

PLAYER'S FIELD GUIDE

Soccer Rhythm Systems

Developing Ball Mastery on Beat at a time



PLAYERS NAME _____

Soccer Rhythm Systems
Developing Ball Mastery on Beat at a time

Welcome to SoccerMET

Congratulations, you are now at the starting gate of success. As the saying goes, you develop success one step at a time. Here at Soccer Rhythm Systems, we see success developed on beat at a time.

To achieve your maximum potential as a player it is critical that you have a positive environment in place to support your journey. This could include your parents, coaches and team mates. Ask them to join your journey to success

The following pages will provide you with the information you will need to start this journey. Please following the guidelines to practicing, testing and advancing through the SoccerMET Skills. Good Luck and give us a call or email with any questions to

Coach @SRSSoccer.com

Soccer Rhythm Systems

Developing Ball Mastery one Beat at a time

What is SoccerMET?

For The Player

The SoccerMet Person Training System provides the means to develop ball skill at you own pace. By increasing the speed of execution you test your own development and gain the ball confidence needed to have fun and succeed on the soccer field. This is the ultimate at home skill development system

For the Parent

Parents want to see their child succeed and have fun in any sport. SoccerMET provides the best means to develop self confidence with the soccer ball and therefore success on the field. Parents have a role, players will want to prove their skill improvement and parents can play the role of tester, providing the opportunity to reinforce success.

For The Coach

Coaches know that finding a system to not only develop ball confidence but also motivating players to practice at home is the best environment for developing confidence and skill. Coaches play a critical role in this success by providing positive reinforcement through tests and rewards.

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How Does SoccerMET Work?

SoccerMET is the only system designed using rhythm to develop and progress soccer skill. Our coaching staff has studied, analyzed, refined, broken down, and documented professional soccer skills into simple repeatable movements. These basic movements are then overlaid with a rhythmic system. The hand-held **SoccerMET** device provides the rhythmic beat, and the Player's Guide documents the movements, identifies proper technique and provides the scale of progression..

SoccerMET can be used as a simple training device or as a formal progressive learning system. SoccerMET's training device is a pace setter. Players can use this to establish the rhythm and speed to execute hundreds and thousands of ball touches. Formally, SoccerMET is a quantitative testing program designed to provide the players, parents, coaches and or clubs with immediate feedback and scoring. This formalization provides a greater level of motivation and perhaps higher level of inter-team/club competition

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Why Does Soccer-MET Work?

Motivation & Self-Confidence

SoccerMET was designed to motivate and create player confidence with a soccer ball. Soccer Players want feedback every time they practice and play. They want to know if they can compete with their team mates and opponents, can they satisfy their coaches demands, what are the skills needed to compete and have success?

SoccerMET provides the player with the skill knowledge, development program, tools (MET Device), testing, and progression of skills to meet the demands of the game and to reach high levels of confidence.

SoccerMET is the only system that provides this comprehensive environment to motivate and develop success.

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Why Does Soccer-MET Work?

Rhythm

Having a rhythm means a player has "locked on" or is "in-sync-with" a repeatable pattern of body movement. Once a player discovers this rhythm, it guides the player with greater ease, fluidity, and execution. 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.

Experienced coaches who conduct skill and technique training inherently understand the benefits of discovering rhythm. The sooner a player discovers the rhythm, the quicker the player will learn, repeat, and execute the skill. **SoccerMET** not only promotes the discovery of rhythm, it motivates the player to train and execute at faster and faster speeds. This success creates greater ball confidence and success on the soccer field

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Developing Ball Mastery one Beat at a time

Why Does Soccer-MET Work?

Skill is Quantified

Historically, the only accurate measurement of success in soccer is the final score. Unlike other sports, soccer statistics for the average player are very hard to come by. **SoccerMET** provides a skill measurement of speed of execution for individual skill as measured by the Beat Per Minute (BPM).

Science

There is new and mounting scientific evidence of a correlation between external rhythmic patterns and learning abilities. Several studies have unearthed a positive impact on cognitive learning of disabled/ADHD children with such systems. In addition, other sports such as golf have discovered the benefits of timing and rhythm on complex body movements. **SoccerMET** provides the means for players to tap into their internal timing mechanisms and therefore accelerate the speed at which they learn simple and complex body movements.

