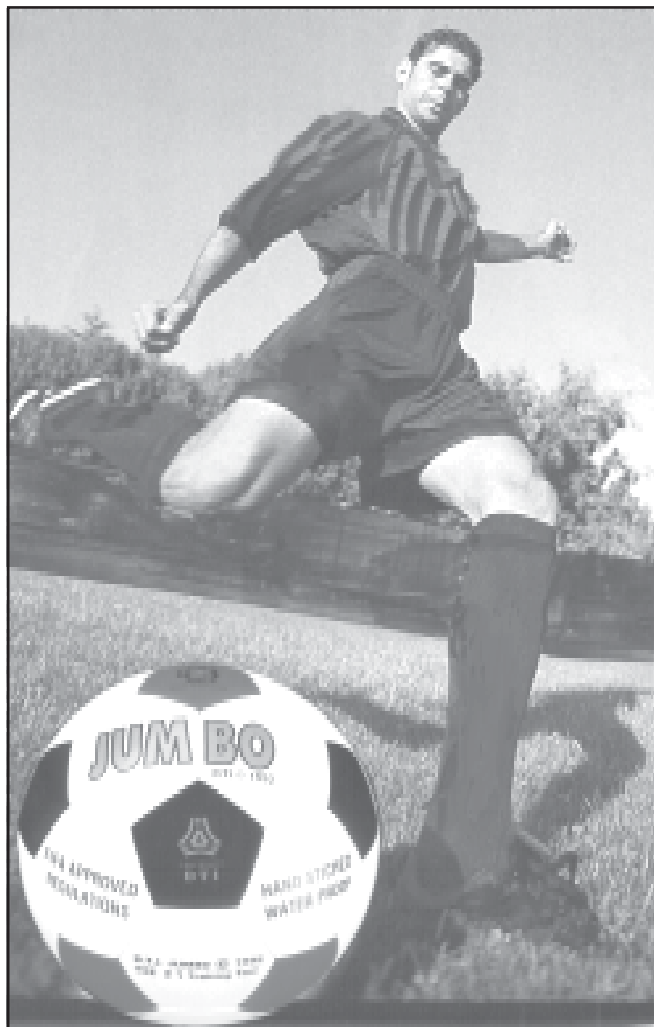


HOW TO WIN YOUR NEXT SOCCER GAME

By Wolfgang D. Sauer - Former 1st Division Coach & Player

Jumbo Power *Results in more scores and wins*



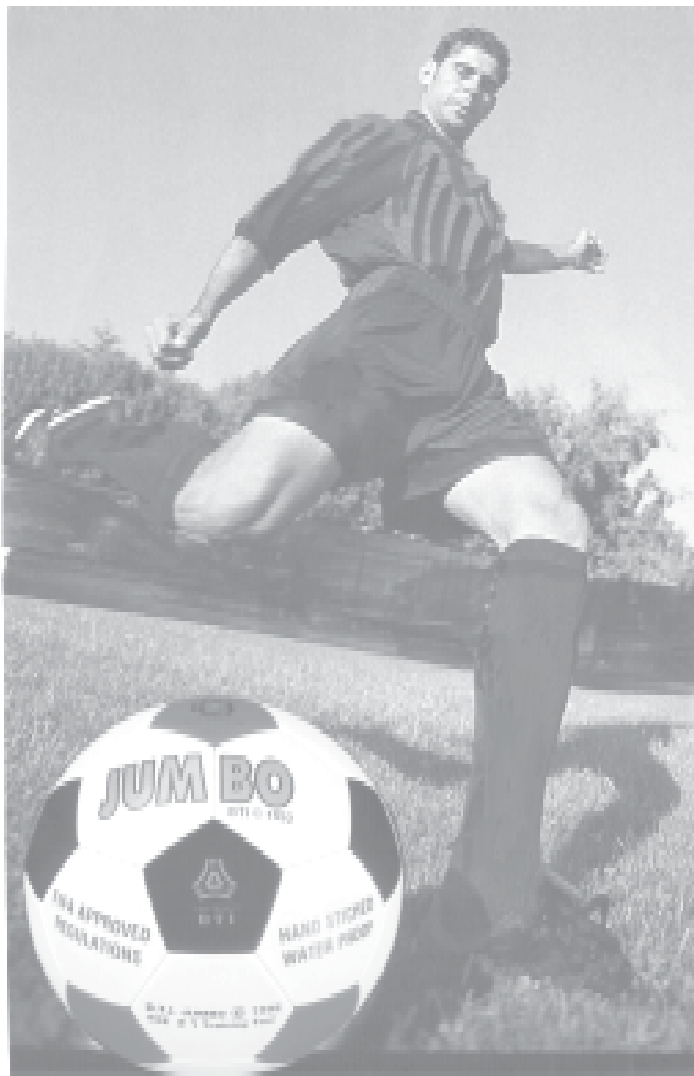
Learn to perfect the basics:

1. How do Long Passes create pressure?
2. How do you shoot low and hard on the Goal?
3. How do you beat opponents to the Ball?
4. How do star players build endurance?

HOW TO WIN SOCCER GAMES

Hot Off The Press
Finally a "Common Sense" Soccer
Coaching Book only \$11.95

HOT Soccer Secrets & STRATEGIES THAT WIN GAMES



*Wolfgang D. Sauer, author of How To Win Your Next Soccer Game is a former 1st Division player and coach. He also Co-authored Coaching Very Young Soccer Players. The #1 book used among AYSO coaches in the '80's.

- Are you frustrated your players can't score?
- Want to see your hard work at practice pay off?
Then this book is a must.

"How to Win your Next Soccer Game" identifies areas that even the best teams often overlook, the basics. Learn the neglected absolutes you need to implement to win. Its strategies have been tested and proven. By systematically following four short simple steps, you can start winning game after game.

Most people watch a soccer game for fun, skill display, tackles, passes, etc. But have you ever wondered what the best do to win games?

WHY DO U.S. WOMEN WIN GAMES?

Did you know that the U.S. National Women's team creates as many as 50 shots on goal, while the U.S. National Men's team only creates an average of 10?

Players want to play and display their skills, style, showing off what they can do, but to actually win games requires more than dancing around the field. It requires shots on goal and long passes!

Decide today! If you want to win games, this book presents the best strategies to increase your shots on goal.

Preface

For over 25 years, **D.T.I.**® Soccer Supply has taught and supported youth soccer players. You can find our products on the Internet at dtisoccer.com. If you have any questions please call us at 1(800) 743-4117 or e-mail us at dtisoccer@dtisoccer.com. We are now introducing our quality uniforms, balls, nets, etc... to *high school coaches* as well. Many have asked me to help them with coaching tips to make a winning team over the years. You twisted my arm. The following pages contain the secrets on:

HOW TO WIN A SOCCER GAME

In a nutshell:

A. Always kick high to forwards and low and hard on goal. (*Forwards head balls to wings or chest trap and kick to teammates*)

B. Beat opponents to the ball.  (*Fight for the ball*)

1. Practice and understand the 7 absolutes (stay with the basics again and again, review this).

- Shoot hard and low on goal the first time whenever possible, as you get near to the 18-yard line. Don't try to dribble ball closer. Avoid at all cost, shooting over the goal. Develop fast play, no dribbling when a shot is possible. OK to dribble sideways but only to cross ball back into forward triangle.
- Beat the opponent aggressively to the ball with quick steps or short tackles.
- Clear out ball from your half into opponents half fast, no hesitation.
- Hold short passing to a minimum, short passing is mostly unproductive in over 65% of short passing you lose the ball to opponents.
- Use wings and halfbacks for crosses to your two center forwards
- Run into open space to anticipate defense or attack, never just stand and watch the game, then run back into your position when open
- Use the **D.T.I.**® Jumbo ball for strength and power and interval training for endurance and strength. Like a boxer works the heavy bag, work out with the big **D.T.I.**® Jumbo Powerball, to improve throw ins and leg strength.

