

PLAYER PLUS COACHING PRESENTS



THE FREE ONLINE SKILLS HOME-STUDY PROGRAMME & AWARD SYSTEM



24 SKILLS • 4 STAGES • AWARD SYSTEM

FOR ALL 24 FREE SKILLS TUTORIALS AND MORE VISIT;

[WWW.PLAYERPLUSCOACHING.COM](http://WWW.PLAYERPLUSCOACHING.COM)

# The Skills Spectrum

## Home-Study Programme

Welcome to the **Player Plus** SKILLS SPECTRUM, an online home-study programme designed to help young players master **24** tricks and develop an extensive skills inventory.

In the same way that colours make up the rainbow's spectrum, a large variety of tricks and turns make up the SKILLS SPECTRUM! The programme consists of **4** stages, **24** skills and an **award system** whereby the player, their parents and their coaches can accurately evaluate their progress.

At **Player Plus** we believe that young players must **master the ball** from an early age with **both feet**; therefore this package offers the resources required to develop and perfect a large number of useable tricks and turns. Research suggests that in order to reach elite levels of performance young players must complete **10,000 hours** of deliberate practice over a 10-year time span. With most grassroots clubs only reaching 50-100 hours per year this demonstrates the importance of **practice from home**. This online skills home-study programme is designed to probe the competitiveness of a child and encourage them to want to improve via practice from home.

The **Player Plus** SKILLS SPECTRUM is an effective tool, which will vastly improve young players **ball mastery**, **dribbling** and **turning** techniques on **both feet**. Whether you are a player, parent or coach we at **Player Plus** hope you find the home-study programme a valuable resource.

Can you complete the **Player Plus** SKILLS SPECTRUM? Let us know how you got on and how you used the programme via email: [feedback@playerpluscoaching.com](mailto:feedback@playerpluscoaching.com)

Good luck!

Mark Muddyman  
Player Plus Coaching

# 24 Skills, 4 Progressive Stages...

## STAGE 1

Inside Hook  
Outside Hook  
Matthews Dribble  
Cryuff Turn  
Stop Turn  
Drag-Back

## STAGE 2

Step Over  
Scissors  
Inside Hook Twist  
Outside Hook Twist  
The "L"  
V-Shape Turn

## STAGE 3

Ronaldo Chop  
360° Maradona Turn  
Figure of 8  
Double Touch  
The High Wave  
Zidane Fake & Drag

## STAGE 4

Ribery Spin  
The Elastic  
The "L" Fake  
Hocus Pocus  
Reverse Cryuff Turn  
Rollover

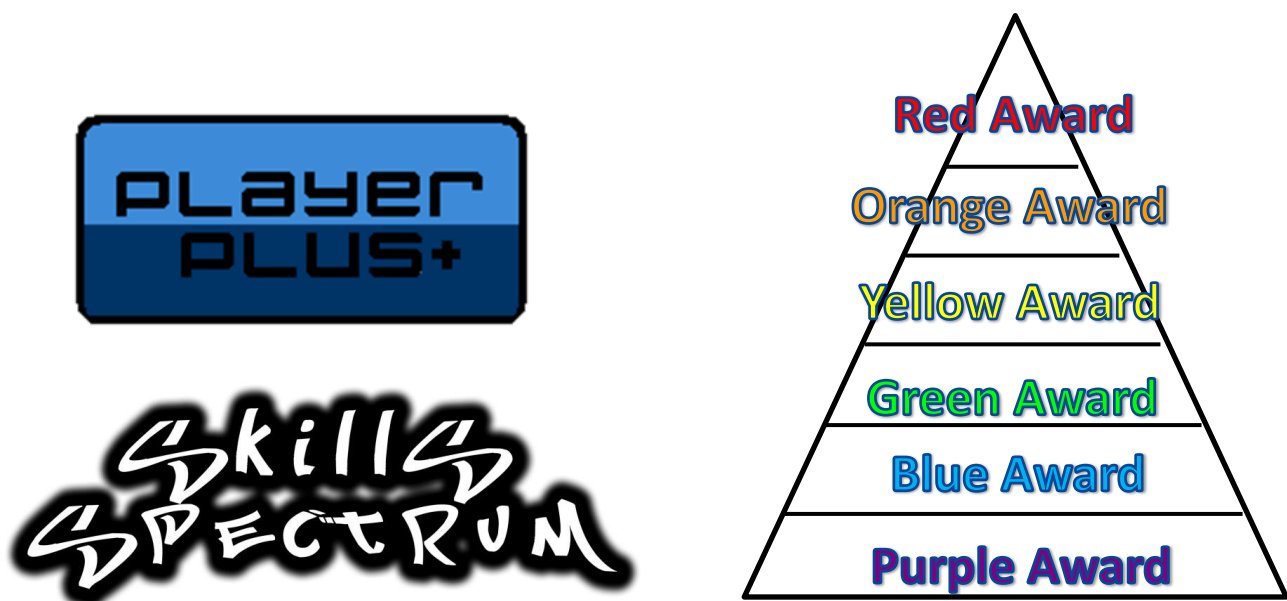


# Award System

The SKILLS SPECTRUM programme includes an **award system**, which allows players to self-evaluate their performance, parents to gauge a child's progress and coaches to monitor technical development and reward players accordingly. Certificates are included as part of the programme, however they must be implemented and verified by coaches and/or parents.

In order to earn certificates and progress through the SKILLS SPECTRUM, players must complete **all** skills at each stage at each particular level (for example, to achieve a red award for Stage 1 a child must reach red award level for **all** tricks within Stage 1).