Level One

Level One is designed for the advancing player of ages 8 to 12. These skills provide the components for ball control (possession) and the confidence into attacking movements (Level 2).

Level One is a multi-season program where success at each Met-Movement is rewarded with advancement and recognition by the coach of this success.

Players may practice more than one Met-Movement at a time, however strict following of the progression of the skills is recommended to fully develop ball control skills.

SoccerMet Level 1 Skills

1. Level One

1. Single Foot Bridge
2. Single Foot Inside Outside Roll
3. Single Foot Toe to Heel
4. Combination Toe to Heel (Sole Heel)
5. Single Foot Toe Touch (Sole Toe)
6. Combination Toe Touch (Sole Toe)
7. Pendulum (inside)

2. Level Two

1. Outside V (sole)
2. Inside V (sole)
3. Single Foot Push and Draw
4. Double Foot Push Draw
5. Double Foot Pass and Draw
6. Combination Push and Draw

3. Level Three

1. L Move Outside (Toe, Sole Outside Draw)
2. L Move Inside
3. Combination Instep Sole + Pendulum
4. Single Foot Outside Draw + Sole
5. Combination Outside Draw + Sole
6. Combination Outside Draw + Sole + Pendulum
7. Single Foot Inside Draw + Sole
8. Combination Inside Draw + Sole
9. Combination Inside Draw + Sole + Pendulum

Foot Parts

- Sole is the bottom of the foot (contact the floor when you walk). This is used to stop the ball, roll the ball (forward, backwards sideways left and right)
- Outside: This is the outer part of the foot (area is the middle of foot between heel and small toe). This is used to stop the ball and to push the ball away from the body (right for right foot, left for left foot).
- Inside: The inside portion of the foot is used to receive the ball (from a pass), and to cut, chop, tap and push the ball.
- Heal : The heel is located at the bottom rear and side rear of the foot. It is used to control the ball when the leg is fully extended and can be used to pass
- Toe – Predominately foot feature includes the toes and balls of the foot when toes and foot meet. Used to maximum ball control.
- Instep / Laces – Located at the top of foot where laces are tied. Used to push, pass and shoot.

GuideLines

- Practice
- Testing
- Advancement

SoccerMET Skill # 101

Single Foot Bridge

Technique:

ALWAYS DISCOVER CONFIDENCE WITH RYTHYM FIRST THEN INCREASE THE BEATS

Beginners: Without touching a stationary ball, player will move foot from left to right to left of ball. Each touch of ground follows the beat. Player attempts to get as close to the ball as possible. Continue repetition.

Developing + : Standing leg must hop, quick foot work required to meet the beat.

Beats Per Minute (BPM) Scale:

Beat Measure 2/4 Beginner = 50, Developing = 104, Advanced = 132, Pro = 160

Testing: Performed with Both Feet Independently

Beginner: Maintaining beat / touch for 30 seconds

Developing: Maintaining beat / touch for 30 seconds

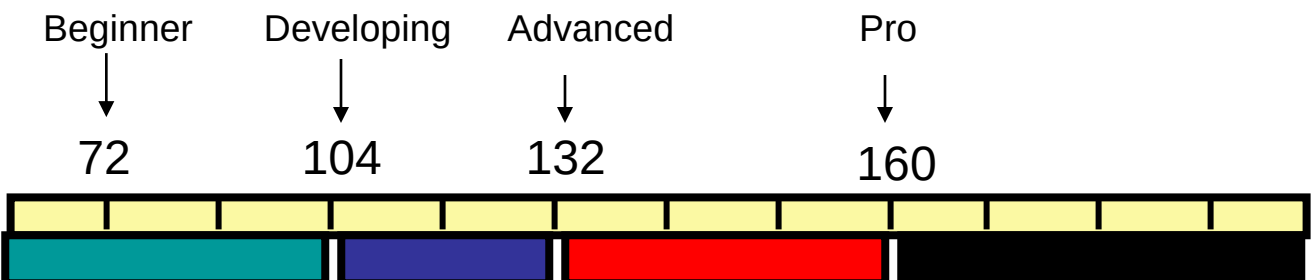
Advanced: Maintaining beat / touch for 45 seconds

