

# The **SOCCER SCHOOL**

EDUCATIONAL CONSULTANTS

410-708-7177



---

FOUNDED 1969

## TECTONIC PLATES of SOCCER are SHIFTING

The soccer calendar year needs adjusting because the make up of the year has changed, but the system hasn't. Tectonic plate X is composed of a soccer season whereby the pre-season hardly exists. Plate X is colliding with plate Y, which is made up of the welfare of your players. Twenty years ago coaches and players could prepare for a season by both training and playing games, but not today. The pre-season need is to play at least five games to get a team up to speed for a regular season.

We all know the utmost importance of the players' fitness and conditioning. The current sprint of a pre-season leads to the problem of injury and the expediency to get players back to compete. I recommend you Google Raymond Verheijen, since he is probably the foremost expert on soccer fitness.

Now the soccer year becomes more challenging in many ways. Other parts of the year become more important, especially the spring months. The spring is the "Foundation Phase" of getting players into a fitness mode that will travel across the spring, through the summer and into the official pre-season. Also, coaches need to be more creative and players more responsible to the team in creating this team energy. Too often everyone talks the talk but few walk the walk and this ruins the season. Commitment is vital.

To this end, The Soccer School is offering seminars and clinics to help create a springboard to a winning season by slowing down the collision of plates X and Y. These seminars/clinics can be from two days to a full week and will be designed to fit your specific needs.

For more information please contact Graham Ramsay, Executive Director of The Soccer School at

410-708-7177 or email at [ramsayssoccer@yahoo.com](mailto:ramsayssoccer@yahoo.com)