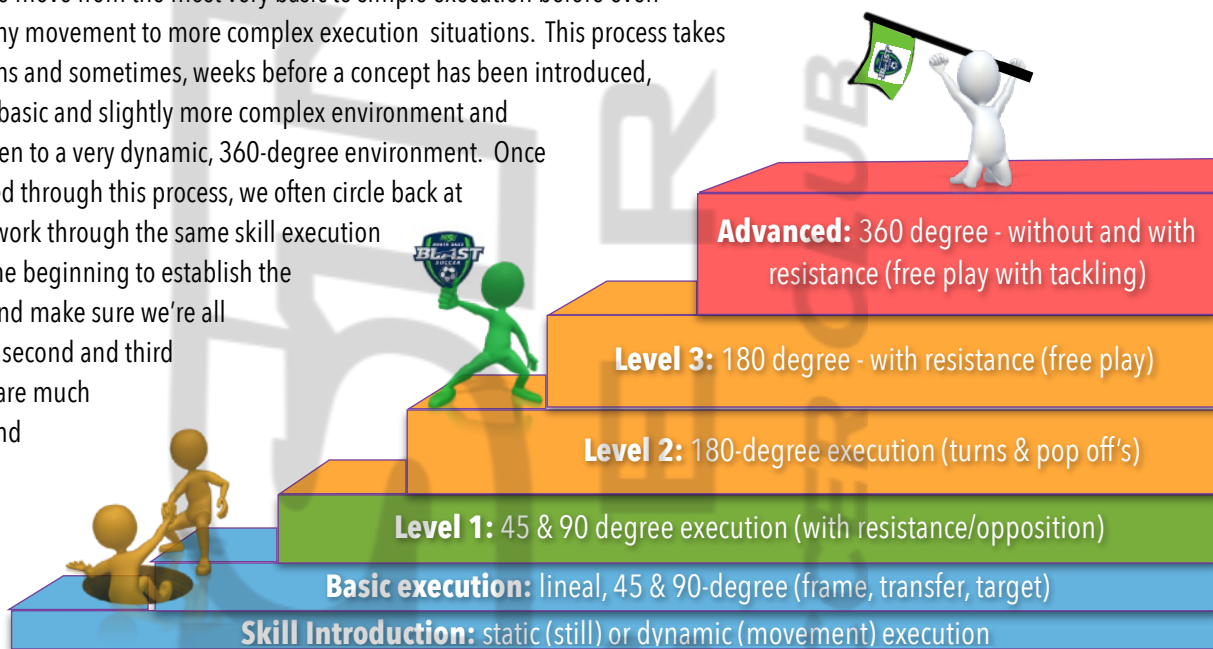


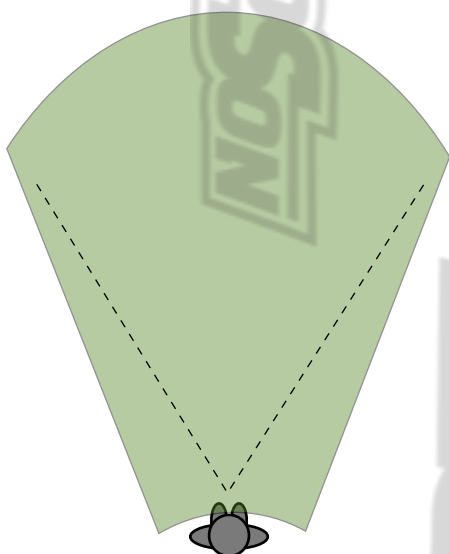
Blast Training SESSION Progression:

As we work to introduce a new skill and then, being to train it in various levels of execution in a session we move from the most very basic to simple execution before even considering any movement to more complex execution situations. This process takes several sessions and sometimes, weeks before a concept has been introduced, executed in a basic and slightly more complex environment and eventually taken to a very dynamic, 360-degree environment. Once we have moved through this process, we often circle back at least twice to work through the same skill execution almost from the beginning to establish the basics again and make sure we're all grasping. The second and third time through are much faster paced and done in a shorter timeline.



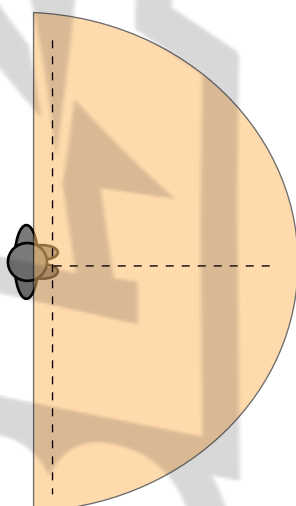
1. Lineal 2. 180-Degrees 3. 360-Degrees

Build each technical skill from "simple" to "complex" not moving too quickly or too many players get left behind.



