

SAV Training Set Instructions

(Please reference the Demo video below for an example of how to construct your sets. The structure of the sets in the demo video are slightly different than the structure you will do, but it will provide for you a sense of how to perform the sets. Please email: STAbustersdopd@gmail.com with questions.)

Video Demo https://www.youtube.com/watch?v=HWin0J3pScQ&fbclid=IwAR2Zx7lbPdXPYyoOZ4JQrvrp_GfPHxkU7ISxdITEAJGF9Hsw0S9XyUKSNH44

Instructions:

1. Film intro to activity using Script
2. Film four one minute sets going one direction
3. Switch directions and repeat four one minute sets the opposite direction
4. Alternate for two sets

TOTAL TIME: 10 Minutes

- SET ONE: 70-75% speed (Control)
- SET TWO: 70-75% speed (Control) plus keep your head up and ball in peripheral (Awareness)
- SET THREE: 90-95% speed (Pace)
- SET FOUR: 90-95% speed (Pace) plus keep your head up (Awareness)

Switch directions and repeat sets other side

- SET FIVE: 70-75% speed (Control)
- SET SIX: 70-75% speed (Control) plus keep your head up and ball in peripheral (Awareness)
- SET SEVEN: 90-95% speed (Pace)
- SET EIGHT: 90-95% speed (Pace) plus keep your head up (Awareness)

*Alternate ** (Alternating means you are going back doing the set one way for a repetition, then the other way for a repetition. So back and forth consecutively between directions. When Alternating, you may need to use the sole of your foot to stop the ball before switching to the other side if there is no fluid way to transition between the two directions.)*

- SET NINE: 70-75% speed (Control)
- SET TEN: 70-75% speed (Control) plus keep your head up and ball in peripheral (Awareness)

SCRIPT:

“Hello this is (or “my name is”) [Insert name] welcome back to St. Anthony Village Soccer's Online Training Program! I am going to be training this set with you today. Remember, don't worry about mistakes just do your best. The more you do it, the better you will get so practice as much as you can. Let's get started!

SET List: Horizontal Match Realistic Coordinate Based Movement [Horizontal MRCBM]

Beginner Sets:

1. Outside right, Inside right, Outside left, Inside left. **OPPOSITE DIRECTION:** Outside left, Inside left, Outside right, Inside right.
2. Inside right, Outside right, Chop right, Outside left. **OPPOSITE DIRECTION:** Inside left, Outside left, Chop left, Outside right.
3. Outside right, Rollover right, Inside left, Outside left. **OPPOSITE DIRECTION:** Outside left, Rollover left, Inside right, Outside right.
4. Double scissors, [Start with right] Outside right, Sole right, Stepper left and escape. **OPPOSITE DIRECTION:** Double scissors, [Start with left] Outside left, Sole left, Stepper right and escape.
5. Beckenbauer Right, Conti left, Scissors right and escape, Conti left. **OPPOSITE DIRECTION:** Beckenbauer left, Conti right, Scissors left and escape, Conti right.

Intermediate Sets:

1. Outside right, Inside right, Outside left, Inside left, Conti right, Beckenbauer left, Sole right. **OPPOSITE DIRECTION:** Outside left, Inside left, Outside right, Inside right, Conti left, Beckenbauer right, Sole left.
2. Inside right, Outside right, Chop right, Outside left, Scissors right and escape, Platini/Conti left. **OPPOSITE DIRECTION:** Inside left, Outside left, Chop left, Outside right, Scissors left and escape, Platini/Conti right.
3. Outside right, Rollover right, Inside left, Outside left, Rollover left, Chop right, Outside left. **OPPOSITE DIRECTION:** Outside left, Rollover left, Inside right, Outside right, Rollover right, Chop left, Outside right.
4. Double scissors, [Start with right] Outside right, Sole right, Stepper left and escape, Croqueta left, Inside right, Outside right. **OPPOSITE DIRECTION:** Double scissors, [Start with left] Outside left, Sole left, Stepper right and escape, Croqueta right, Inside left, Outside left.
5. Beckenbauer Right, Conti left, Scissors right and escape, Conti left, Chop right, Beckenbauer left, Inside right. **OPPOSITE DIRECTION:** Beckenbauer left, Conti right, Scissors left and escape, Conti right, Chop left, Beckenbauer right, Inside left.

Advanced Sets:

1. Inside right, Outside right, Inside right, Outside left, Inside left, Roll right, Inside left, Outside right, V turn left, Beckenbauer Left. **OPPOSITE DIRECTION:** Inside left, Outside left, Inside left, Outside right, Inside right, Roll left, Inside right, Outside left, V turn right, Beckenbauer Right
2. Inside right, Inside left, Roll right, Inside left, Chop right, Chop left, Conti right, Scissors left,

Scissors right and escape, Double Drag Back left. **OPPOSITE DIRECTION:** Inside left, Inside right, Roll left, Inside right, Chop left, Chop right, Conti left, Scissors right, Scissors left and escape, Double Drag Back right.

3. Stepmover right and escape, Beckenbauer right, Outside left, Platini/Conti left, Croqueta right, Inside left, Outside left, Roll left, Inside right, Sole stop left. **OPPOSITE DIRECTION:** Stepmover left and escape, Beckenbauer left, Outside right, Platini/Conti right, Croqueta left, Inside right, Outside right, Roll right, Inside left, Sole stop right.
4. Inside right, Inside left, Outside right, Chop right, Inside left, Outside right, Beckenbauer right, Elastico left, Outside right, Beckenbauer right. **OPPOSITE DIRECTION:** Inside left, Inside right, Outside left, Chop left, Inside right, Outside left, Beckenbauer left, Elastico right, Outside left, Beckenbauer left.
5. Reverse elastico right, Conti right, Beckenbauer left, Scissors right and escape with croqueta, Croqueta left, Outside right, V-Turn left, V-Turn right, Stepmover left and escape, Platini left. **OPPOSITE DIRECTION:** Reverse elastico left, Conti left, Beckenbauer right, Scissors left, and escape with Croqueta, Croqueta right, Outside left, V-Turn right, V-Turn left, Stepmover right and escape, Platini right.