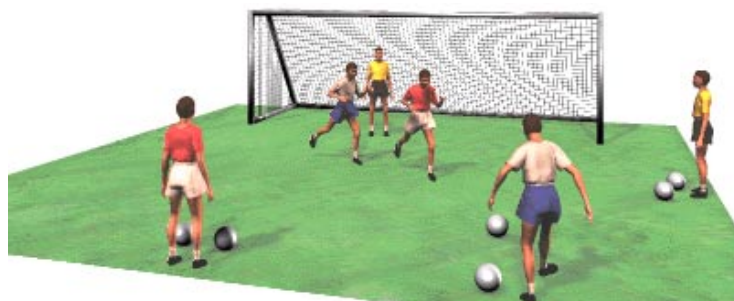




& SoccerROM

The Soccer Coach's Online Reference

This year, coaches who are registered with Tennessee Soccer can receive a **FREE full-year subscription** to SoccerROM! Since 1998, SoccerROM has served coaches from 97 countries around the world, ranging from first-time coaches of youth teams to some of the most successful and best-known coaches at the highest levels of the game.



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"I have done nothing if not struggle in my efforts to put together sensible and logical practice sessions. Now for the first time I am able to appreciate the order with which a session can be arranged and how it can be made to flow from one segment to another."

--FG (Chatsworth, Georgia)

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The Soccer Coach's Online Reference

Ball Control Basics
Micro/Beginning

Practice Plan

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Exercise Search Screen

You can search for exercises in the SoccerROM Database using several different options...

- Enter a **Search Phrase** to find exact matches in the database, OR
- Enter a three-digit **Exercise Number** to find a specific activity, OR
- Select an **Ability Level** AND at least one **Coaching Topic** to browse a comprehensive list of related exercises

Search Phrase	<input type="text"/>
Exercise Number	<input type="text"/>
Ability Level	<input type="radio"/> Micro <input type="radio"/> Beginning <input checked="" type="radio"/> Intermediate <input type="radio"/> Advanced
Field Player Topics	<input type="checkbox"/> Chipping/Crossing <input checked="" type="checkbox"/> Finishing <input type="checkbox"/> Passing <input type="checkbox"/> Stretching <input type="checkbox"/> Defending <input type="checkbox"/> Fitness (FP) <input type="checkbox"/> Receiving <input checked="" type="checkbox"/> Volleys <input type="checkbox"/> Dribbling <input type="checkbox"/> Heading <input type="checkbox"/> Restarts
Goalkeeping Topics	<input type="checkbox"/> Catching <input type="checkbox"/> Diving <input type="checkbox"/> Footwork <input type="checkbox"/> Punching/Tipping <input type="checkbox"/> Distribution <input type="checkbox"/> Fitness (GK) <input type="checkbox"/> High Balls <input type="checkbox"/> 1v1
<input type="button" value="Search"/>	

After you have entered your search criteria, press the "Search" button to submit your query. If you want to narrow your results list further, you can make your search more restrictive by specifying multiple search options from the list above.

Notes: Have all players perform this exercise at the same time to maximize touches. Challenge players

the ball on the first touch, and discourages them from "just kicking" the ball to reinforce the following points:

to you.
n't roll past you (even if the ball takes a bad bounce over your foot).
p it to keep it close.
in the air on your first touch.

ball under close control while dribbling.
lly, the coach (moving around inside the grid)
d immediately stop the ball with the sole of
ould continue dribbling around the grid.
e.



sition) and stop the ball with their head.
lose and under control throughout this warm-up

oping your players to improve their first-touch

ball. He should strike the ball with varying
ol. Ensure that he uses both feet and strikes the
uring him to side-step to get to balls and



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today!**

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- Your account will be activated within 12 hours!