, encourage changes of direction and speed, whilst at the same time promoting enjoyment from the players. In addition, developing jumping and landing skills can be an important tool in teaching players to absorb and generate forces that are going to help them in the long run.

Preformation Technical Development

There is no better way to encourage technical development than touching the ball as much as possible, in a variety of situations with both the left and right foot, but also getting used to moving the body around the ball. Players who develop a greater affinity for the ball, find successes on the field more often and are able to play at a higher standard because of their technical ability. Learning to strike a ball correctly is paramount, with the end result in the preformation age secondary to the correct technique. Constant repetition and reinforcement of good habits from the coaching staff can help push a player forward.

TTi Physiological Development

Players who are stronger and faster are not always better, but it certainly helps. With increasing age comes different stages of physical development, and with that different approaches to player development. We are careful not to overload players with too much of one type of training (e.g. always high-speed work), allowing time for recovery and making gradual improvements in the overall physical condition of the player.

TTi Technical Development

Technical development in the high school ages is still very important, since we are reinforcing the methods and techniques that will potentially become second nature to the player in high school, college, or beyond. Still at the forefront is continual repetition in a way that challenges the individual, be that non dominant foot work, the pace at which actions are done, or the consistency by which a player executes them. As the player gets older, position specific tasks can be introduced but the foundation remains the same.



FOREWARD



“Technical proficiency and decision making are vital to developing a player who is always prepared to take what the game gives them while stamping their personality on the field. A player who has spent the time with the ball immediately stands out amongst the rest in the unpredictable game of soccer. As a coach, these players are always the most fun to watch, train and compete with.”

- Simeon Steward, Colgate Men's Soccer Assistant Coach

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Simeon is a nationally licensed and award-winning soccer professional with experience coaching, recruiting, and playing in nearly every region of the continental United States. He works well with diverse populations, recruiting and conducting training sessions with international and local players. Simeon is passionate about coaching and has assisted in developing highly skilled individuals who have demonstrated success and achievement both on and off the field.

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CDO Advisors



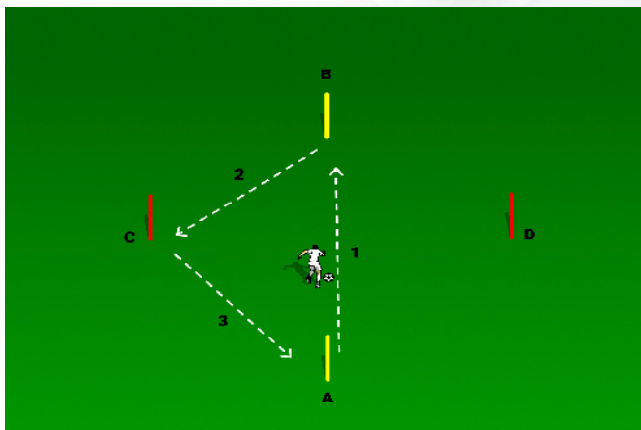
PART 1

INDIVIDUAL BALL WORK

“You build a player like you build a house. You start with the foundations. The fundamentals.”

- Arsene Wenger





ORGANIZATION:

Set cones 10 yards apart. If you don't have poles/cones use water bottles, sneakers, etc.

ACTIVITY:

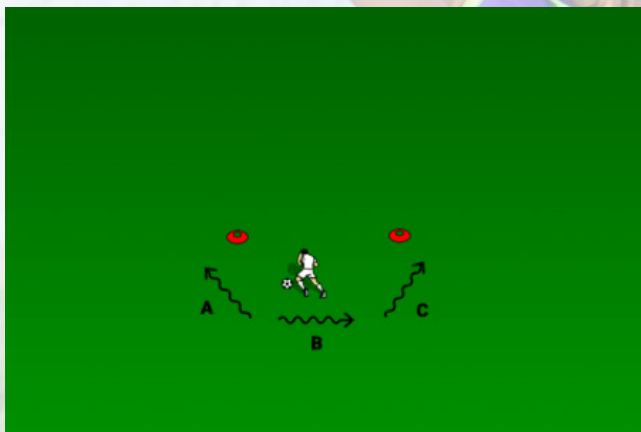
- > Dribble in the following order (A>B, B>C, C>A, A>B, B>D, D>A) for one repetition
- > Cruyff turn at A and B, sole roll at C and D
- > Step over and outside turn at A and B, touch inside and run outside at C and D
- > Any other turns you can think of or other ways of moving from each location

WORK / RECOVERY:

45 seconds of work, 30 seconds of rest. 5 sets.