A. Never shoot high on goal (learn low shooting by using the Jumbo Ball)

B. Always do long high passes to forwards (practice with Jumbo Ball)

C. Always aggressively charge in midfield forcing opponents to make bad passes.

D. Check attitude and develop a team spirit (one for all and all for one).

#1 How to Jump Higher

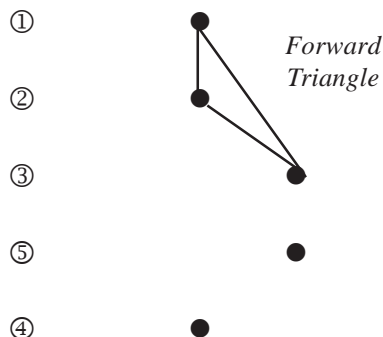
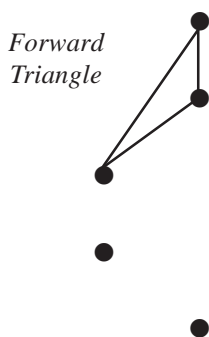


Jumping over the **D.T.I.**® Jumbo is a classic drill used to dramatically increase players leg strength, control, agility and speed.

2. Understand the purpose of a Midfielder, they play behind the two center forwards to distribute balls to the wings so they can center balls back to forwards.

YOU DO NOT NEED A CENTER FORWARD!

- ① 2 center forwards left & right
- ② 2 center halves, left and right
- ③ 2 wings/centers, left & right
- ④ 2 wing full backs
- ⑤ 2 full backs



The two wings③ run circles to outside when you have ball and pick up opponent center halves when opponent has ball. They form a triangle with forwards ① and center halves ②. Instruct your defensive players and goalie to always clear balls hard and high to your forwards ② at least ahead of your wings ③. Over 65% of the time aggressive triangle players will get your long pass. If opponents get these long passes, both your forwards and halfbacks will immediately challenge them aggressively and with support of wings ③ your team gets the ball back.

- 3. Pass balls into forward triangles.
- 4. Cross high into 18 yard line have some triangle players run into penalty area for header or shot. Do not hesitate to shoot first time but always aim low!

Goalies need to be able to get up fast by practicing with Jumbo Ball to roll and jump over it. Fall forward, push over from ground position. To defend incoming crosses, they need timing to come out from goal to intercept passes. Warm up goal keepers with the DTI Jumbo Ball. It gives confidence.

Important, if you can't pass a ball 100% safely to a teammate it is better to pass forward than risk losing it in midfield. Any ball passed forward across midfield line has a 65% or better chance to be rescued by your triangle players, if they charge aggressively. Again, remember if you attack aggressively, there is a 65% - 70% chance that long shots to forwards end up in your team within 2-3 touches.

Passing the ball in midfield for so called build-up, needs to be done in 3-4 passes or you will lose ball as opponent closes in to sandwich you with their forwards and midfielders. If you do more than 4 passes in midfield, 7 out of 10 times, your team loses the ball. Do not make short passes in your, or near your, own penalty area. If pressured, kick the ball out high and hard over side lines if a forward pass is not possible.

USE COMMON SENSE

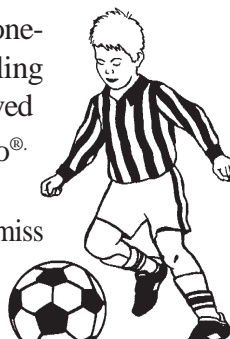
Physical Fitness to play full speed up and down the field requires heavy Interval Training, leg and stamina development to beat opponent's to balls and to keep the pressure on.

Play fast and hard in the first half. By making many long passes and crosses and using your four wings effectively to back up forwards will get you to score. Then you can relax more in the second half kicking balls mostly up front, and clear any ball out of your own half.

#2 Focus on the Field

The effectiveness of one-on-one attack or tackling drills is greatly improved with the **D.T.I. Jumbo®**.


Its size makes it hard to miss curing fears of getting kicked in the shins.



The only good dribble is a short one to get past a player or along the 18 yard line, until you can cross the ball into opponent's penalty area.


DEFLECTED BALLS CREATE GOALS!

To attack without hesitation and with full speed to pressure opponents, chose long passes over short passes any time! Long passes cause pressure on their defense and if your forwards hassle and keep shooting, balls can get deflected to corner kicks or throw-ins. Just keep shooting low and hard on goal or high into opponent's penalty area again and again. This is not the beautiful Brazilian style soccer, but you create chance after chance to score a goal. Short, save passing is OK to rest a while after a goal and great efforts.



LET'S BRING EXCITEMENT TO THE GAME

To win you need enthusiasm, strength, stamina, endurance, skill and ball control and accurate kicking to clear out balls and score, without hesitation or doubts. Even an off target shot can be deflected into the goal or to a corner award or a foul can be committed by defense giving you a free kick. So shoot on goal whenever possible from as far as 25 yards and aim low by getting your stationary foot as near to the ball as possible and do not kick too low under the ball.



THE DTI JUMBO WILL HELP YOU TO THROW REGULAR BALLS TWICE AS FAR

How can you train for strength and endurance? Use the DTI Jumbo Powerball!! To learn to make accurate, long passes and how to shoot low and hard on goal or to clear balls away without fear. Also, practice throw-ins with the DTI Jumbo Powerball, especially your wing-fullbacks ④ need to know how to make longer throw-ins. Never let your center forwards do throw-ins, they need to receive them. Use wing-fullbacks ④.

Long passes create more dangerous situations that will result in corner kicks or penalty kicks, if the long pass was inaccurate it still can be intercepted again by your aggressive midfield, players ② and ③ and pressured by forwards ①, as your players sandwich the opponents, while your fullback wings watch for counterattacking forwards and cover them well, until your team has the ball again.

Long kicks allow your people to run into the ball, especially if placed to wings ③. This creates great possibilities to cross the ball or force a corner kick. This allows your team, especially wing-fullbacks ④, to move up and create offside traps in case of counterattack passes.

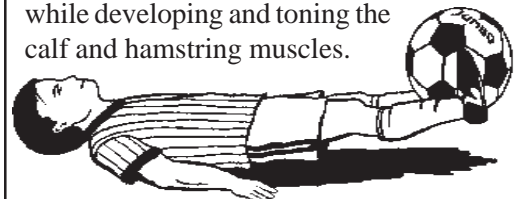
Too many short passes in midfield are a waste of time and energy and lead to ball loss in 65% of attempts. When you are behind in scoring, increase your long passes to forwards every time you have a ball. Get every ball out of your half instantly. Move the wing defenders up more often to increase pressure and watch opponents wings closely to prevent their wing counterattacks. Wing fullbacks ④ need to watch as if to steal bases in baseball, ready to go back with hard sprints, whenever your team loses ball possession.

Do not delay shooting thinking one more better positioning or dribble will improve your chances. Hesitating to shoot causes loss of opportunity. First time shooting low is better than stopping ball to try to get better control. Meanwhile, opponent's defense will make any shooting more difficult. Never hesitate. Shoot hard and low on goal. Any high shot over the goal depresses your whole team until finally, they all are discouraged and give up passing balls to you. Never shoot high on goal!

#3 Double Your Leg Strength

Just 15 minutes a day provides the extra needed strength for competition play.

Leg lifts with the 3 lb. **D.T.I.** Jumbo® increase abdominal and back strength, while developing and toning the calf and hamstring muscles.



WHAT IS REQUIRED TO INCREASE SHOTS ON GOAL?

To increase your percentages of scoring, it takes long passes. You can increase them by developing physical fitness and strength at every practice. Seventy-five percent of a successful soccer team is the ability of its players to kick long passes. The **D.T.I.**® Jumbo Powerball used with interval training will do the job, preparing your team for kicking far and hard and heading skills (*do not use the Jumbo for this*) and especially shooting low at the goal.

Another twenty percent of a successful team is Aggressive charging, defending tackles, and man marking in defense. Practicing with a **D.T.I.**® Jumbo Ball gives confidence and takes away fear of tackling. Working out individually, kicking the heavier **D.T.I.**® Jumbo Powerball against a wall again and again will get you ready for anything, developing stamina and power in both legs.

The remaining 5% is speed, dribbling and tactics and individual skills (running and defending) and minimum knowledge of players to understand their functions (especially for the defenders never to pass ball around in their half and never to their own penalty area). If you want to win, you have no time to play nice passing soccer. Hoping to make this perfect through-pass could take up all 90 minutes. Fifty long passes to your forwards hoping for 10 to 20 shots on the goal, hard and low is a more realistic goal and game plan.