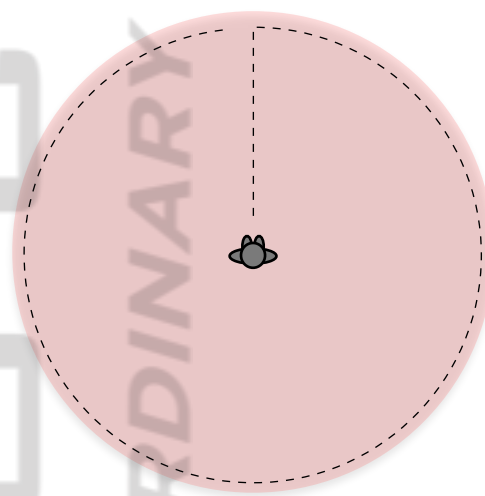
Lineal Development:

(Highest Technical Application)
Ideal for repetitive skill development to develop consistent passing and receiving techniques, inside and outside foot play, dribbling and footskill techniques. Eliminating peripheral distractions increase focus on technical delivery. Can increase pressure through time, execute rate and opposition if desired.



180-Degree Development:

As a technical skillset develops, we move players into a 180-degree environment forcing them to physical shift to execute, and to adjust to receive properly. Introduces "options" so players develop decision making "trees". Can increase pressure through time, execute rate and opposition if desired.



360-Degree Development:

As technical advances and as they are more comfortable with executing under moderate pressure (time, space, distance; not necessarily physical pressure) advancing to play in a 360-degree environment further increases decision making and challenges cleanliness of passing and receiving.



Blast Training Block Progressions

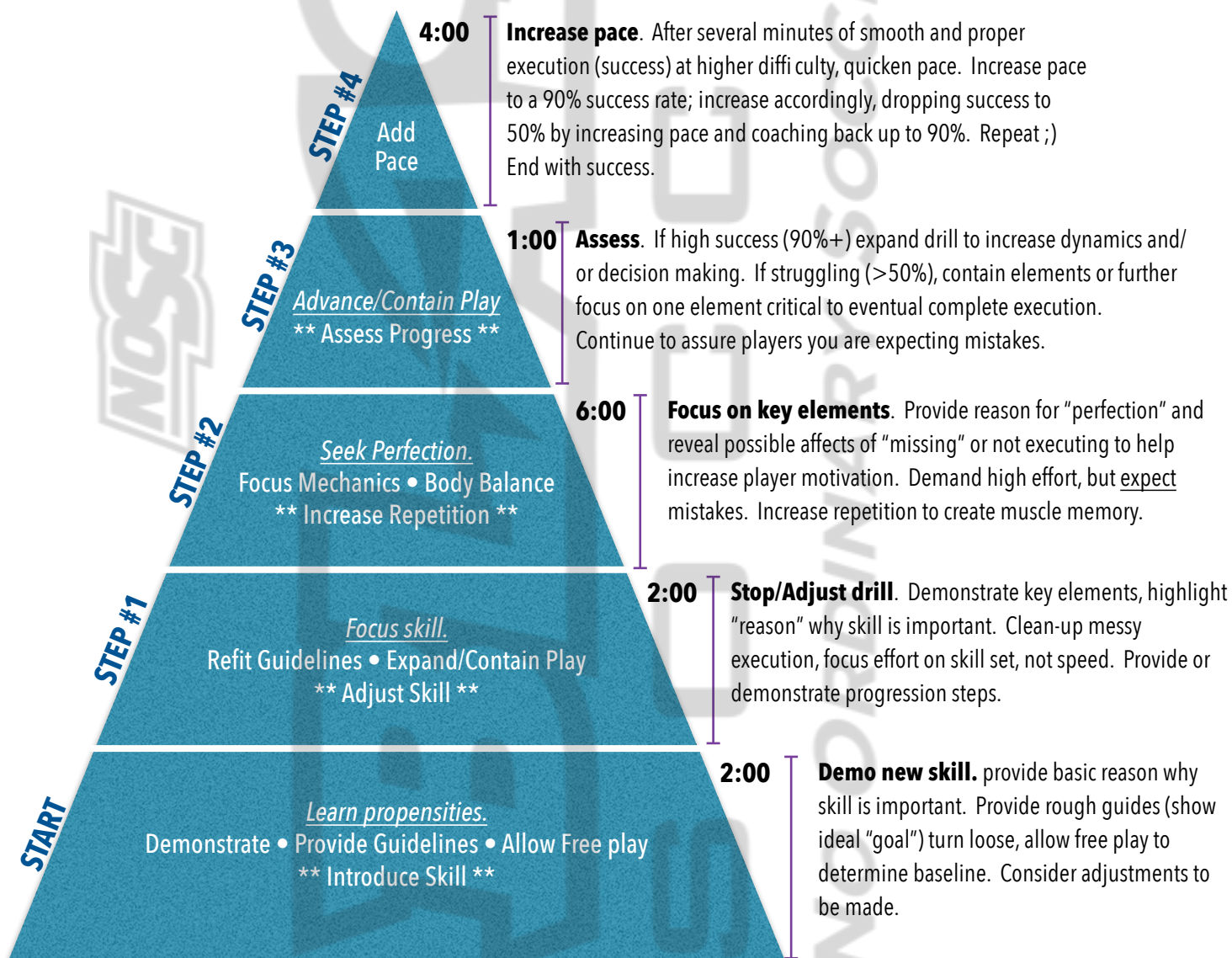
Blast Training BLOCK Progression:

Most typical training blocks run 15-20 minutes and follow a "build-up" cadence.