CHALLENGE:

How many completed turns?



ORGANIZATION:

Set cones 2 yards apart. If you don't have poles/cones use water bottles, sneakers, etc.

ACTIVITY:

- > Touch forward, drag back
- > Left foot roll
- > Touch forward, drag back
- > Right foot roll

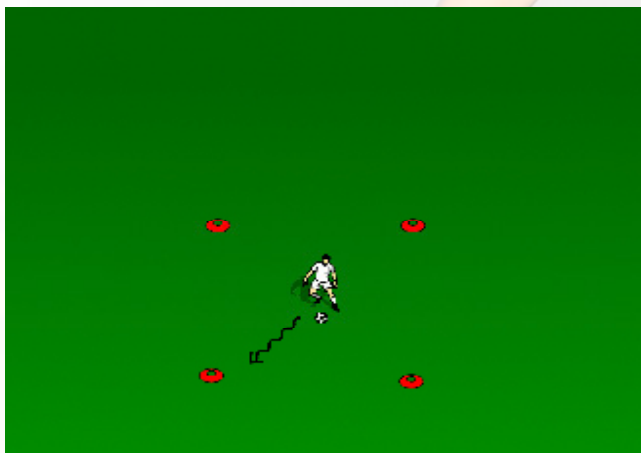
WORK / RECOVERY:

45 seconds of work, 30 seconds of rest. 5 sets.

CHALLENGE:

How many completed pull backs.





ORGANIZATION:

Set cones 5 yards apart. If you don't have poles/cones use water bottles, sneakers, etc.

ACTIVITY:

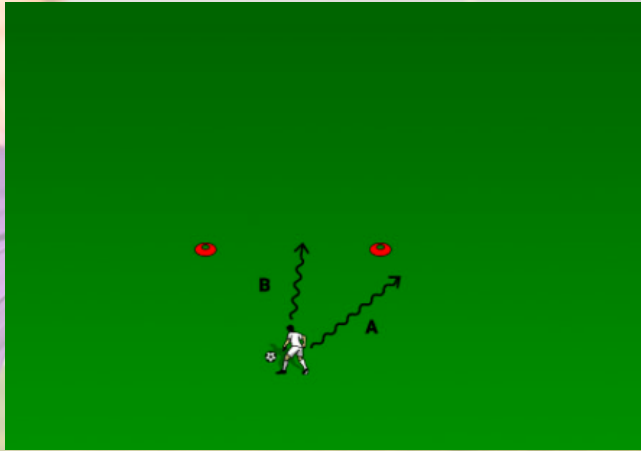
- > As many touches as you can
- > Touches must be inside the 5 x 5 square
- > Progressions: Non dominant foot only > sole only > alternate feet > never the same part twice in a row

WORK / RECOVERY:

45 seconds of work, 30 seconds of rest. 5 sets.

CHALLENGE:

How many touches can you get?



ORGANIZATION:

Set cones 2 yards apart. If you don't have poles/cones use water bottles, sneakers, etc.

ACTIVITY:

- > Left foot V pull
- > Right foot V pull

WORK / RECOVERY:

45 seconds of work, 30 seconds of rest. 5 sets.

CHALLENGE:

How many completed V pulls?





ORGANIZATION:

Set cones 2 yards apart. If you don't have poles/cones use water bottles, sneakers, etc.