Soccer victory is not ball possessions. It is a game of percentages, if you dribble and pass the ball in midfield you will lose it 65% of the time to an aggressive opponent, the same as your aggressive team will get the ball in midfield if your opponent passes ball to each other in midfield. Too much ball possession was the problem of the USA Team during World Cup '98.

My teacher, Detmar Kramer former coach of Bayern München, said: "To win a game requires to shoot on goal in less than four passes", and first time passing as the Women's USA Team practices so nicely!

What you need to practice most is kicking low at the goal and go farther and farther away from goal. Start at 15 feet to 40 feet distance. For not wasting time to run after balls that miss the goal, buy an inexpensive 1 ½ mm extra goal nets and hang between posts or trees. **D.T.I.**® Soccer offers these goal nets for as low as \$40.00 a pair.

Why ever shoot over the goal? If you do not shoot low at the goal all your other work is a waste. Any attack build up needs to be in just a few long passes and crosses, with the least number of passes and have as its climax a low shot on goal.

IS OVERCOACHING WISE?

Overcoaching. The problem with some coaches is they have a lot of knowledge but little reality, experienced understanding and not much wisdom and most of all, little common sense. You can't intellectualize soccer. This is what wins games: "You don't play soccer, you need to move the ball into scoring position in as few passes as possible!" If your fullbacks do not feed forwards with cannon shots, replace them. Mattheaus of Germany was a hero when he made long passes like Frank de Boer from Holland but when he made short passes, Germany lost! Stay focused on the Two Basics like Vince Lombardi said, "First, this is a football. Second, what are you supposed to do with it?" This advise applies to soccer as well.

YOU SCORE MORE IF FORWARDS SHOOT MORE

On any corner kicks or long pass into penalty area always keep a winger on the far side for the balls that go over the forwards to nobody, if winger is not there. Also this could pull a defender out of penalty area and open possibilities.

#4 Trapping

Help develop timing and coordination as the **D.T.I.** Jumbo® rapidly increases players ability to control the ball. This also applies to chest trapping.



Defenders going backwards, instead of charging quickly, are bringing defense problems closer to their goal. You must attack anyone well before they come near the penalty area. Your wing fullbacks need to cover attacking wings skin-tight, or if opponent comes with halfback winger, cover these tight till your team gets the ball allowing them then to sprint forward again, always with the same focus: try to steal the bases. Bases meaning, be in front when needed for crosses and be in back when needed to defend. Assign man marking duties to ③ and ④.

1998 WORLD CUP OBSERVATIONS

Coach Vogts' bringing in four forwards and then not feeding them, passing balls up front, made famous Matthaeus the fool of World Cup '98, wasting time passing the ball around in midfield just to lose it to dangerous counterattack. When you are 1:0 behind, you need to get balls to your forwards especially if you have capable ones like Germany has.

Constant long passes to wings up front made Croatia and France the team of '98. Suker of Croatia was free on wing most of the time ready for runs and to receive long passes. He even changed his positions regularly to offer himself to receive long passes. The Brazilians were most dangerous when they used long passes to their wings. Brazil finally lost simply because Ronaldo stopped playing, running etc., due to not feeling well. Then Brazil had no one to pass balls to any longer. Players lost their functions in the team and they tried runs on their own, dribbling and losing the ball.

PRACTICE HOW TO WIN GAMES

(Understand Your Functions)

1. Practice long passes between your fullbacks and wings, blasting balls back and forth. Your forwards should practice shots on goal from all angles from the 18 yard line. Shooting low from the 18 yard line with all power is the key for forwards. Kicking hard and far clearing out balls from your own half to center forwards is the key to defense. Have everybody practice with the DTI Jumbo Ball for more strength. To learn confidence use the DTI Jumbo Power Training Ball like a boxer would the heavy bag.
2. To help defend, bring wingers back to act as sweepers when opponent has the ball and have center forwards chase the ball down creating the sandwich pressuring together with midfield players.

FUNCTIONS:

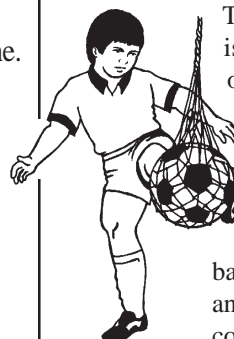
When your team has the ball you have 4 Wings and 2 Center Forward challenging for shots on goal, shooting from 18 yd line latest or pass out to full back wings for crosses.

- Full-back wings help out as Defenders going back and forth aggressively. They need stamina training using the DTI Jumbo Ball to run up and down field with the heavy ball.
- All Wings help out as defenders when opponent gets the ball .
- Midfield defenders ② pick up key opponents, forwards to avoid counterattacks. Then go back forward when your team wins ball back.
- Center Full Backs blast balls to center forwards, always past Center line. Your players need the DTI Jumbo Ball to learn to kick harder.

Never short pass near your own penalty area.

Midfielders always pass to forwards or wings for balls to run down, passing ahead of them high, to give them time to reach ball with their foot when it comes down.

#5 Increase Your Agility



The **D.T.I.** Jumbo® Powerball is the #1 Training Tool used to overcome left-leg clumsiness. It teaches players to keep their eyes off the ball and on the field. Practice Weak Leg Shooting.

Use it like a heavy punching bag for your feet to develop leg and ankle strength, balance, coordination and rhythm.

To defend against corner kicks, two center forwards come back to the goal posts. To form walls for free kicks all six forwards come back.

Observing the many mistakes made during the 1998 World Cup games, it seems to me that famous World Cup Coaches should consider to go back to basics more often, not assuming that young professional players always remember discipline and structure. Remind them, first: no short passing in own half, get balls up front as fast as possible by getting at least one triangle (three players running) up front for quick counterattacks, second: you can't be lazy, standing around waiting to get a ball. You charge or offer yourself for a pass in space.

MAXIMUM DEFENSE STRATEGY

Defense has as main objective to learn the 8-man shutdown defense, kicking balls forward past centerline and run to charge, and to intercept return kicks or passes.

The basic line up of a successful soccer team is a backbone of six players. All others are support players, four wingers to help with crosses and to help in defense!

DEVELOPING YOUR STRATEGY:

- You need two intelligent fullbacks to read the attack and direct the halfback wings and fullback wings to pick up man-to-man defense duty as needed, and to release them for quick counterattacks as they get ready to pass the ball up front.
- You need two inside forwards if you ever want to be sure and keep the opponent at bay, but no center forward.
- You need a pair of very aggressive attacking midfielders who will not let opponents go through the middle.

6 Player Backbone



(2 forwards, supported by wings)



(4 Core defense, supported by 4 wings)



Wing Defense & Offensive Support players



D.T.I. SOCCER®

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Tacoma, WA 98401
1(800) 743-4117



PLAN YOUR STRATEGIES

Magnetic Coaching Board

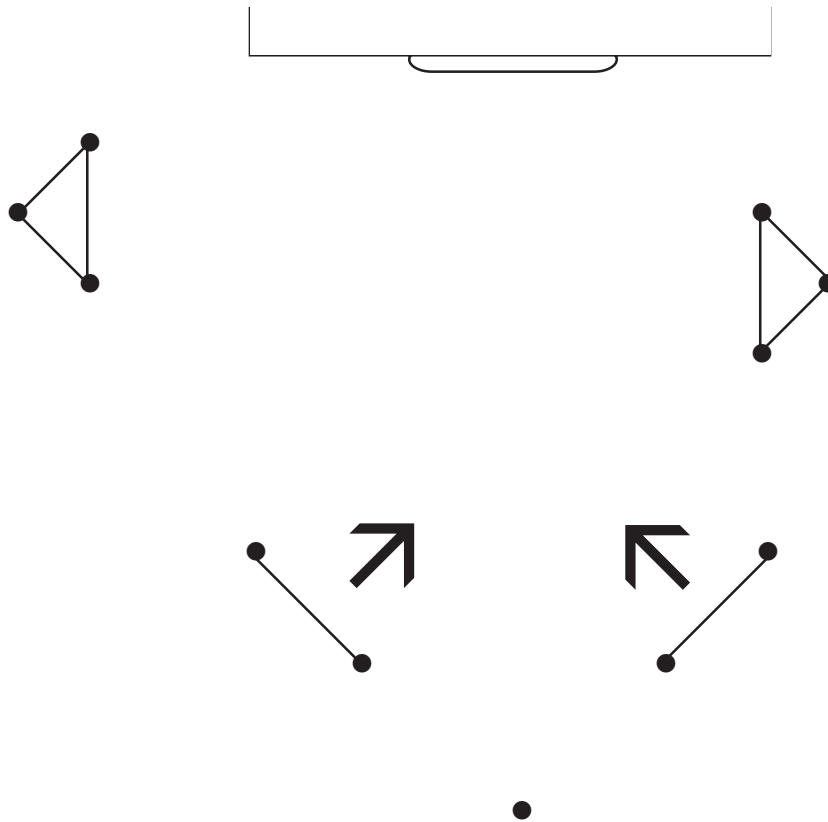
- Dry Erase Board
- Strong aluminum frame
- 27 magnetic pieces



DOUBLE TRIANGLE MAXIMUM ATTACK

Focus on fast breaks of forwards and wings to go forward to form fast shooting triangles to cross balls for headers or to shoot on goal. First one to get to cross 18-yard line will shoot without hesitation but always aim low. What good is a shot over the goal?

