

## Segment Training 2



### Coaching Points:

These type of drills are very productive, challenging and above all fun.

There are “Three Levels of Play” in soccer, (1) On the floor, (2) In the air, and (3) after one bounce of the ball on the floor.

Using the principles of “Segment Training”, this time give numbers to other parts of the body, as well as the previous numbers. Left Foot (4), Right Foot (5).

Using the previous example this time the receiving player has more decisions to make, and to act on that decision rapidly before the ball touches the floor.

For example if the player with the ball says the number 4, the receiving player has to pass the ball back with his left foot to the original player. Without the ball touching the floor.

**Starting phase;** the ball is always at eye level. The receiving player have their hands in various starting positions. They are on their toes in readiness for whatever the call demands.

**Second phase;** as the call is number 4, then the receiving player has to pass the ball back with their left foot, without the ball touching the floor.

Depending on the level of the players even more “segments” can be added, Chest (6), Head (7) etc.

Also to make this exercise even more intense, add combinations of the above “segments”. As the player drops the ball, maybe shouts 4 (Left foot), 6 (Chest) and 7 (Head).

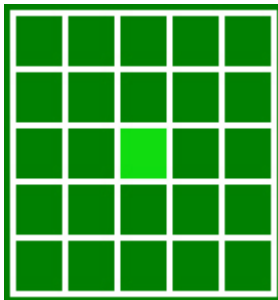
This obviously makes the whole exercise more demanding.

The “Body Segments can be numbered in any way that the coach designates, and can also be done on the “Three Levels of Play”.

1. On the ground.
2. In the air.
3. After one bounce of the ball on the floor

This type of “ speed training” is much more relevant to the game of soccer, even though “pure speed” is fantastic if you have it, do not become brainwashed into thinking that without it you will never play at higher levels.

Speed of thought, speed of adjustment, being a “pro-active”, rather than a “reactive” player, all of these components which through consistent, and ongoing training can be improved dramatically.



### **Organizational Set Up**

Entire Team  
2 players per grid 10 x 10 yards or 9 x 9 metres.  
2 players using 1 ball.  
Supply of Cones