ACTIVITY:

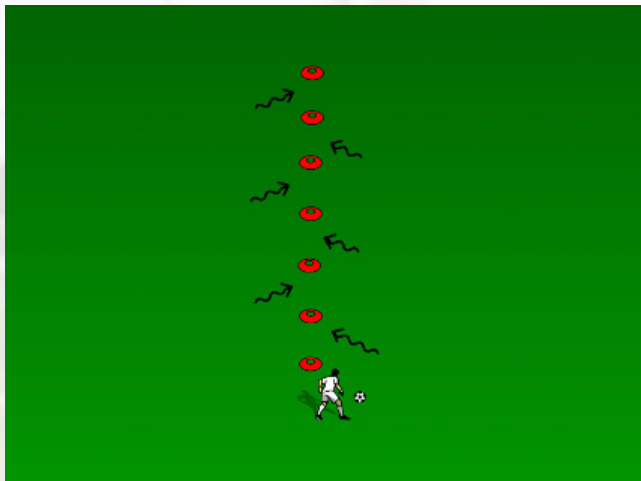
- > Right foot roll stop
- > Left foot roll stop

WORK / RECOVERY:

45 seconds of work, 30 seconds of rest. 5 sets.

CHALLENGE:

How many times can you change direction?



ORGANIZATION:

Set cones 1 yard apart. If you don't have poles/cones use water bottles, sneakers, etc.

ACTIVITY:

- > Outside of right foot
- > Sole roll right foot across
- > Repeat with left foot

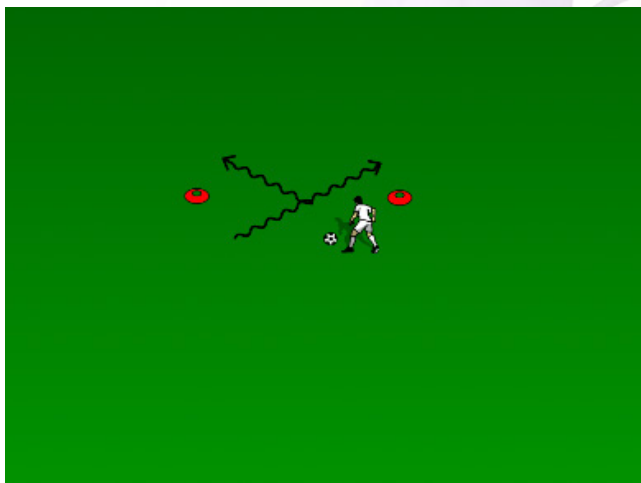
WORK / RECOVERY:

45 seconds of work, 30 seconds of rest. 5 sets.

CHALLENGE:

How many times can you get through?





ORGANIZATION:

Set cones 2 yards apart. If you don't have poles/cones use water bottles, sneakers, etc.

ACTIVITY:

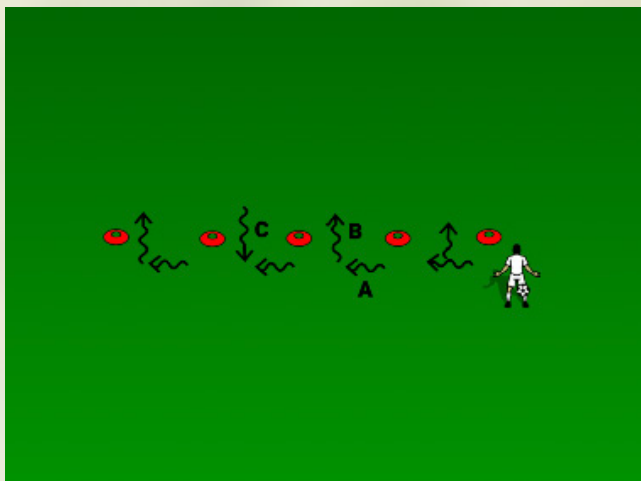
- > Figure 8 through the cones using only your right foot
- > Repeat using only your left foot

WORK / RECOVERY:

45 seconds of work, 30 seconds of rest. 5 sets.

CHALLENGE:

How many times can you get through?



ORGANIZATION:

Set cones 1 yard apart. If you don't have poles/cones use water bottles, sneakers, etc.