Pro: Maintaining beat / touch for 60 seconds

Technique Tips:

1. Weight is entirely on standing leg
2. Standing leg must be bent at knee, balance is important in this drill
3. Hop with Toe / Ball of foot

BEAT PER MINUTE SCALE



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SoccerMET Skill # 102

Single Foot Inside Outside Roll

Technique:

ALWAYS DISCOVER CONFIDENCE WITH RYTHYM FIRST THEN INCREASE THE BEATS

Beginners: While constantly in control (in touch with) of ball, player will roll move the ball from the inside of foot across to the outside of foot using the sole (bottom of foot) and immediately back again. Continue repetition.

Developing + : Standing leg must hop, quick foot work required to meet the beat.

Beats Per Minute (BPM) Scale:

Beat Measure 2/4 Beginner = 50, Developing = 104, Advanced = 132, Pro = 160

Testing: Performed with Both Feet Independently

Beginner: Maintaining beat / touch for 30 seconds

Developing: Maintaining beat / touch for 30 seconds

Advanced: Maintaining beat / touch for 45 seconds

Pro: Maintaining beat / touch for 60 seconds

Technique Tips:

1. Weight is entirely on standing leg
2. Standing leg must be bent at knee, balance is important in this drill
3. Hop with Toe / Ball of foot

BEAT PER MINUTE SCALE

Beginner

Developing

Advanced

Pro

72

104

132

160



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SoccerMET Skill # 103

Single Foot Toe to Heel

Technique:

ALWAYS DISCOVER CONFIDENCE WITH RYTHYM FIRST THEN INCREASE THE BEATS

Beginners: While constantly in control (in touch with) of ball, player will roll move the ball from the toe and roll it the heel of foot using the sole (bottom of foot) and immediately back again. Player will match the toe and heel position with the ball to the beat. Continue repetition.

Developing + : Standing leg must hop, quick foot work required to meet the beat.

Beats Per Minute (BPM) Scale:

Beat Measure 4/4 Beginner = 50, Developing = 96, Advanced = 138, Pro = 164

Testing: Performed with Both Feet Independently

Beginner: Maintaining beat / touch for 30 seconds

Developing: Maintaining beat / touch for 30 seconds

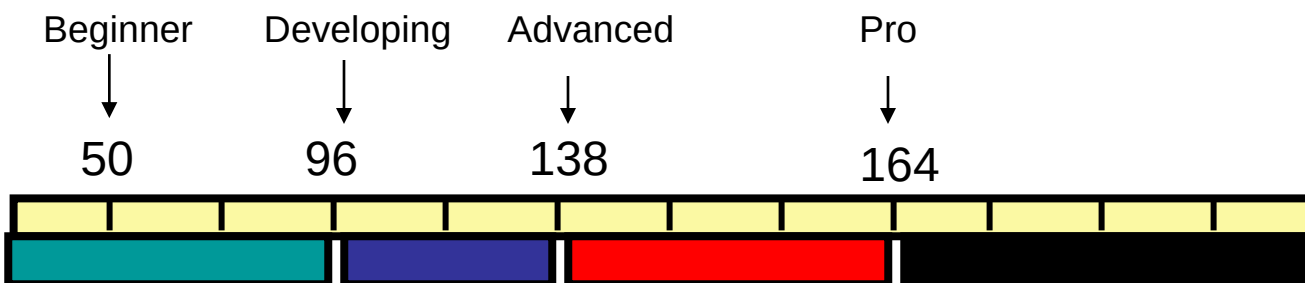
Advanced: Maintaining beat / touch for 45 seconds

Pro: Maintaining beat / touch for 60 seconds

Technique Tips:

1. Keep Toe (controlling the ball) pointing down
2. Ball should not roll past the edge of heel
3. Alternate leg must be bent at knee
4. Hop with Toe / Ball of foot

BEAT PER MINUTE SCALE



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SoccerMET Skill # 104

Combination Toe to Heel

Technique:

ALWAYS DISCOVER CONFIDENCE WITH RYTHYM FIRST THEN INCREASE THE BEATS

Beginners: Combining the right and left foot, execute the single foot toe and heel. Each foot gets 4 beats, on the fifth offbeat player will switch feet and execute the same. Continue repetition.

