

Bonus Package Notes

Hey There!

Just to be clear, I do make a small commission when you purchase the SoccerU program through the SoccerUFreebie.com link. I am not an employee or otherwise affiliated with SoccerU, though. So please understand that everything offered in this package is of my own creation.

I purchased this program about 1 year ago and have absolutely loved it. I have coached my oldest son in recreational soccer for years and finally decided to make the jump to state competitive soccer last year. While researching on how to get the team started, I stumbled upon the SoccerU.com website and their product. It looked interesting and like it could help me. A year later I can say that it is been massively important in the success of our team and my ability to coach the great boys we have assembled. We have had two very successful seasons ... being promoted once and taking third (just outside of promotion to the highest league) the second season. And this from a bunch of boys that jumped into competitive soccer having never before played at that level. Every single one of the boys played recreational soccer only for the few years before we assembled this team. I truly do credit this program for a large portion of our success.

In this package you will find summaries of the training videos, the "1000 touch" warm up guide sheet, the touch station banner package, touch station field layout page and more. Honestly, I created these products for myself with my own team. I simply prettied them up to offer them as a bonus package to others looking for help with their coaching.

I hope you enjoy my small addition to this great program and see a ton of success using the methods and skills laid out by Coach "V" and his athletes. I just hope you don't coach against me this next season☺!

It's important to explain a couple of the PDFs you'll find in this package.

One is the "Touch Station Banners.pdf" file. This is meant to be printed out and placed at the corresponding touch station in the "1000 Touch Warm Up". Coach "V" recommends writing the station on the cone, but I have found it easier to print out these banners, laminate them and weight them (for windy days) with a simple bolt washer taped to the back. They not only help me layout the field much more quickly, they also give the player a better memory of the skill being done at that station.

The other is the "Training Session Worksheet.pdf" file. This is a simple training session sheet modeled after one provided by the United States Soccer Federation. I modified it slightly for my own purposes and use it before every session to "get my head right" about what we are going to work on and how we are going to do it.

All of the other files should be self explanatory, I hope.

I sincerely wish you the best of luck in your coaching!

Coach Tom ... SoccerUFreebie.com