ACTIVITY:

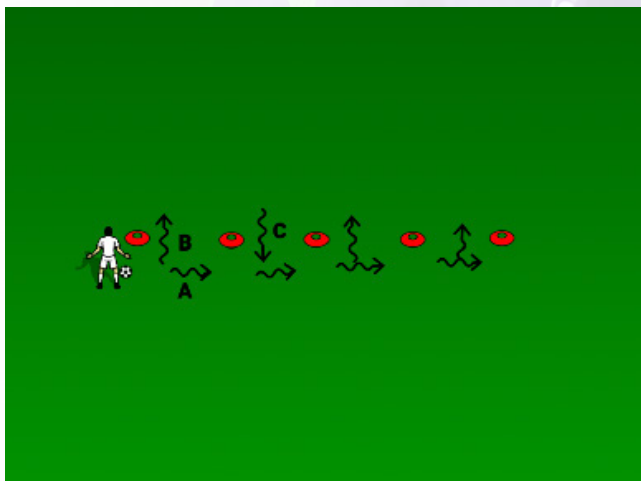
- > Pass with right foot across body
- > Push it forward through the cones with your laces (right foot)
- > Drag it back with the sole of your right foot

WORK / RECOVERY:

45 seconds of work, 30 seconds of rest. 5 sets.

CHALLENGE:

How many times can you get through?



ORGANIZATION:

Set cones 1 yard apart. If you don't have poles/cones use water bottles, sneakers, etc.

ACTIVITY:

- > Pass with left foot across body
- > Push it forward through the cones with your laces (left foot)
- > Drag it back with the sole of your left foot

WORK / RECOVERY:

45 seconds of work, 30 seconds of rest. 5 sets.

CHALLENGE:

How many times can you get through?

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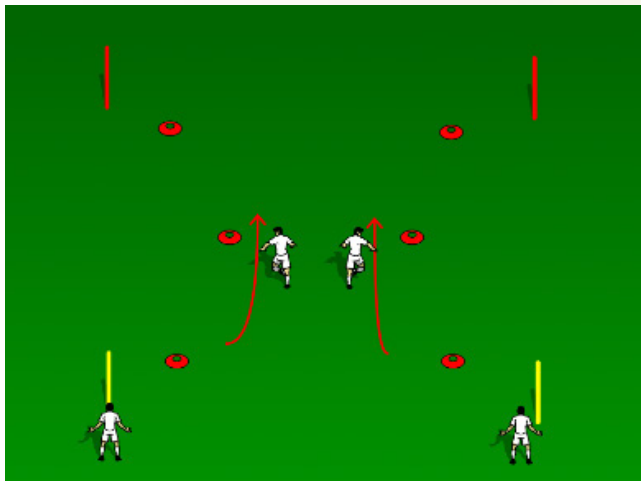
PART 2

PHYSIOLOGICAL EXERCISES

“It’s a 90 minute game for sure. In fact, I used to train for a 190 minute game so that when the whistle blew at the end of the match I could have played another 90 minutes.”

- Bill Shankly





ORGANIZATION:

Place poles 20 yards apart. Place cones between the poles at 5, 10, and 15 yards from yellow pole. If you don't have poles/cones use water bottles, sneakers, etc.

ACTIVITY:

- > Curved run
- > Do both left and right side

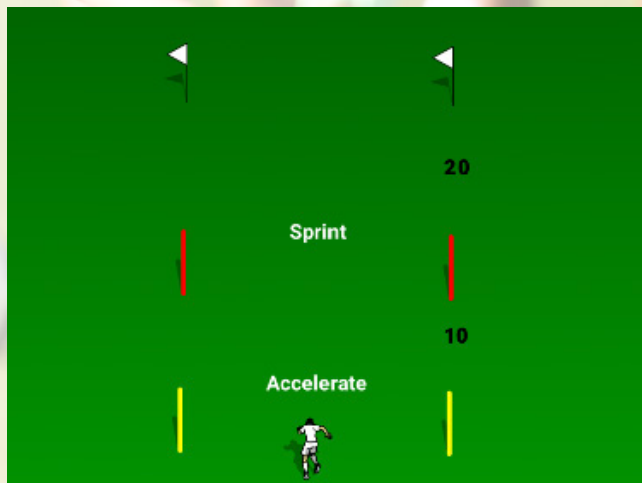
WORK / RECOVERY:

1 minute of rest. 5 sets.