One triangle goes farther than the other and they rotate going forward, to receive crosses



(Forwards form a revolving triangle with halfbacks. Fullback-wing becomes attack support.)

SOCCKER IS A GAME OF PERCENTAGES

Why shoot long passes forward? It gives you about a 15% advantage if your forwards and midfield players sandwich the opponents. Over 65% of the time a ball is kicked toward opponents penalty area it ends up in your teams feet. If your players pressure for the ball hard enough this percentage is increased accordingly.

The reason is that your forwards will try to get the ball and if the opponent ends up heading it first, under pressure, a bad pass is made and your

#6 Increase Your Stamina

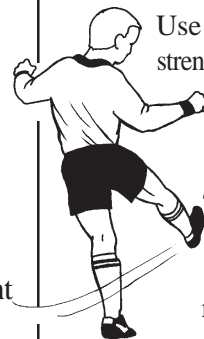
Use both legs to develop superior strength, increase stamina, and agility as

players build confidence

by kicking the

D.T.I. Jumbo® Power-

ball into the wall and then running to kick it again.



players intercept. As your midfield players come from your side to attack and your forwards come from front positions back to pressure for the ball, the opponents get sandwiched and lose the ball in midfield. To attack ball aggressively might require slide tackles. Use the Jumbo to practice slide tackles.

Of 65% of long passes to forwards your team ends up with the ball and creates crosses into penalty areas for shots on goal, or back out to wings for new crosses.

On the other hand building up attacks from within your own half with short passes, wastes precious time and approximately 65% of the time your team falls prey to the hassling opponents who will sandwich pressure your players, leading to poor passes.

The midfield play is only for superstars or losers. Winners go for the long high passes to forwards, passing crosses over the midfield, using wings and forwards to bombard the goal of the opponent, again and again, counting on deflections and defensive errors.

Best attacks are fast counterattacks!! Get balls up front especially via fast wings who then cross balls into on-running teammates. Do it with long passes from defense, past centerline to your forwards or wings.

Biggest errors of forwards. Trying to short-pass the ball and risk losing it or a bad pass instead of shooting on goal first time. Even if you don't have a shot, the ball can still be deflected if you shoot, to give you a corner or you can get ball back bouncing off a defender. In any case, you are again in the 65% advantage to hassle back to steal ball back with aggressive, diligent, authentic efforts.

The name of the game is shoot low & hard on goal, no matter who is in the way. Don't worry about perfect placing, any shot is ok, as long as it is low. Only superstars play soccer, the rest have to shoot hard anytime they get a chance, no more than two touch possession.

USE YOUR WINGS TO MAKE YOUR GAME FLY HIGH

Full back wings who double as forward wings are the playmakers, the engine of your teams who run the most, not the short passing center core players. As soon as there is the slightest chance that your team regains possession they are ready for sprints up front, like in baseball where they try to steal bases. When they are needed as fullbacks to help out hard in defense they need to be also ready instantly for forward sprints to rebuild attack. These wing players support forwards and fullbacks and therefore can't stand around much. As they get tired they might need substitution after halftime.

Shooting low on goal is a must or all the other running supports and good passing and hassle for ball possession and great crosses are all a big waste and discourage all players gradually.

When shooting on goal, never kick under the ball assuming this will assure a harder kick on goal. It always goes over the goal; the closer you are to the goal, the worse if you miss the goal.

If close to goal, kick the ball just under the center with inside of foot for best direction. Even a toe punch is better than kicking hard under the ball.

Corners and crossings toward goal need to come in high for headers, not too close to goal. Corner kicks need to go past goalie for on-running wings. For long, high passes of course kick under the ball and keep your stationary foot behind the ball.

#7 Distance Throws

The **D.T.I.**® Jumbo Powerball makes great warm-up and stretching exercises for the whole team. Use it for aerobics. Order our video.

It builds strength, flexibility, and coordination in the upper body. Its size and extra weight builds up your arms so you can develop longer throws to challenge the defense.



Once a coach has decided on this fast wing attack system, players who disagree because they have learned a different system, need to make sure they will get on line and into full agreement with this safe, aggressive, fast counterattacking long passes-forward system or should decide to play for another team. We need full team unity and team agreement in every step to execute this system, not players like prima donnas, showing off their dribbling talents.

There are many great soccer players, a delight to watch handle the ball, but unless they know how to shoot low on goal and make accurate long passes they will lose. Selfish personalities, poor attitudes, show-off starrng, ego: leave these at home. You need to work as a unit, playing total soccer if you want to beat an All-Star Team.

Tight marking will wear the high and mighty superstar down. Kaiserslautern won the Bundesliga in 1998 with this system and no player stood out as “doing his own thing”. They all played according to the coach’s outline.

LETS REVIEW WHAT YOU'VE LEARNED SO FAR

QUIZ

Q: Why watch offside trap?

A: Running offside wastes a lot of opportunities. At all cost rather run sideways switching sides with other forwards but do not run into space forward to lose a chance by running offside. As crosses are released, et halfbacks run into spaces, especially the wing halfback.

Q: Why pass balls hard and high to wing forwards even if you can't connect with a teammate?

A: If ball is passed forward steep you have your midfield and forwards to sandwich the opponents if they get ball and pressure and tackle. If you play around in midfield you probably will be the loser.

No breaking through from midfield. It yields 90% dispossession unless you are a superstar like Maradona was. Long passes are a 60% chance to get on goal by the third touch. There is nothing better than three passes to goal as a counterattack!

No short passing, to avoid charging interceptors.

HAVE A PLAN

(See Step A & B at Beginning)

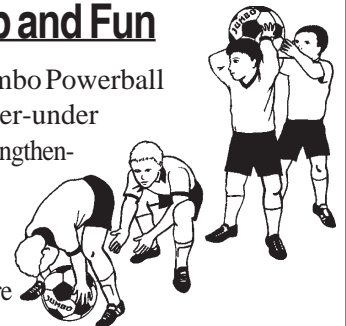
Everything, and especially success boils down to obedience and not procrastinating but knowing what the plan is and work the plan effectively. Take obedience seriously. Work as a unit, like a machine. Like waves in an ocean, keep on building long passes to forwards as attacks. Every player needs to go for it relentlessly, again and again, especially during the first half or when you are behind.

REVIEW

- A. Always kick high to forwards and low and hard on goal.
- B. Beat opponents to the ball.

#8 Warm-up and Fun

The **D.T.I.**® Jumbo Powerball improves the over-under passing drill by strengthening both legs and arms while increasing flexibility. Prepare players for games with this fun speed exercise. Have competitions with the **D.T.I.**® Jumbo Powerball



Absolutes to winning games are: (Have players learn these by heart!)

