



Metronome Equipped Training

SoccerMET is an integrated, progressive, personalized, and award-based skill development system. Utilizing the metronome, players learn skill rhythmically. Having a rhythm means a player has "locked on" or is "in-sync-with" a repeatable pattern of movement. When a player discovers this rhythm, body and ball movement are retained. This discovery locks the pattern in the player's neurological memory and therefore creates the foundation for improved technical and increased speed of skill execution.

Soccer skills are learned through a progression of slow to fast speed and simple to complex movements. Players progress at their own rate but must be tested in order to progress to next movements.

Speed Progression / Award System

Individual Movement Speed (BPM) will vary

Speed Level	Purpose	Testing	Award
Star	Initial learning speed	30 Seconds max 2 errors	One Star T-Shirt
Player	Confidence development Speed	30 Seconds max 1 error	Two Star T-shirt
Advanced	Advancement speed	45 Seconds max 1 error	Three Star T-shirt
Pro	High speed long duration errorless	45 Seconds no error	Four Star T-Shirt
Master	Max speed / duration errorless	60 Seconds no error	Five Star T-shirt

SoccerMET Movement Levels

- Level 1 – Movements 1-5
- Level 2 – Movement 6- 11
- Level 3 – Movements 12-18
- Level 4 – Movements 19-26
- Level 5 – Movements 27-35



WHAT IS SoccerMET?

SoccerMET is a personal skill development system.

SoccerMET was developed by a Soccer Coach to induce and motivate players to practice skill development away from practice, SoccerMET establishes quantifiable goals and provides the player the ability to measure at any time (no coach is needed).

SoccerMET develops skill rhythmically.

Having a rhythm means a player has "locked on" or is "in-sync-with" a repeatable pattern of movement. When a player discovers this rhythm, body and ball movement are retained. This discovery locks the pattern in the player's neurological memory and therefore creates the foundation for improved technical and increased speed of skill execution.

SoccerMET is about Speed

Speed of execution of skill, or at game speed, is the criteria to which all players strive for. SoccerMET challenges players to not only meet game speed, but beyond.

SoccerMET is about progression

Any skill development system must be progressive. SoccerMET's skill matrix starts with simple movements and advances players to more and more complex or challenging movements. From one foot skill to two, from standing ball skills to forwards, backwards, lateral movements. SoccerMET also progresses players from a slow to fast and faster speed for each skill.

SoccerMET is about proper Technique Development

Speed of execution and skill go hand-in-hand. You cannot execute at speed without proper technique. A player can have proper technique but it must also be at game speed. SoccerMET encourages and challenges players to develop both simultaneously.

SoccerMET is about Fun and Competition

When integrated with the team, SoccerMET naturally injects the competitive nature of soccer. Players want to beat other players. They want to be the first to complete a



WHAT IS SoccerMET? (Continued)

level or skill movement at the highest speed. The also provides the motivation for players to practice with SoccerMET away from the field.

SoccerMET is about feedback and rewards

SoccerMET's individualized system provides the player with immediate feedback. In addition, when used with a coach, SoccerMET rewards the player upon successful level completion (5 Levels).

SoccerMET is about achievement and success

Through a progressive, challenging and rewarding system, players naturally succeed. Never before have players had a system that they control, from which they can measure and see their success.



How Does SoccerMET Work?

One Skill Movement at a Time

Each skill movement is designed to develop foundational and progressive skills required to be successful in the game. Players follow the skill matrix, starting at Level 1, Skill #1.

How is the Metronome used?

SoccerMET's foundation is the Metronome. The Metronome provides the rhythmic beat and speed of beat (Beat Per Minute ("BPM")) to which players follow. For example, a simple toe-touch skill movement requires the player to tap the ball with the balls of their foot to each beat of the metronome.

Players will practice to the beat, discover the rhythm, and progress to higher and more challenging speeds.

How does a player progress through Speed Levels?

Each skill movement has established speed levels. A player must successfully complete the test at the speed level before advancing to the next. Some players may actually test a several speed levels until reaching their "break speed". Break Speed is different for each player. It is the point at which proper technique breaks-down and player cannot successfully pass the speed test.

How does a player know what is proper technique?

Each Skill Movement presents proper technique. Players are encouraged to use proper technique at all times. When integrated with a coach / team, SoccerMET provides the coach with many technique evaluation opportunities to make corrections.

How does Testing Work?

Testing can be conducted by anyone. However, the optimum choice is the coach. Testing is based on the skill movement, desired speed, and technique. Time duration for tests vary from 30 to 60 seconds depending on the age and Skill Level. Also, players at the lower levels are allowed 1-2 miss-touches. As the player progresses, this is reduced to zero. A successful test is one when the speed is maintained, as established by the Metronome, and proper technique is employed.