CHALLENGE:

Can you complete 5 sets with only 30 seconds of rest in between?

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ORGANIZATION:

Place poles 10 and 20 yards apart. If you don't have poles/cones use water bottles, sneakers, etc.

ACTIVITY:

- > 20-yard sprint with acceleration
- > First 10 yards accelerate, then sprint the last 20 yards as fast as possible

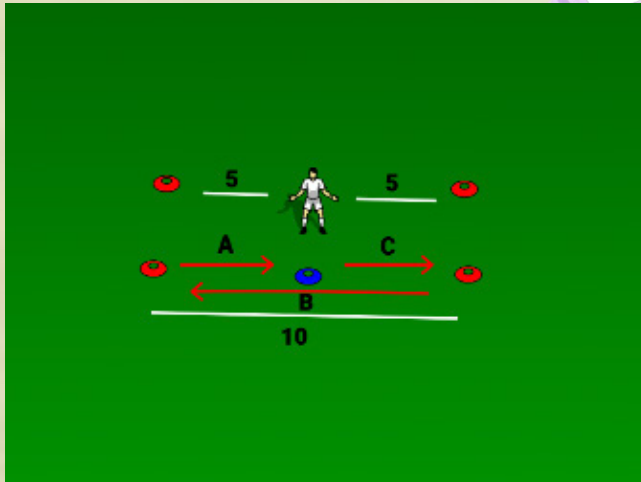
WORK / RECOVERY:

Repeat 5 times per side, always walk back and rest for 1 minute each time.

CHALLENGE:

Can you complete 5 sets with only 30 seconds of rest in between?





ORGANIZATION:

Place cones 5 and 10 yards apart. If you don't have poles/cones use water bottles, sneakers, etc.

ACTIVITY:

- > Player starts in the middle
- > Run right 5 yards, turn and run back through 10 yards, turn one more time and run 5 yards back through the start

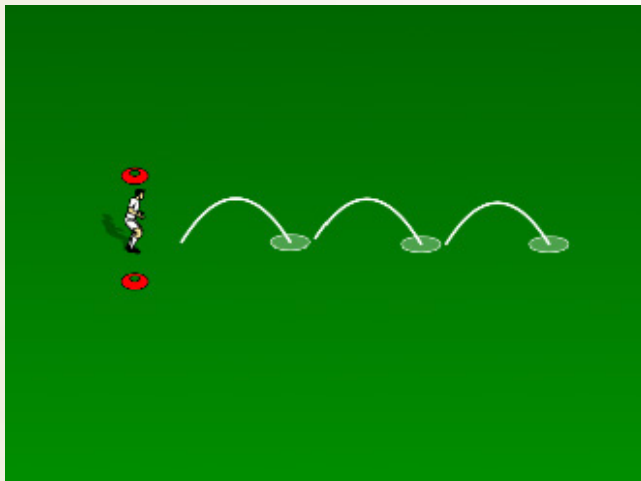
WORK / RECOVERY:

Rest 1 minute in between, repeat 5 times.

CHALLENGE:

How fast can you complete a set?

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ORGANIZATION:

Place cones at start. If you don't have poles/cones use water bottles, sneakers, etc.

ACTIVITY:

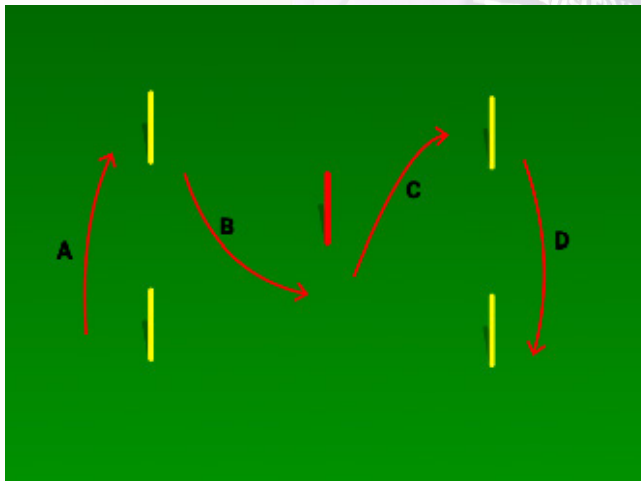
- > Using one foot only, take off and land on one foot
- > Jump 3 times, sticking the landing each time

WORK / RECOVERY:

30 seconds of rest in between, repeat 5 times.

