



Welcome!

It is with great excitement that we welcome you to the Fall 2009 Loudoun Soccer Footskills Academy. We are pleased to announce that we have partnered with Brazilian Touch, one of the most highly regarded Footskills-specialists in the metropolitan area. This season, your child will experience training using one of the most proven methods available, and a coaching style that encourages confidence, ball mastery and creativity on the ball.

What to Expect:

During the 7 session program, players will meet with seven footskills trainers. The trainers will each cover a topic specific to his/her qualifications. Players will be assigned a group (A-G.) They will remain with this group for the entirety of the program. The group will progress, week by week, through the training stations (# 1-7), meeting with one trainer per week. This system has proven extremely successful in high-level training environments such as ODP. Your child will be assigned a location at their first session. This is the location that they should report to each session. The trainers will be the ones rotating.

Topics to be covered this season include:

- Dribbling (changing direction)
- Speed Dribbling
- Dribbling (turning and faking)
- Moves with the Ball- 1 vs. 1
- 1 vs 1 (with pressure coming from-forward, back, sides)
- Dribbling (passing under pressure)
- Creativity with the ball



*Additional topics may be added or expanded on based upon players/groups success with the above curriculum.

Why Foot Skills/Why Brazilian Touch?

According to Virginia State Technical Staff, foot skills and comfort with the ball is the most important aspect when developing a young player. First and last touch is essential to ball mastery. "If the first touch is bad, your second touch is a tackle". Building comfort with the ball allows for the player to create time for him/her self, to make decisions, and therefore alleviates pressure. Loudoun Soccer has been presented the unique opportunity to partner with one of the leading Foot skills specialists in the industry. Partnering our most qualified trainers with the Brazilian Touch Staff allows Loudoun Soccer to expose our players to the best in the business. Trainers will be providing a curriculum that follows the State Technical Directors Guidelines for player development, but more importantly, each trainer has a passion for the subject of footskills. They will be able to demonstrate skills that will inspire the players to practice on their own, loose their inhibitions and fear of mistakes, and allow for their creativity to be exposed. As you can tell, we are extremely excited about this opportunity. Be sure to watch the sessions for some fancy footwork!