

# Rhythm and Music

Training to music is one of my favorite and result producing training methods, and if used correctly will be loved by every player. The first thing to understand is soccer is not just an aerobic sport, then the training must not be aerobic in its nature, many coaches I know use/abuse training to music because they think that it is an aerobics class.

As soccer is a game of absolutely random intervals then training to music should replicate this. I use many differing rhythms, beats per minute, time signatures, and moods in my music to give the players a varied response to the training load, sometimes using a ball, sometimes not, solo, with a partner, against an opponent etc, whilst all of the time working to the designated beat and rhythm.

As each culture has its own rhythmic identity, (the Brazilians, samba, Argentineans, the tango, the Spanish, the fandango, the Portuguese, Fado, and so on, it is vital to work within as many of the varieties as possible to acclimatize your players to whatever and whoever they might come up against in their games.

Once rhythmic work is learned and understood then it is very easy to impose your rhythm on another individual/team and if it is foreign to their experience then they will feel very uncomfortable with what you are doing. The Brazilians are the masters of imposing their rhythms on their opponents, they almost hypnotize the opposition with their slow, slow, quick, explode, slow, change, explode, goal! This is the most advanced form of rhythmic movement/play and is called the broken rhythm concept. Having being fortunate to work with Luis Figo for 2 years, he did this training extensively with me and greatly benefited from and enjoyed it.

The Brazilian people have a wonderful saying that I love and totally understand. "Never trust a person who doesn't like music"

## **Recommended music for training:**

1. BT (Artist) ESCM (Album) Incredible mood and motivational music.
2. BT (Artist) Ima (Album )the same as above.
3. Royksopp (Artist) Melody A.M. (Album) great beats, moods, and variety of rhythms.
4. Moby (Artist)Play (Album)great variety of moods, beats, rhythms and changes.
5. Chicane (Artist)anything by this artist is beautiful, and contains everything you will ever need to dance and prance.
6. Hybrid (Artist)anything by this group is beautiful, and contains everything you will ever need to dance and prance.
7. Silent Poets (Artist)anything by this group is beautiful, and contains everything you will ever need to dance and think and think and think more.
8. Cafe del Mar (Compilation)anything by this artist is beautiful, and contains everything you will ever need to dance and move, there is a series of this artists works 1-7 etc.
9. Nightmares on Wax (Artist anything by this artist is beautiful, and contains everything you will ever need to dance and move, there is a series of this artists work.

All of the above albums are available at Amazon and are easily obtained. If you require a more detailed list of music recommendations then mail me and I will send you one.

Every great player in whatever sport has the ability to dance, Michael Jordan, Wayne Gretzky, Luis Figo, Maradona, Pele, Mia Hann, Venus Williams, Tiger Woods, they all dance within their own needs and requirements, what is sometimes referred to as "The dance within the game".

Their internal rhythms and changes are evident for all to see at the very highest level, join them!