CHALLENGE:

Which foot can you jump further on?



ORGANIZATION:

Place yellow poles 10 yards apart and the red in the middle. If you don't have poles/cones use water bottles, sneakers, etc.

ACTIVITY:

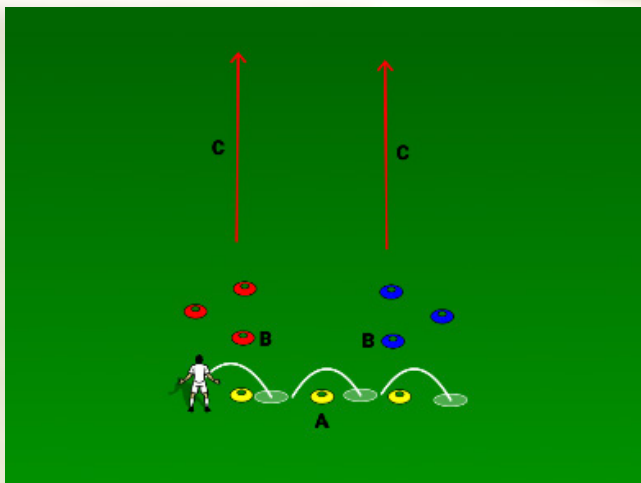
- > M Run
- > Mix up how you travel e.g. Forward, sideways, backpedal, carioca
- > Small steps are important at every turn

WORK / RECOVERY:

Rest 1 minute between runs. 5 sets.

CHALLENGE:

How fast can you get through?



ORGANIZATION:

Place all cones 1 yard apart. If you don't have poles/cones use water bottles, sneakers, etc.

ACTIVITY:

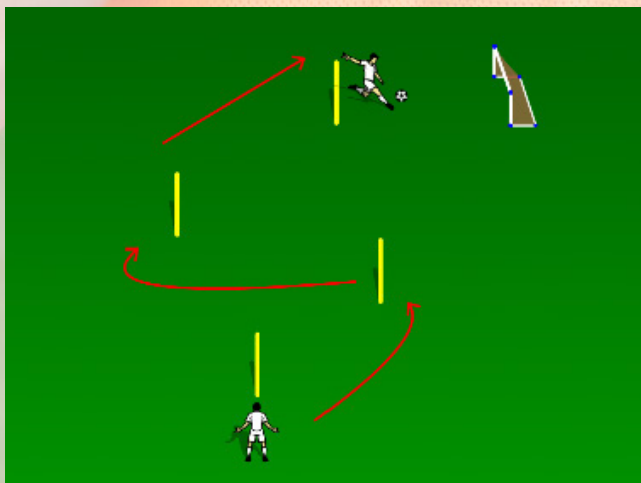
- > Lateral plus bounds – Move laterally through the first set of cones
- > Transition into forward bounds and then into a sprint for 5 yards
- > Alternate sides

WORK / RECOVERY:

Rest 30 seconds between runs. 5 sets.

CHALLENGE:

Can you complete without any rest time between sets?



ORGANIZATION:

Place yellow poles 5 yards apart at a diagonal. If you don't have poles/cones use water bottles, sneakers, etc.