- 1) Shoot hard and low the first time when you come close to the goal.
- 2) Beat the opponent to the ball with quick steps in midfield.
- 3) Clear out ball into opponents half, aiming for wings sprinting ahead for the passes like wide receivers in football.
- 4) Hold short passing to a minimum in midfield.
- 5) Use wings and halfbacks for crosses.
- 6) Create wing fullback position to run into open space to anticipate needed defense or attack
- 7) Use DTI Jumbo Powerball for strength and power and interval training

Repetition of these absolutes establishes good habits, better performance and desired results. Come to grips with the following: Focus on these efforts (again and again):

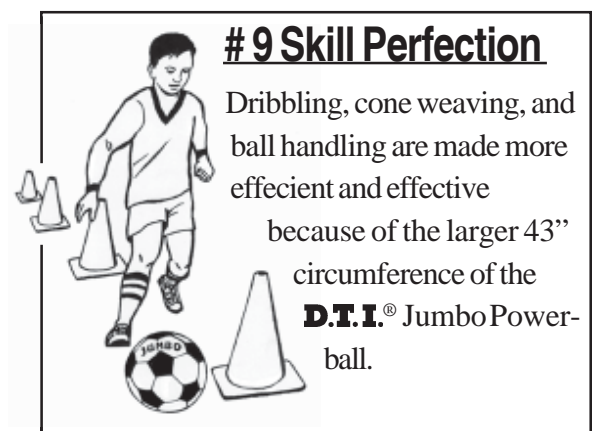
- 1) Never pass ball into your own penalty area.
- 2) Do long deep passes and crosses again and again.
- 3) If ball goes far forward, even if opponent gets it, your side has many options to beat opponent to ball and attack from all sides in opponents half (chances to win ball about 65% to 85%, a much better percentage).
- 4) Aim low shots on goal, foot never under ball on hard shots. Toes down!
- 5) Shoot the first time, when near opponent's penalty area or pass balls to wingers.
- 6) When inside penalty area and you have a chance at a shot, do not hesitate, use inside of foot to avoid kicking over goal and get better direction. Shoot first time!
- 7) Create shots from wings to center in front of goal but, to avoid offside bring passes high and lofted away from goalie's hands.

Q: What about too much short passing?

A: 75% short passing game is no game, just a waste of opportunities. Against the best teams you will mostly lose the ball in midfield if you short pass back and forth. Avoid short passing when in a position to pass long to a wing forward. Small passing attracts defenders and causes loss of ball. Losers like to play the ball around, playing at their own tempo and always lose against aggressive fast players.

Q: What is most important about midfield work?

A: Beating opponents to ball, extra speed and pressuring of opponents for any ball. Play with enthusiasm. Concentrate on low shots, when you get a ball near the 20-25 yard area to shoot on goal.



Again, just to get it in your soul! Every player needs to reflect on this until he understands the importance of every point. Ask yourself why am I repeating myself over and over again?

CHARACTERISTICS OF A STAR SOCCERPLAYER

1. Watch offside traps.
2. Shooting low on goal is a must!!
3. Always aim low.
4. Kick low at goal.
5. Never hesitate to shoot.
6. Long passes create dangerous situations.
7. Practice with the **D.T.I.**® Jumbo Ball, especially throw-ins.
8. Short passing game is no game.
9. Have wing fullbacks come running forward for headers on corners, to surprise defense of your opponents.
10. Goal keepers need to come out to intercept crosses.
11. Remember when you head on goal, always aim down into the goal. Avoid at all costs just to head the ball. Always head down.
12. You gain everything with a long pass even if it results in a throw in or corner kick or foul. Stay Concentrated and Alert. Work yourself into the game to the maximum even if this means a lot of empty runs. All it takes is one pass to you and you can score!

The best argument against short passing in midfield: ask yourself if you have a few more minutes to play and you are 1 : 0 behind, would you play the ball around in your own half or pass ball up front and have your wings, forwards and halfbacks run into the long passes? Play with the same sense of urgency at least the first half of every game and you will be 1 : 0 ahead.

For youth soccer players this is an article from my book, "Coaching Very Young Soccer Players". A lot of these basics need to be revisited by all of us to stay balanced between basics and stardom thinking.

When you read this, highlight the parts you are still vulnerable in.
This book was used by several thousand beginning AYSO coaches for 15 years. To keep the cost of this basic soccer coaching book down, we have enclosed catalog sheets on **D.T.I.**® Soccer products. Any coach qualifies to purchase directly at **D.T.I.**® and is assured wholesale prices. **D.T.I.**® bypasses the retail store and has been a leader in quality soccer supplies for over 30 years. We save you money!

Order your school uniforms from **D.T.I.**®. 1(800) 743-4117 ro (253) 272-9764.

10 Working Out

The **D.T.I.**® Jumbo Powerball makes working out or warming up fun and interesting. With the Jumbo it's easy to keep your players attention.



This is a reprint from the book *Coaching Very Young Soccer Players* and I found revisiting our beginnings helps keep us focussed.

How to Win in Life

By Wolfgang D. Sauer, President DTI Soccer.

A personal letter to coaches and players who want to pursue soccer as a career.

Please forgive my English, but as a Naturalized American I am somewhat handicapped.

After a youngster has been taught the basics of soccer, how to love to kick, play and have fun, many want to learn more so they can win games and develop a more competitive spirit. They will soon learn that we have to pay a great price to grow and to earn our success through a tremendous amount of practice. Believe it or not many kids want to turn pro and are willing to pay the price if they are given good reasons and are presented a clear understanding of the purpose of life.

The best time to coach youngsters for competitive soccer is at ages 10-12. They are teachable and willing and able at that stage of their lives to learn the principles of success.

There are still principle styles of soccer, the dancing rhythmic style of the South Americans, the strategic plays of the Europeans, and the more physical play of the American Youth Players. The best style is a balance of all three; the skill of the Brazilians, the power play of physical speed of the Americans and the tactical skills of the Europeans.

I have coached first division players, many of which have played professional soccer around the world. I played soccer in Europe, South America, and in the USA and have also coached on all levels for many years.

The biggest error of soccer players is to shoot over the goal. Shooting balls hard and low at the goal, therefore, has to be the most important part of any practice if you want to win. Get as many shots at the goal as possible, from as far out as 24 yards and follow-up every shot just in case the goalie fumbles. Shoot whenever you enter the penalty area unless you have a chance to get closer without an opponent in your way.

1. You have to be willing to pay the dues first or as they say in Europe, “you need to absolve an apprenticeship first before you can be a master.” Strive for meek and humble learning. *Joy comes only after obedience.* Before you can be a star you have to learn to obey no matter how stupid or hard it might be. Character and self sacrificing, giving more than taking, is what makes a good apprentice. This way you will always win. Repetition makes for good practice. Shoot, shoot, and shoot again, till you can do it accurately, low and hard every time.
2. To play well you have to be perfectly fit and know how to control the ball as if it were part of you. If you get tired your game slows down. Fitness demands building of stamina and daily stretching exercises. Become flexible as rubber. It will prevent injury.
3. The third most important thing to becoming a winner is you never give up, you do not let disappointments get you down. What is important is that you did your best. Tell others something encouraging and let them know that you care and are available to help. This will show them love, which is all we are ever expected to do. As you know it is very easy to love those who love us, but it takes character to help and love someone who lets us down. Your love, however, will strengthen others and bring the best out of them, soon your team will win, because you care for one another not just for your own achievements.

4. To stay on top, reward yourself weekly, and learn to be thankful for your health and even the smallest things in life that others take for granted.
5. Grow by being a good example, show compassion and help others grow in caring and giving. Encourage them to try harder, every day a little bit more.
6. Work on friendship with others, play a simple game with whoever is available. One of the most effective games is:

Goalie vs. Penalty Kicker

Scenario:

Set up two goals about six yards wide. Use cones if no portable junior size goals are available. Have the goals face each other about fourteen to twenty yards apart. You and your partner now face each other. Each player takes his or her place in front of one or the other goal. Begin kicking the ball against each other trying to score a goal on your opponent as best as possible. When your partner kicks from his or her side towards you, you are the goalkeeper. When you return a kick your partner is the goalkeeper defending his or her goal.

Purpose:

The goal of the game is to make goals against each other. You play till one has made twenty goals. The more accurate you kick the quicker you will make goals. You also learn to fall and appreciate goalkeepers more. You will become fearless with your slide tackling and your jumping will also improve. Above all you will learn to kick hard, low and accurate. You even can hold championships like this after school in your park or in any yard since you need less than an area of twenty-five yards by twenty-five feet.

*Soccer Requires Physical Fitness
Interval Training For Stamina*

I coached a junior soccer team in the State of Washington a few years back, we called the team the Tacoma Quick-steps. We were Washington State Champions year after year. The main reason for our success was not luck, but an easily attainable goal for any coach – building stamina in all your players.

