



# Premier Futboltech Development Academy

## Premier Soccer School Program

Premier Futboltech Development Academy has designed this program for the athlete who is 100% dedicated to their overall soccer development. We understand that when looking to compete at the most elite level you must first prepare yourself through intense elite training both mentally and physiologically.

*“Failing to Prepare, is Preparing to Fail”*

This premier soccer school is a five days a week – two trainings a day. This training consists of a two part day: Technical/Fitness sessions completed in the morning – With specialized tactical training sessions, Classroom sessions, Game analysis, and Mental training sessions completed in the evening.

**How and Why** would this program be the more effective than the traditional 2-3 times a week training sessions in a club setting?

Let's put this as simple as possible. Everybody has at some stage or another been to school. Everyone has studied math. Nearly everyone can add, subtract, multiply and divide because they were educated on it and they understand it. Why hasn't everybody become successful mathematicians? Because they were not willing to put in the work to understand the in-depth mathematics as they did not educate themselves enough on the topic to make it a profession.

Soccer is the same. In the club setting they are taught different technical and tactical skills, but 2-3 times a week for an hour and a half each. Rightfully so, in this hour and a half everything needs to be divided in order to cover all the material needed in a training session. In the first day of our program the morning session will carry more quality (focused – specific) and quantity (repetition based) technical training than a whole “club training” week regime. This is just the first day – meaning in a 5 day week you will have experienced the same amount of technical training as you would in a month's worth of club training. These statistics are doubled in terms of material and development when you consider the second training consisting of specialized training on both physical and mental aspects of the game.



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## Frequently Asked Questions on this Program

**1. My kid is tired and sore after regular club training. Do you not think this program could cause overuse injuries?**

A) If not designed properly, yes, this could result in a terrible outcome for your child. However, PFDA has designed proper mesocycles in order to ensure the safety of your child. Your child is also tired after club training because he has not trained his energy systems properly. Soccer is the most aerobic-anaerobic out there. Meaning soccer players often cover longer distances over a period of time, but also experience frequent sprinting-fast paced movement along the way. By not training your body properly for this type of exercise, it can often cause fatigue.

**2. What is the difference between technical and tactical training?**

A) Technical Training: Technical/Technique training is the specific skill in which you are performing. For example: Someone can deadlift in a gym with improper form (wrong technique) and never see proper results or worst case scenario be injured. Had they been taught properly they would see better results and not have back issues. Technical skills are broken into 3 stages: Mental stage (this is where your brain is seeing and creating connections with past knowledge of the skill), Practice stage (once you have left the mental stage you will focus less on the sequence of movements but more refining small details such as timing and overall coordination), and finally the Automatic stage (as you continue practicing the skill “repetition” the movements and everything are more automatic. By reaching the automatic stage you are capable to implement the skill with much less thought and even start to be creative in implementing the skill in your own way.

B) Tactical Training: Tactical training we will refer to as “game sense”. This means we are going to break the game down into three parts: Tactical knowledge (the rules, strategic plans in game, how to play in different physical playing environments, understanding own strengths and weaknesses, and different tactical options in different situations), Reading the situation (training to keep concentration for longer periods of time in order to effectively predict future moves before they happen. A perfect example would be a baseball player hitting a ball, by the sound of the ball hitting the bat the opposition can have an idea of the balls speed and direction before it happens), and finally Decision making (with the reading of the situation now understood your athletes are now capable of making the correct tactical decision in that specific moment. For example: your child is dribbling towards goal



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and he is fouled, but does not fall to ground. By nearly falling the goalie takes this opportunity to approach the ball (in this moment the athlete must decide to shoot or pass) an athlete who has not effectively read the decision will more than likely shoot at an unlikely angle and not score a goal, but if all tactical components are applied he read that his teammate made a supporting run and was able to tap the ball across goal for an easy tap in)

**Bonus Features:** PFDA will go above and beyond your expectations as we will help keep track of statistical progress such as: Monthly fitness testing – Monthly Technical testing – Monthly Heart Rate Testing – and even a Nutritional Guide to ensure the athlete is receiving the best results!

**For any questions you may have feel free to contact Colton at  
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