ACTIVITY:

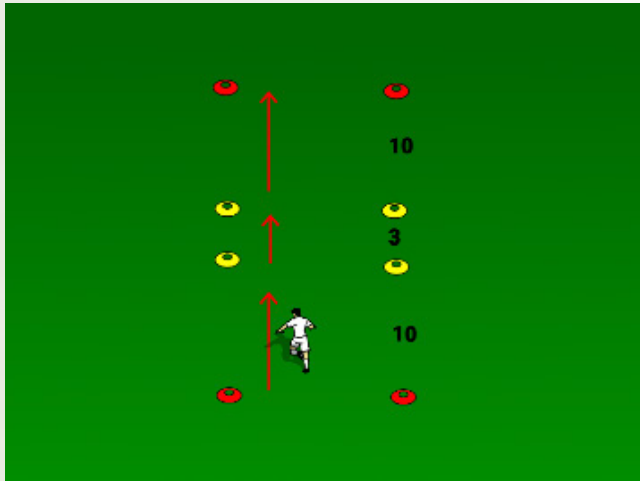
- > S Runs with and without the ball
- > On ball sets, shoot when you get through the last cone

WORK / RECOVERY:

Rest 30 seconds between runs. 5 sets.

CHALLENGE:

How fast can you get through?



ORGANIZATION:

Place first 2 cones 10 yard apart, the two yellow cones 3 yards apart, and the last yellow and red cone 10 yards apart. If you don't have poles/cones use water bottles, sneakers, etc.

ACTIVITY:

> Sprint the first 10 yards, then put the brakes on in the 3 yard zone, sprinting the remaining 10 yards

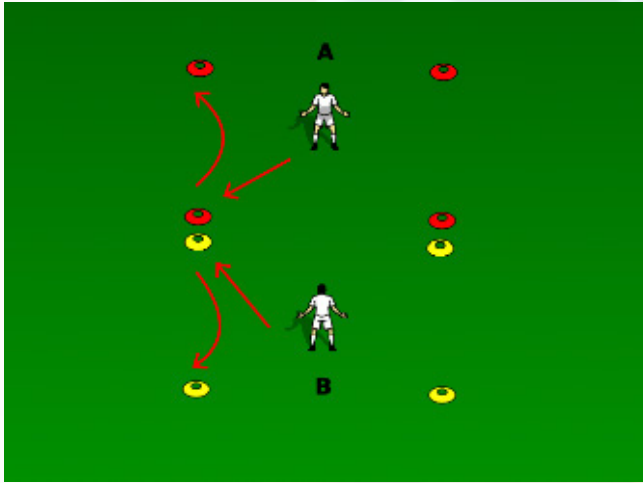
WORK / RECOVERY:

Rest 1 minute between runs. 5 sets.

CHALLENGE:

Can you complete 5 sets with only 30 seconds of rest in between?





ORGANIZATION:

Place cones 5 yards apart. If you don't have poles/cones use water bottles, sneakers, etc.

ACTIVITY:

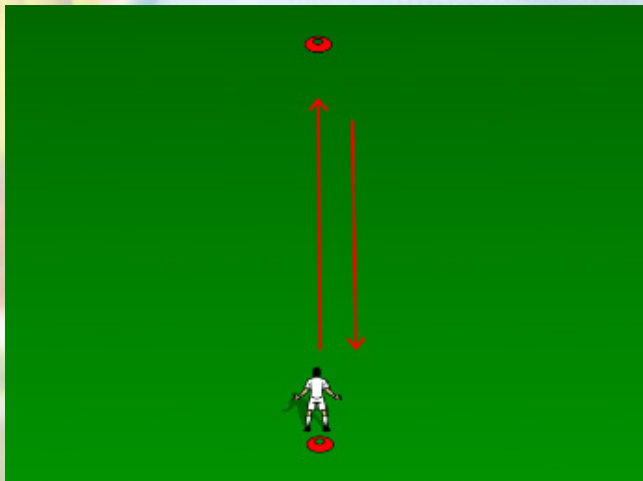
- > Move around the cones as quickly as possible
- > Move around your four cones however you choose

WORK / RECOVERY:

Work for 1 minute. Rest 30 seconds between runs. 5 sets.

CHALLENGE:

How fast can you get through?



ORGANIZATION:

Place cones 10 yards apart. If you don't have poles/cones use water bottles, sneakers, etc.

ACTIVITY:

> Jog > Hamstring sweep > Toe walk > Open, close gate > Knee pull > Quad pull > Lateral lunge > Hopping > Sprints

WORK / RECOVERY:

5 sets.

CHALLENGE:

No rest time.





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