



Value of Small Group Training and Skills Training



1. Increased focus on the technical part of the game essential to player development.
2. Increased number of touches improving technical skills leading to ball mastery.
3. Increased player confidence.
4. Smaller coach to player ration allowing greater focus on individual player improvement.
5. Increased aerobic and anaerobic fitness.
6. Overall physical and mental health.

Technical Skills Include:

- Dribbling (Speed dribble, balance, change of directions, turns and working on both feet)
- Passing (Technique, weight of the pass, types of passing-instep, driven, bending balls)
- Receiving (1st touch, ball control, off the run, directional)
- Ball control (Juggling, controlling balls out of the air etc.)

These technical skills allow us to create a great training environment that is competitive, challenging, fun, and important to a player's success.

Here is a great article on the importance of skill development to a player's success in soccer:
<https://www.sciencedaily.com/releases/2017/11/171129104222.htm>

Researchers found it was the player's skill – not speed, strength, or fitness – that was the most important factor.

*“Higher skill allows players to have a greater impact on the gam.
“Accurate passing and greater ball control are more important for success than high speed, strength, and fitness. Our research shows that skill is fundamental to player success in soccer.”*

~ Professor Robbie Wilson, QU School of Biology Sciences