We did stamina building exercises, (especially jumping exercises) more than any other team. We would jump for a minute doing all kinds of different jumping exercises (especially lifting both our knees to our chest every fourth jump) and then after a minute we would do a relaxing but strength building exercise such as push-ups.

Cat and Mouse

To gain speed teammates would play tag or cat and mouse in small areas with two balls dribbling till someone took the balls away from them. Having five players in small space trying to get the ball took a lot of dribbling skill. When you lost the ball you had to try to go for the other ball, not the same ball you just lost. One player rests every minute for one minute but stays inside the area as an obstacle while the remaining two players chase the two with the soccer balls. Every player gets his or her turn to rest every five minutes.

*(Try this with 2 **D.T.I.**[®] Jumbo Powerballs.)*

Balanced training consists of endurance or stamina training, quickness and speed training as well as training for strength and power. You need to alternate these exercises and not overdo any of them, one minute at a time is just right. To get in top shape you should have ten exercises of each kind to do each for one minute daily. This gives you a good exercise program. Before you do anything always stretch for ten to fifteen minutes first and then end your workout with a ten to fifteen minute run. Have at least ten jumping exercises at intervals. Besides physical fitness you need BALL CONTROL

Soccer Ball Control

Learn to control the ball now under pressure and at full speed. By now you probably know every basic routine to learn ball control. Remember to practice this daily for the rest of your soccer career. Your soccer ball needs to be a part of your exercise program. Keep your ball with you whenever possible to juggle a little or simply have it in the way to make use of as your imagination permits. A future soccer star should never be seen without his or her soccer ball except when you go to a formal function such as church.

TECHNICAL SKILL IS VERY IMPORTANT.

The purpose for this is to learn how to obtain possession of the ball and how to keep it away from your opponents. How and when to pass and how and when to kick, pass, trap with your chest and how to make use of your position with and without the ball. Learn to start quick with quick steps and learn to stop fast with and without the ball. This makes for perfect fakes and you will out dribble your opponent every time if you practice these stamina exercises daily.

TACTICS:

You will learn tactics only observing professional play and asking yourself three basic questions after every pass:

- 1) Why he or she did that pass?
- 2) Why you think it was a good or bad pass?
- 3) How you think it could have been improved?

Start registering the successful passing and keep observing which passes and plays lead to goals, create advantages, etc.

The most successful pass is to an inside player who offered himself to come from the center of the field to the sideline just to receive a pass and then to center that pass up front to a group of forwards who read the purpose of this play and start going up from the moment the pass is made to the sideline. It was not uncommon that my team won a game ten to zero just because we played this wing attack in disguise.

My teams never had an official wing player or outside player as some call them. Thus every player on my team except the center forwards, center halves and center fulls are wingers to me. They play a little left or right of center but whenever we have the ball, one or two will run to the sidelines away from the crowded center field. They offer themselves to receive a pass and then quickly center it to advancing teammates who know exactly what will happen next. This is what wins games!

DESIRE TO OFFER YOURSELF to receive passes consistently. As you move to the sidelines you often open up the game as you attract a defender to follow you. That is when your halfbacks can move in up front and go for the pass.

To center balls in, up front you need to learn how to kick a LOAFTED PASS. These passes are sent in a curve. If your partners know how you kick these balls they will be there to head the ball in, while the opponent wonders what happened to the ball as it curves away in the last minute onto your head rather than on his or hers.

Form attacking and defending units. Move as a unit such as triangles and rotate regularly with your unit partners to confuse the defenders. Use overlapping fullbacks in your attacks but only along the sidelines to bring the ball back into center.

Learn plays for free kicks and practice corner kicks until you find someone who really excels at such free kicks.

GIVE YOUR BEST WITHOUT HESITATION. Play total soccer and rotate for short rests. This keeps the pressure on your opponents.

To be selfless and give your best all the time needs a lot of character and will power. Dwell on the following words for a while, choose one word every day and examine your life as to your character growth. Reward yourself if you overcome procrastination or some deed you refused to consider before. Remember life is a way of habit patterns. Every change feels funny the first time but as you do it over and over again it becomes a natural habit to you.

Good habits sometimes make us feel that we are too straight. But the more you practice good habits the more these become familiar and you soon will not feel like a hypocrite but like a real success, full of joy, because joy comes from obeying good character deeds. There is no joy in being a rebel. The devil certainly did not invent the word prosperity. The more you grow in good character habits, the greater a success you will be.

Have enthusiasm for:

Order, Discipline, Obedience, Communicate to Avoid Misunderstanding, Do things Well the First Time, Team Spirit, Caring Attitude, Competitive Spirit, Willingness for Growth, Training Efforts, Healthy Rivalry, self-confidence through Assurance of Knowledge, Inspiration, Friendship-investment, Teachability.

Kick first-time whenever possible. Speed is most important once you have learned accuracy. The faster you learn to execute skilled moves and passes the faster you will be a winner.

To improve your game as a team you need better physical fitness, better technique (ball control) and better tactics (plays). To succeed you need to build character. To achieve these improvements you need to practice consistently for years and always return to basics to improve further and learn to have confidence.

Poor ball trapping loses games, poor efforts loses games and poor ability loses games but nothing is worse than a lack of confidence. Waiting for passes does not enable you to pass for quick and deadly strikes at goal, learn to make killer passes. Meet passes so they will come to you accurately.

If you have a player on a competitive team who is not willing to contribute his or her energy to the maximum then he or she should leave the team and play on a team that has no desire to be competitive. A player that lives off the efforts of others and has a different philosophy will destroy your team spirit and create anger and frustration. It will bring the worst out in you rather than the best.

Everyone has a right to choose to be lazy or aggressive. Players have a right to their opinions and should make it clear whether they want to give their all for a team and to pull their weight or whether they disagree with the team's philosophy of winning. Not everyone is happy to settle for what others think is best. A lot of people have no joy. This is because they often want their own way and their ways are full of insecurity and inferiority and thus lead to little success.

A coach has to decide whether he or she wants to have a championship team of achievers or just an average team of players who simply are interested in a little exercise. Both teams can have a lot of fun. To be a champion, however, you have to pay a price of extremely hard work. If at all possible do not mix high achievers and others who are just interested in getting together for social reasons in a team.

DEVELOPING CHAMPIONSHIP TEAMS

This portion is only written for those players and coaches who want to develop a championship team with the purpose of developing young players into professionals who want to make a living at playing professional soccer as soon as possible. Any player who starts with this type of goal in mind at age ten will be a professional at age seventeen, able to tryout with any team anywhere in the world.

Clubs love tireless, unselfish contributors and go-getters especially if they master the basic skills of soccer, are willing to labor for the team, and are a little daring. If you know how to pass right and know how to finish a shot at the goal nice and hard and low, they can use you and will pay you well. Spectators will love your hard sacrificial working style because they dream about it all their lives but do not want to pay the price it costs to arrive at this level.

There are three parts to soccer, ability, effort and good or bad passes.... The aim in soccer is to strike quickly before defenses can consolidate. Using a man near the sideline you can bring an attack into the opponents penalty area in less than three passes. Attacks that contain no more than three passes from penalty area to penalty area provide the greatest chance of penetration. Consistent short passes are unproductive, unless their aim is to get a player free near the sidelines. This only works if it is done so a long pass can be made to him or her, and a new chance at a goal is possible as soon as he or she centers the ball towards the opponents goal.

TRIANGULAR SOCCER PLAY

This centering is only productive if you have three good strikers playing as a team in a close triangular position offering a target area up front assuring the pass to them is not lost. If passes are completed to them ten times during a game, one goal is assured as long as they shoot low at the goal and shoot quickly the first opportunity rather than dribbling around. If a shot at the goal is not possible they should immediately pass the ball back to the supporting center-half or back out to the wing. One mid-field player and the left half or the right half should always be ready to sprint to the wing position unless a left or right full-back is waiting there just to support the attack with a new pass to the center.

