

SCHOOL OF  
SOCCER

BAYONNE, NJ  
FALL 2020

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# WHY SCHOOL OF SOCCER?

- To optimize the “window of opportunity” that exists for skill development at young ages
- To provide professional training for players all ages and levels
- To recreate, as much as possible, the playing environments in which the world’s greatest players first learned and then developed the skill required for top-level performance:
  - Plenty of individual possession, ball control and touches
  - Trying new skills without fear, ridicule, or recrimination
  - Taking players on and challenging defenders
  - Little or no pressure from significant others
  - A Vibrant, creative and fun atmosphere

# FORMAT

- One training session per week following a curriculum
- One session of pure 4v4 games
- Games are “street soccer” format: NO assigned teams, players show up, are placed on a team for the session and play play play play! Coaches focus on the weekly topic

# WHY 4v4?

On Average 4v4 versus 8v8 had:

1. 135% more passes
2. 260% more Scoring Attempts
3. 500% more Goals Scored
4. 225% more 1v1 Encounters
5. 280% more Dribbling Skills (tricks)