When using failure-based Progressions, we must allow enough time for players to go through a complete cycle of:

- (1) Initial Success;
- (2) Failure;
- (3) Re-engagement;
- (4) Success.

It might require adjusting complexity to assure we're ending with success. That might mean redefining success as an increase in pace if/or when execution is lacking; or vice-versa. In failure-based progression, the objective is as much about overcoming failure as it is meeting a skill objective.



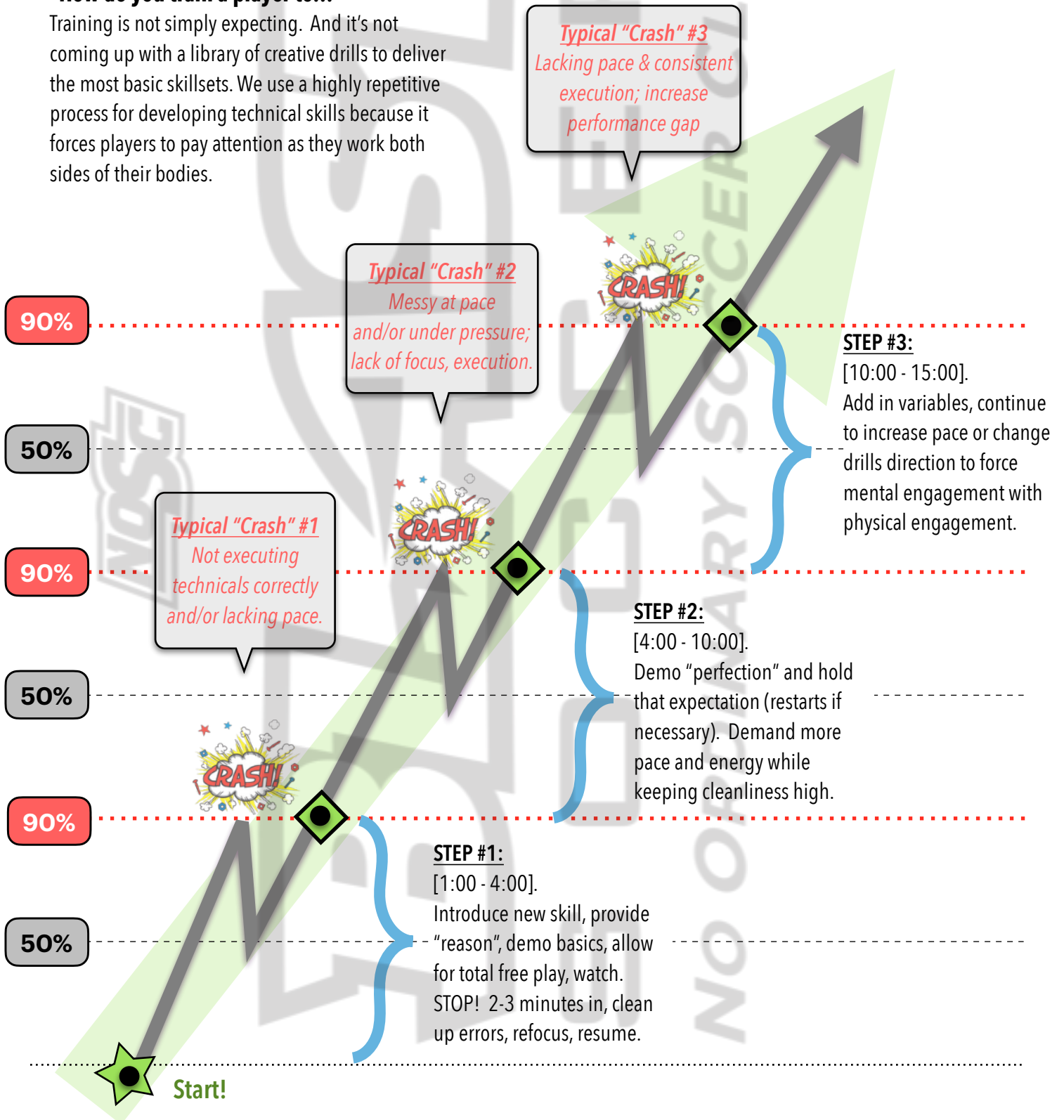


Blast development is a "failure-based" training methodology. We bring execution proficiency to 90% of step expectation. Increase pace/complexity/consistency until only 50% are having success (AKA: "crash") Through repetition, instruct and guide to build success back to 90%. Repeat with new variables.

Blast Development Model

"How do you train a player to..."

Training is not simply expecting. And it's not coming up with a library of creative drills to deliver the most basic skillsets. We use a highly repetitive process for developing technical skills because it forces players to pay attention as they work both sides of their bodies.





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Blast Development Model

How do you train a player to:

180° Cut with the OUTSIDE of foot?

This skill, when executed properly, keeps the ball the farthest away from the defender and reduces time needed to release a pass.