As a player improves their skills they should progress through the **4** stages and try the harder tricks. An ambitious footballer who wishes to reach his/her full potential should aim to achieve RED AWARD at all **4** stages! Progress can be tracked using this award system and players can tick off each colour award for every trick as they add to their skills inventory!



# Award System – Grading Criteria

RED AWARD	Opposed (both feet)	Able to perform the skill on both feet under competitive pressure in free match play. The trick is performed very quickly with high levels of disguise and post-trick acceleration. Body is used effectively to protect the ball and tactical understanding is advanced (i.e. entrance and exit points of the trick understood on both feet, appreciates distances from opponents when executing the skill.)
ORANGE AWARD	Opposed with strongest foot, semi-opposed with weaker foot	Able to perform the trick at yellow award level on strongest foot and green award level on weaker foot. Shows tactical understanding of when to use the trick and uses body well to protect the ball and keep it safe-side.
YELLOW AWARD	Opposed	Able to perform the skill while under competitive pressure in free match play on strongest foot. The trick is performed quickly with disguise, use of body to protect the ball and post-trick acceleration. Understands the entrance and exit points of the turn as well as the distance required from the defender.
GREEN AWARD	Semi-Opposed	Able to perform the trick while under passive pressure. Can perform the trick at medium pace with little disguise & post trick acceleration, however shows little understanding of when to use the trick (e.g. appreciation of distance from opponents when performing the skill).
BLUE AWARD	Unopposed	Able to perform the skill while dribbling when unopposed. Understands the trick and can perform it fluently with post-trick acceleration, but little disguise.
PURPLE AWARD	Isolation	Able to perform the trick while stationery. Shows a basic understanding of the skill (step by step) and is able to perform the trick slowly. Shows no disguise, post-trick acceleration or ball protection.

# Track Your Progress...

Stage 1	PURPLE	BLUE	GREEN	YELLOW	ORANGE	RED
Inside Hook						
Outside Hook						
Matthews Dribble						
Cryuff Turn						
Stop Turn						
Drag Back						
Stage 2	PURPLE	BLUE	GREEN	YELLOW	ORANGE	RED
Step Over						
Scissors						
Inside Hook-Twist						
Outside Hook-Twist						
The "L"						
V-Shape Turn						
Stage 3	PURPLE	BLUE	GREEN	YELLOW	ORANGE	RED
Ronaldo Chop						
360° Maradona Turn						
Figure of 8						
Double Touch						
The High Wave						
Zidane Fake & Drag						
Stage 4	PURPLE	BLUE	GREEN	YELLOW	ORANGE	RED
Ribery Spin						
The Elastic						
The "L" Fake						
Hocus Pocus						
Reverse Cryuff Turn						
Rollover						

# Remember...

1. If you can beat an opponent or move forwards using **SPEED** then do so - this is the **quickest, most effective way to attack!** If not, this is when disguise and your skills will become useful.
2. You must understand each trick **step by step** as well as the **entrance and exit points** to perform it in an opposed situation effectively.
3. Tricks must be performed at the **correct distance from your opponent**. Too far gives the defender chance to react to your trick and too close makes it easier for the defender to make a challenge. Around two yards away is often an ideal distance.
4. Tricks and turns **must be executed as fast as possible** in order to fool the defender.
5. Use **disguise** – exaggerate movements! Can you make the defender think you are going one-way, and then explode quickly into a different direction?
6. Use your body as a barrier to **protect the ball** by keeping it on your safe-side and remember not to turn into your opponents – hide the ball at all times!
7. Once you've tricked your opposite number and shifted his body weight, **explode** into the space with **speed** to get away!
8. After you've been clever and used your tricks and turns can you have an **end product?** (shot on target, successful pass, effective cross etc.)
9. **Be unpredictable!** Can you dribble past an opponent **both ways** with **either foot?** Remember to master the ball with both feet as the best players can beat an opponent inside the pitch and outside the pitch with an end product off either foot!
10. Don't be afraid to **express yourself** and try your tricks (especially when in the attacking half).

**REMEMBER: the word 'trick' means to 'fool' someone. If your trick doesn't FOOL the defender then it isn't a trick! And if there is no END PRODUCT then it is not effective!**

# The Coaches Guide

Firstly thank you for showing interest in the **Player Plus** SKILLS SPECTRUM home-study programme. We at **Player Plus** hope you are impressed with the resources and wish to implement them with your players on an on-going basis.

This programme was created in order to **increase young players contact time** with a football, **encourage deliberate practice** and probe a child's intrinsic and extrinsic **motivations to practice from home**. We firmly believe the introduction of this free skills home-study programme will help create a **desire to practice** with a football for a number of hours and hugely contribute to creating **outstanding technical individuals**. The purpose of this tool is to **create individuals** with an extensive skills inventory who can then be encouraged and coached to **make effective decisions** – NOT to create circus clowns who perform tricks but lose possession or have no end product.

In order to get the most out of this home-study programme we recommend the following;

- Encourage your players to visit [www.playerpluscoaching.com](http://www.playerpluscoaching.com), download the free PDF file & check out the video resources (or you could print the PDF for each player?)
- Set a skill as 'football homework' each week or fortnight (some skills may only take 1 week to learn, others may take 3 or 4 weeks)
- Begin the next session with a 'football homework check up' and see who has learnt the skill from home
- Plan sessions which allow each player opportunities to perform the skill (unopposed / semi-opposed / opposed)
- Keep an eye out for the skill within the small-sided games and issue players certificates as they progress through each stage
- Encourage players to try and complete the programme – **PRACTICE PRACTICE PRACTICE!**

Please let us know where you and your club are from and how your players have got on via email: [feedback@playerpluscoaching.com](mailto:feedback@playerpluscoaching.com)

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