



YOUR LEGACY BEGINS HERE

# Davis Legacy Online Training Program



[www.davislegacysoccer.org](http://www.davislegacysoccer.org)



## Why move to a live online training model?

- Keep players active
- Encourage healthy player engagement
- Develop the player

## Why else?

- We may be in shelter in-place for a long time
- For other unforeseen closures (e.g. rain, excessive heat smoke, etc.)
- Build redundancy in to our system
- For fun and to create



# Live online training overview



Host



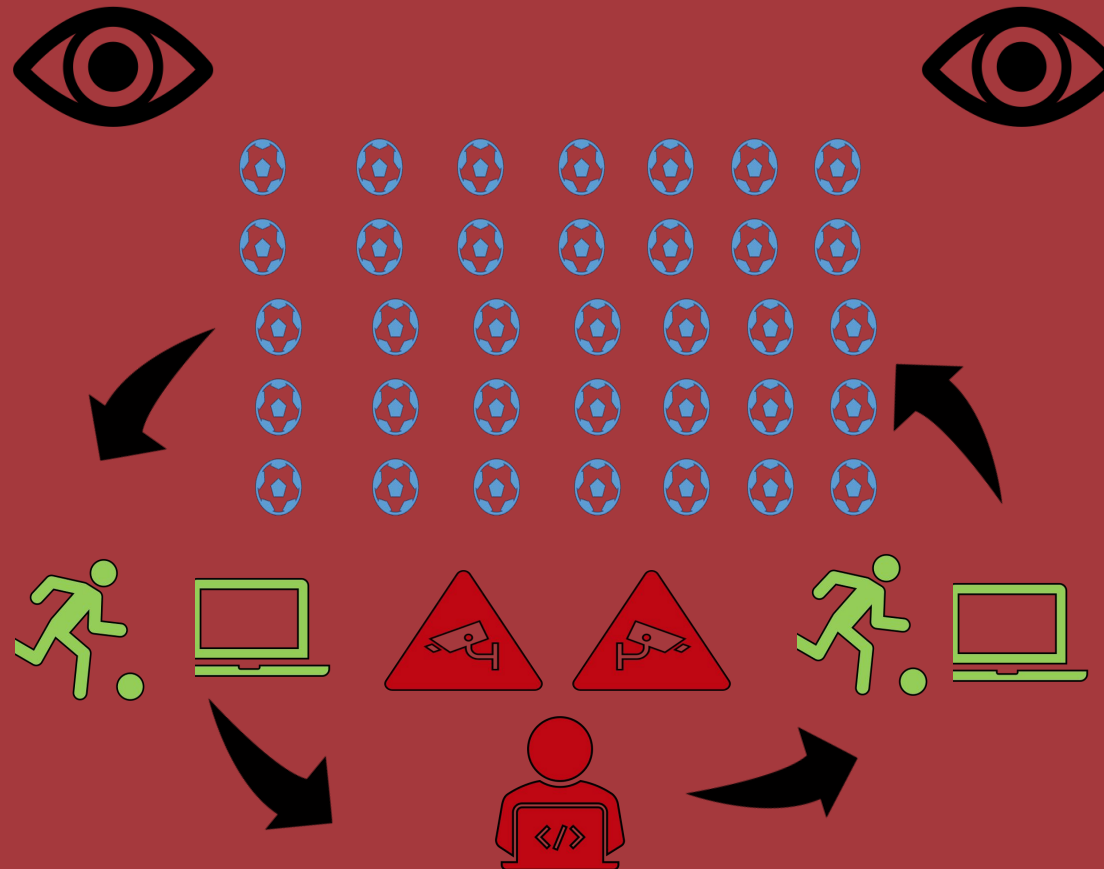
Trainer



Eye Coach



Players



## Roles

Player - Log in, be on time, set up space, have a ball, participate, ask questions via chat if needed

Host Coach - Host the session. Invite players and coaches in. Ask them to 'name themselves. Mute players. Enable coaches. Pin players and coaches so they can see each other. Close the session.

Head Trainer - Design session in collaboration with trainer 2. Lead intro and outro and parts of session. Provide real time vocal feedback to players.

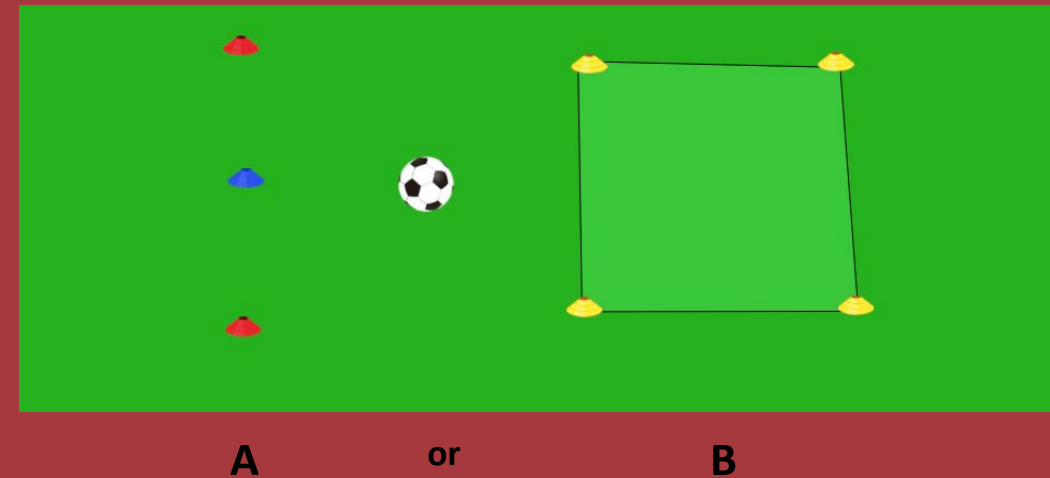
Asst. Trainer - Design session in collaboration with trainer 1. Support trainer 1's message. Lead parts of session as needed. Provide real time vocal feedback to players.

Eye Coaches - View session in real-time. Observe and provide feedback to trainers, lead coach, and players post session.



## Session outline and setup

- 2 mins before training begins Host Coach lets players and coaches in
- Players start with pretraining activity (e.g. juggling) for 3-5 mins while players keep arriving
- Head Trainer gives session intro
- 35 min training session
- Host Trainer gives session outro
- Lead Coach closes session



## Session Content

- 0) Pretraining activity as players arrive (juggling)
- 1) Ball Mastery
- 2) Dynamic ball mastery
- 3) Core and strength work

Exercises periodized with approximate 15 secs of demo and 45 seconds of player activity

\* Coach the biomechanics (e.g. knees bent, small steps, head up, etc)



YOUR LEGACY BEGINS HERE

Wednesday, April 15th

Host Coach: Robbo

Trainer 1: Ollie

Trainer 2: Nate

Eye Coaches: Diego and Cam (4-45pm), Sara and Jesus (5-545pm)

Next week: TBD

Questions: Should we be looking to do this more than once a week?

And, should we further split the age categories?





THANK YOU

