

The importance of practicing football/soccer techniques at home



600 exercises

www.footballhomework.net

Introduction:

How do we educate our children to become creative football/soccer players that are capable of mastering the ball? Do the common football practices suffice for this purpose?

In this exposition, I'll show you that it's necessary to let the children exercise at home in order to become a great football player.

During the first part of this exposition, I'll summarize that which circulates in all of the trade journals for football trainers. Technique is the basic element of football. A youth player can develop the potential of technique he has only if he has come sufficiently enough in contact with the ball during his football education. But that amount of contacts with the ball during the football matches and football practices doesn't suffice. That's why they need to practice at home. Because most of the children don't practice anymore out of their selves in the garden or on the street, the coach has to take measures. Firmly said: no football without technique, no technique without sufficient amount of exercise and no sufficient amount of exercise without footballhomework.

Furthermore, I will give some explication by the website www.footballhomework.net. This is a unique tool for the youth football coaches. On this website, they'll find hundreds of short videos that young football players could imitate at home. The huge amount of exercises – at this moment 600-, the division in 30 categories and the numeration of each exercise make this initiative unique all over the world.

I ACQUIRING OF TECHNIQUE

No football without technique

A youth football coach has a lot of different missions: he has to teach the youth players how the game of football works.

He has to teach them the basic tactics of the football game, but he needs to improve the technique of his football players as well. Passing, dribbling, stopping the ball, coordination,... They're all examples of the most basic elements where the game of football is built on, that young football players have to learn in the beginning. Technique is the very first, but also the most important in football. How great the coach may be in the tactical point of view, if the players don't have the technical capacities to execute the tactical assignments, that team will never win.

Nowadays, a lot of coaches ask their team to play compact with as little space as possible between the lines. Because the players have so little time and space, situations are continuously created where pure technique is of vital importance.

No technique without a sufficient amount of exercise

In order to perfect a technique in sports, you need to exercise. And you need to exercise a lot. It's like this in gymnastics, dance, tennis and football as well. When you are a talented young football player, you need to practice at least 10.000 hours if you want to reach the summit in the world of football. Studies indicate that you exercise around 4.000 hours at your club, so that means that you still need to practice a lot outside of the football practices by your club.

Besides that you also have to ensure that you come sufficiently in contact with the ball. During the average football training, it depends of the exercises that are given of course, but we can say that in average each player touches a ball 8 times each minute. If you count for each contact with the ball two seconds (this is absolutely the most!) you can say after one football training of 90 minutes, the player has only exercised for 24 minutes on his technique. That's way too few if you want to form a top football player with so little "real"-exercise.

No sufficient amount of exercise without football homework

It's an all known truth that youth football players throughout the world have a lot of capacities that aren't fully been developed during their education. How skilled the youth coaches may be, they'll never be able to fully develop the potential the young players have on technique with so few contacts with the ball. With all the necessary the coaches have to spent on other basic principles of football during the football training, like tactics, this would be impossible. Heading, passing, dribbling, kicking,... Those techniques also have to be exercised on other moments than the football practices.

Children used to play football a lot on the streets, in the garden with some friends or on some other place. They used to spent hours playing football. But nowadays, children watch TV instead, or prefer to play games on the computer.

Also there are a lot of other sports one can practice now. This is very interesting, because the body coordination one creates by practicing multiple sports can be used in every sport. In the football nowadays, a good physical condition is also very important.

So the most important is: you don't need to practice exclusively on technique, but at least *daily*.

To be able to comply with this request, the solution is simple. You have to motivate the children to exercise out of the football practices.

I have received an example of someone who has done this with his team on the matter of juggling. He ordered his players to exercise for four weeks each day for ten minutes on juggling. After those four weeks, results proved that all of the children were able to double their record of juggling after those four weeks of exercise.

Without any doubt is this the potential that each young football player has. But if the coach doesn't give juggling as homework for the young players, the player will never achieve this result. And this is similar to all techniques in football.

Conclusion: no football without technique, no technique without sufficient amount of exercise and (for the current generation) no sufficient amount of exercise without footballhomework.

II WWW.FOOTBALLHOMEWORK.NET

A site as a unique tool

If you want to give footballhomework to your children, you can encounter a practical problem. If you want to learn the children complicate techniques, like dribbles, you always have to give a demonstration on the football practice. But most of the children will already have forgotten the exercise at the moment they want to practice at home. You can try to give a detailed explication of the instructions the player has to do during exercise on paper, but there has to be a better solution than this.

Images on the internet: ideal for children

An ideal solution for this problem is the internet. Nowadays, children spent a lot of time on the computer, and almost everybody has access to the internet. That's why this site was created. On this site, football coaches can find all the exercises that can be used on a football field. Each exercise has its own number and all the exercises are divided in more than 30 categories. A description of all the exercises of more than 16 pages is also available. The coaches can select some exercises, they can send the number of the exercises to their players by email, and the players can, together with a parent, see instantaneously a clip of the exercise what the coach means by the exercise. A youth player learns the most by sight. Like this, if the coach isn't able to demonstrate the exercises for any reason what so ever, the exercise can be learned nevertheless by the children thanks to this website.

III CONCLUSION

The starting point was the statement that the current generation of youth football players has to be stimulated to exercise at home. The website www.footballhomework.net is developed especially for this purpose. Thanks to the orderly use of categories and the separate number for each clip, it's easy to find back an exercise. Years have been spent to assemble all the exercises. On this site, there are more than 600 exercises, each of a technique a football player may need on the field.