Your goal should be to get twenty passes from the wings to the inside forward per game. Attack is the best defense. You need your toughest players in the back to slide into attacks and clear the balls back to the wings. Never do short passing in the back. Get the balls up front to your attacking triangle or at least to the wings, close to the sidelines. Two of your obedient, disciplined players will expect the pass and be there even if at the moment of the kick none of your teammates might be near the sideline. Triangles make good target zones. Aim for target zone leaders. He or she can head the ball to his or her triangle partners. They can trap the ball with their chest and shoot on the volley the first time, without ever getting the ball down on the ground.

Whenever possible let a fullback take the throw-ins and let the goalie do the goal kicks. This way you have more players available to receive the ball. Fullbacks can sprint back after each throw-in. Try to throw-in up the line on the head of one of your teammates to enable them to head it towards the forward's triangle to bring the ball under control or to shoot at the goal if close enough. ALWAYS shoot if close to penalty area. It is always better to shoot than to dribble and loose, but shoot low and hard.

Indecision is the path to disaster, especially defenders who clear balls quickly. If you can't play with enthusiasm tell the coach to substitute. We all have a day once in a while, when we are not up to par. Confess it, rather than help loose a game. Remember a good apprentice is better than a skilled rebel, especially when he feels sorry for himself on an off-day. There is strength in unity. It is important to tell the truth to each other, learn to teach each other without criticizing or complaining to have the strength to speak the truth in love. Show interest and compassion. It is your choice!

RECIPE FOR A SUCCESSFUL PLAYER

Fatigue makes cowards of us all-get to bed early. Get in shape, exercise, practice the rules, be a doer not a talker. Always make that second effort except on vacation, reward yourself regularly.

Be determined to succeed but do not strife, simply do what you know is right. Give it one more try, never give up, do one more thing, go that extra mile because you want to, not because that would earn you brownie points. Don't let the first mean tackle get you down, break away and score. Set a goal for yourself, the team, and the future; develop a positive attitude, influence your team with good reports, never talk others down. Commit yourself without expecting others to pay you back simply because you want to give your best. Indirectly you will reap the harvest of what you sow. Find out your weakness and then find the victory to overcome it.

Coaches should use aggressive players in defense and offense. Quick, skilled players make perfect forwards and good passers are great halfbacks. Defenders should be fearless and have a long pass-kick to clear balls fast and far. Keep one forward up front always. Alternate that forward to give all players a rest period once in a while. The purpose is not only to rest but to keep the opponents defenders in their own half. Always keep a sweeper in back. His or her job is to operate the offside trap, as his or her fullbacks attack opponents, he or she can move up just before a pass attempt if an opponent is close to an offside position. If your team is in attack a sweeper can rest and if he gets too much rest, again, rotation with some of the harder working halfbacks is in order about five minutes at a time to give a player a breather. Communicate rotations carefully.

Goal keepers should anticipate all passes and should be well into the penalty area to intercept high balls and thus stop dangerous attacks. Coordinate with the sweeper as you leave the goal so he or she can come back, just in case of a miss. Against strong opponents you might have to call back the left and right forward to help out in defense especially during pressure times. These forwards should then stay **skintight** with the opponent's forwards to literally frustrate their efforts so as to release the pressure and get the ball cleared away quickly. Two forwards always help out in a wall.

Having a forward triangle and all except the center-players eager to quickly go to near the sidelines to help build up a new attack makes it easy for all players to know where to pass the ball to. Thus a lot of erroneous passing is eliminated under pressure. Order your players to pass to sidelines anytime they are attacked. Your outside players will anticipate this pass and be there before an opponent.

Skin-tight covering of the opponent's best players will prevent skill advantage of these players and soon get them discouraged unless they have a very strong character. Be aggressive and beat opponents to the ball. Stay consistent. Be a doer 90 minutes not just for a few short glorious moments. If you get tired ask for rotation with a forward or a sweep-

er whichever is less under pressure. My advice to future stars: learn to play all positions while you are young so as to understand the game very well. Learn a position every year. For example play fullback at age seven, move to halfback at age eight, ask to play forward at age nine, then move to left at age ten, move to right at age eleven and so forth till you have played all positions before you are eighteen. You will be a well-rounded player and never have trouble on the other side of the sideline.

Use the whole field! One play that usually works is to move your forward triangle players to the left half of the field. This will move the opponent's defenders to that same area. At a goal kick, one of the fullbacks moves up to midfield to the side line and will receive the goal kick unchallenged if the halfbacks move quickly to the opposite side of him, attracting the opponents away. As soon as the goal kick can be executed to the unmarked fullback at the sideline, both one forward and one halfback move to near the sideline to receive the pass from the fullback near the sideline. One will then cross the ball up front as soon as he gets it.

This play can be practiced and often works very well to accomplish a shot at the goal after just three passes. It requires a quick concentration of two forwards helped out by two halfbacks, all close to the eighteen yard line in a nice circle of about ten to fifteen yards diameter. The winger aims the pass for this circle and whoever, of the four, gets to the ball first will shoot, or if attacked pass to the unmarked player, coming in from the sideline for the shot at the goal.

Hereafter are a few drawings to show the triangular system that will work for you if you have players with a desire to win.

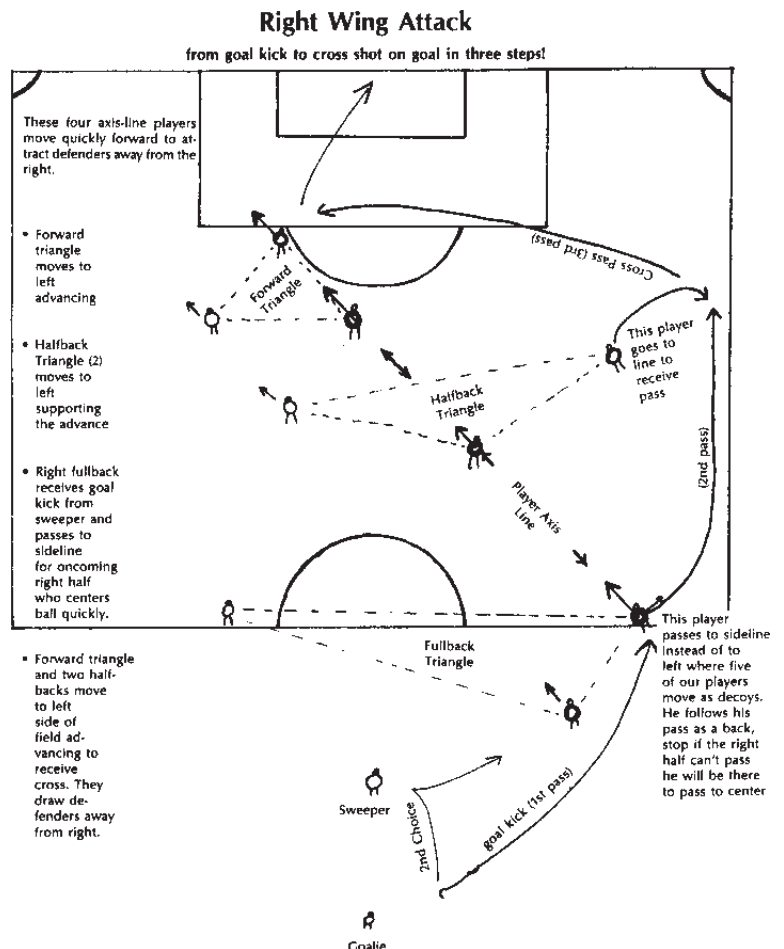
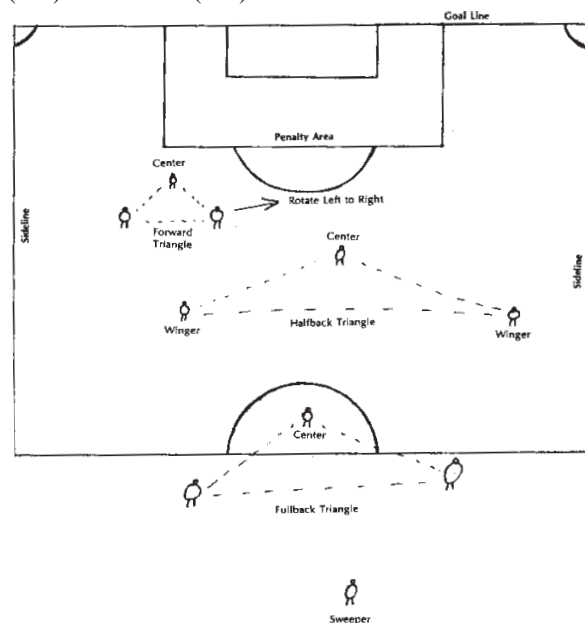
I hope this will be understood for what it tries to bring out. Seldom the aspect of character is addressed, yet it does make a great difference and giving it first place daily, you surely will meet success in life. It was my intention to contribute all I have learned as I see it and hope you will read this information often and profit from it. If you know of someone who wants a copy of this book please let him or her know our address and phone number as follows:

Thank you,



Wolfgang Sauer

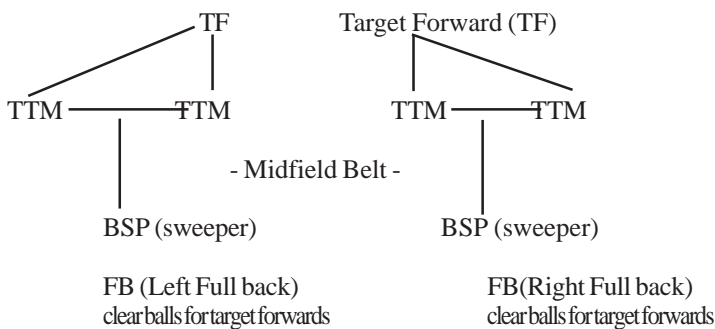
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HOW TO WIN WHILE HAVING FUN BY **D.T.I.**

BASIC YOUTH SOCCER COACHING

1. Drink water every 15-20 minutes to fight off dehydration.
2. Work out with the Jumbo Powerball to strengthen your ankles like a boxer works out with the heavy bag. Improve your stamina in 15 minutes per day. Order the video to show your players, interval exercises using the **D.T.I.** Jumbo Powerball.
3. The most important practice work for forwards is to concentrate on shooting hard and low. What good is it to have the best player if he/she kicks the ball over the goal. Focus on low shots every time!
4. Add fun to your practices, the **D.T.I.** Jumbo Power Training and Fun Ball adds more fun to every practice. There is no better strength training than to dribble a **BIG JUMBO** ball up a long steep hill, and then down again with special control.
5. Develop teams of 3 players to play together in a triangle formation. Every triangle team has a backstop player (BSP) behind them to redistribute balls to another triangle team or for give and go passes. Each team consists of 1 forward and 2 mid field players.

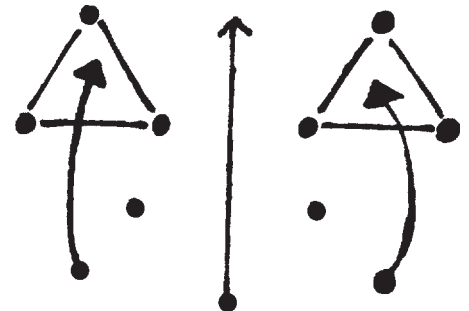


2 Forwards

4 Midfielders

2 Sweepers

2 Fullbacks



6. Passes to the target forwards (TF) are easily headed by (TF) to triangle team member (TTM) who support the attack (choose tall target forwards able to head balls).
7. Instead of ball control in your own half, train your 2 full backs to clear any balls up front to the 2 target forwards. The (TTM) behind (TF) will be on-coming to secure the balls, to instantly pass or shoot on goal. TTM's cross balls between triangle teams, but take shots at any opportunity.
8. Let the triangle team members (TTM) do most of the shots and train them to always shoot low. A low shot out of 18 yards creates a lot of goals, corners, or loose balls. Shoot hard but always low. Forbid any high shots.
9. Play the 2, 4, 2, 2 system for great mid field strength BSP's will help out in defense by marking opponent's attackers skintight. when they attack. For corner kicks the BSP moves up forward to put on pressure. BSP are backstop players behind the forward triangles.
10. Throw-ins need to be practiced and taken mostly by full backs, practicing with the heavier **D.T.I.** Jumbo Powerball, enabling them to throw regular balls much farther to forwards(TF) or into the center of the triangles. Goalies learn to kick or throw balls up front farther, after practicing with the **D.T.I.** Jumbo Powerball. It is available from **D.T.I.** at 1(800)743-4117. It is a great warm-up tool and confidence builder for all, but especially for Goalies. (continued on page 22)



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The **D.T.I.** Jumbo retails for \$49.95.
If you buy just 5 balls, we offer these to you for only \$25 per ball. For every 10 prepaid Jumbos you buy, you get 1 free.
If you buy just 25 balls, you get 3 free.

This is almost a \$150 retail value for free.
These would make great door prizes. You can raffle off balls for \$40-\$50. Sell tickets at a \$1.00 each and earn \$20-\$30 on

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At any tournament, you can sell 10-20 **D.T.I.** Jumbos and other products like our small skill balls, cones, and shinguards, etc. Any table salesperson can easily make \$200 in a Saturday afternoon.

Make sure this Christmas every serious soccer player has a **D.T.I. Jumbo Power-**

ball. If you have no time, try to get someone in the club who wants to earn some extra money. **We even pay them!**

Without the **D.T.I.** Jumbo Powerball, soccer players putting in years of training time only develop half the strength. Let the **D.T.I.** Jumbo help make your team a sure winner. Try one yourself, order our video, or a **D.T.I.** Jumbo Powerball today.

PLAY LIKE A PROFESSIONAL!

How to start preparing by next years season

D.T.I. Jumbo Powerballs are the perfect Christmas gifts for all your players!

YES, the **D.T.I.** Jumbo Power and Fun Ball makes professionals of your players in no time.

*Soccer players, as young as 16
now make over \$100,000 a year.*

Working with a **D.T.I.** Jumbo ball gets you in this top performance level faster than any other training tool! This is a must for every young player who wants to have a chance at big money by graduation time.

Your players can not only double their soccer skills in 3 months, while having more FUN. NO OTHER tool for soccer training develops up to 2 years of work with a regular ball, in just 12 weeks!

The **D.T.I.** Jumbo is $3\frac{1}{2}$ times the size of a regular ball, yet weighs only 3lbs. You'll notice the difference in stamina, strength, power, and endurance in just 2-3 months.

**How you can earn \$100,000
playing Pro Soccer in Europe at age 18?**

Practicing with regular soccer balls a few days a week, gives only naturally gifted children an opportunity to excel.

The **D.T.I.** Jumbo, used effectively for only 20-30 minutes a day, gives any youngster a chance to play like a pro with power, precision, endurance, strength, and skill in just a few years of workouts.

You can use regular balls in training, or with the Jumbo Powerball you can see the difference in energy development and attitudes after just the first few practices.

You can order a video for just \$5.00, showing you a practice session using the **D.T.I.** Powerball.

For the coming Christmas season, we encourage you to consider a **D.T.I.** Jumbo for all your players starting them on course to be a professional.

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at www.dtisoccer.com

for other great gift ideas and

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HOW TO WIN in SOCCER



The Jumbo retails for \$49.95. If you buy just 5 balls, we offer these to you for only \$25 per ball. Kick/carrynets, are also available for only \$2.00.

("How To Win" - Continued from page 21)

11. If crosses from #1 to #2 are not possible, pass ball back to sweeper to accomplish the cross. Then the other team moves forward after pass completion to get ready to receive.

When players reach the opponents penalty area shoot at goal. When ball possession can be maintained near opponents penalty area you can bring up, for a short moment, even a full back to attempt to score.

THE ADVANCED TRAINING

"Rotating Triangle Team Strategy"

Once players have effectively trained with the **D.T.I.** Jumbo Powerball to develop strength and endurance, they will be able to move toward the opponents goal much faster.

Combine the defenders

You can rotate the members of the triangle teams, clockwise, straight, or counterclockwise, to form new triangles, and confuse the defense.

Even the sweeper behind the triangle can move to the wing and offer a wall for fast give and go attacks.

The objective continues to be the same: *Pass into the triangle formation to shadow the ball and pass on to your other triangle team as fast as possible while moving forward to shooting distance.*

Tired of a hard medicine ball?

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It's a multicolored, hand stitched big $3\frac{1}{2}$ pound oversized fun and training ball for everyone!

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BUILDS:

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- **CONFIDENCE**

