

CCU Coaches' Clinic  
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Milburn Park

CATZ Sports Performance Training Seminar

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**Topic 1-Agility**

Soccer is an acyclical sport. It is not continuous. The athletes who play it are constantly stopping and starting, changing directions with the play of the ball and their opponents. Therefore, we must train similarly. Here are two types of agility drills that we incorporate with performance training.

1. **Predictive-** With this type, the athlete knows where they are going from one point to another. We usually use cones to determine points of starting and stopping. The easiest way for a beginning soccer coach to train this way is by outlining letters of the alphabet with their cones. Good examples are M, B, or F. All athletes will start at the base of the drill (X) and progress through the drill one by one.



Once the first athlete has arrived at the first cone, the next one can begin. Use different movement patterns like forward running, backpedalling, side shuffles, and carioca to change the routine. Emphasize that the athletes cut hard off their outside foot and move **DIRECTLY** to the next cone.

2. **Reactive-** With this type of movement, athletes are not aware of what movements they will be making from one moment to the next. This is a higher level of training as it requires more coordination, balance, and a quicker thought process. Examples we used during the clinic were Magic Cone and Mirror Drills. With Magic Cone, line your athletes up side by side each other. Using either a cone or a ball as your point of focus, instruct them to run forward, backward, jump, get down on the ground, spin, etc. as quickly as they can. Each set should only last about 12-15 seconds as this exercise is quite intense. With Mirror Drill, have the athletes face each other in partners. One is assigned as a leader and one a follower. Separate them by about 5 yards. The leader is allowed to do any of the

previous movements and the follower must keep track of their movements and perform them as quickly as possible. This is more game-specific as athletes must react to their opponents constantly. For a lower-level athlete, restrict the movements to 2 or 3 choices. Add more on for higher levels.

## **Topic 2-Strength**

Strength is the foundation for all movements in sports. Without total body strength, athletes are not capable of running fast, jumping high, throwing far, etc. In order to perform an explosive movement as most sports require, an athlete must be able to recruit large groups of muscle fibers.

### **Example 1-Butt Roll Chaos**

During the clinic, I discussed the exercise call Butt Roll Chaos. This exercise is a fun, engaging way that you can work on developing strength for your athletes without having any equipment. Have your athletes partner up and face each other in push-up position. For a 2 minute period, you can call out various exercises that can all start and finish in that position. Examples include: right and left hand slaps, pushups, mountain climbers, rolling right and left, get up and squat or jump, spin around and do setups. This series will help strengthen your players' upper and lower body, as well as their core and midsection.

## **Topic 3-Stability/Balance**

A stable and balanced athlete is an athlete that can perform all tasks in a more efficient and effective manner. Single leg balance exercises play a large role in athletic development and they have more than one purpose. Initially, they help an athlete develop a stable lower body and core so that they can produce more efficient movement (passing, shooting a ball). But, even more important, single leg exercises aid in developing proprioception. Proprioception is the body's awareness in space in relationship to things around it. Athletes with good proprioception are less likely to suffer non-contact injuries that are prevalent in soccer (rolled ankles, tweaked knees).

**Example 1-Single Leg Partner Low Five**-Have your athletes partner up and face each other on 1 leg. They will reach forward, bending from the hip and the knee, and "low-five" each other. They must then return to their starting position to demonstrate control of the exercise.

**Example 2- SL Eyes Closed**-Gather your athletes together and ask them to stand on one foot with their eyes closed. This exercise is fine-tuning small stabilizer muscles in the ankles, knees, and hips as well as teaching the body how to recover from dangerous positions. To make it more difficult, have them rub their stomachs or pat their heads.

For any questions about the above exercise or additional information, please feel free to contact me by phone or email.