

## Soccer Tip of the Week!



## "Subway" Soccer Tip Of The Week

### HEY PLAYERS! DO YOU HAVE A PLAN FOR THE 2014 SUMMER SEASON?

Winding down at the end of your summer season should mean preparing for the next with a different twist!

Typically coaches will develop a coaching plan for the season. At best a coach can only monitor players at practices and games with regard to ensuring players follow the plan they have set.

A plan may consist of short-term weekly goals aimed at working at technique or it may involve long-term goals when preparing for a competition or tournament. A

coach's plan can also revolve around developing sound nutritional habits, that include hydration and proper food consumption for the best energy sources during game days.

When a coach and player say good bye for the season, until next year **what plans can YOU THE PLAYER put in place to continue what you and your coach have already achieved?**

The best players in their sport assume responsibility of maintaining their levels of ability through fitness, good habits and development. When a coach must continually remind a player of what they need to do to reach their goals, it becomes more difficult for a coach and players to work as a team.

**TAKE RESPONSIBILITY FOR YOUR PERSONAL DEVELOPMENT. No matter how young – YOU CAN MAKE A DIFFERENCE for yourself and your team!**

**Now is the perfect time to do this.** Take the first steps to designing your own off-season plan. Help your coach by better preparing yourself for NEXT summer.

- **LOOK AT Development Programs offered by your soccer club.** This is the ideal time to rest your body from your playing season- recouping from injuries with a view to SWITCH your focus to developing and fine tuning soccer specific skills.
- Make time to watch professional games on TV. Get to know your sport in a way like never before.
- Find out what nutritional habits are the best for athletes to achieve maximum power and energy on the field!
- Pick a favourite soccer player and follow them on TV – Do some research on where they came from and how they got to where they are today.
- Create a soccer social group with your friends. Get together weekly to enjoy games on TV – compare notes.

**My plan for off season to prepare for next summer is:**

- Enrol in a development program for the winter with MY SOCCER CLUB!
- Juggle with a ball 15 minutes a day
- Watch more professional games on TV EVERY week!

## WHAT'S YOUR PLAN?