Developing + :Standing leg must hop, quick foot work required to meet the beat.

Beats Per Minute (BPM) Scale:

Beat Measure 4/4 Beginner = 50, Developing = 104, Advanced = 132, Pro = 160

Testing:

Beginner: Maintaining beat / touch for 30 seconds

Developing: Maintaining beat / touch for 30 seconds

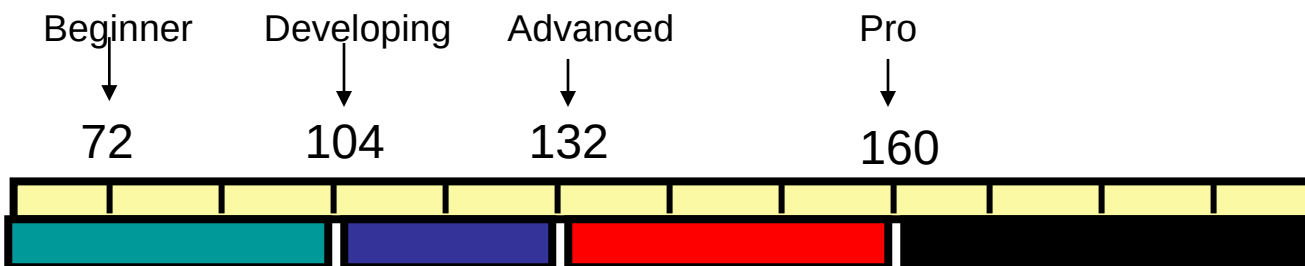
Advanced: Maintaining beat / touch for 45 seconds

Pro: Maintaining beat / touch for 60 seconds

Technique Tips:

1. Keep Toe (controlling the ball) pointing down
2. Ball should not roll past the edge of heel
3. Alternate leg must be bent at knee
4. Hop with Toe / Ball of foot

BEAT PER MINUTE SCALE



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SoccerMET Skill # 105

Single Foot Toe Touch

Technique:

ALWAYS DISCOVER CONFIDENCE WITH RYTHYM FIRST THEN INCREASE THE BEATS

Beginners: Using the toe of right or left foot, tap the ball on each beat without moving the ball. Continue repetition.

Developing + : Standing leg must hop, quick foot work required to meet the beat.

Beats Per Minute (BPM) Scale:

Beat Measure 4/4 Beginner = 72, Developing = 120, Advanced = 180, Pro = 210

Testing:

Beginner: Maintaining beat / touch for 30 seconds

Developing: Maintaining beat / touch for 30 seconds

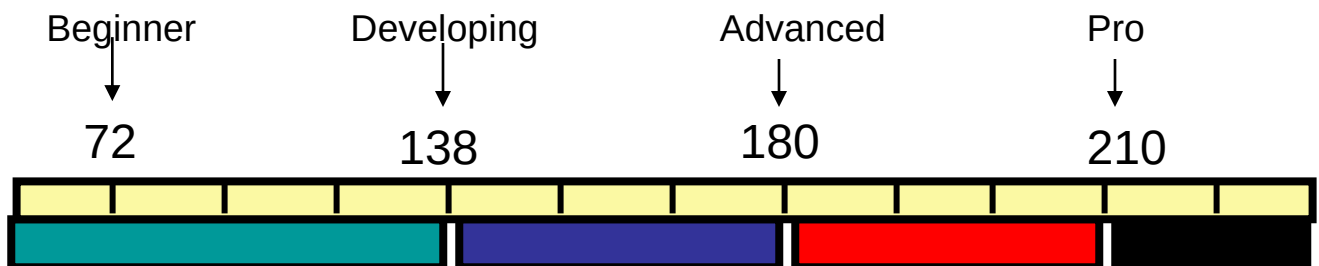
Advanced: Maintaining beat / touch for 45 seconds

Pro: Maintaining beat / touch for 60 seconds

Technique Tips:

1. Touching toe is pointing down towards ball
2. Contact with top of ball
3. Opposite leg should bend at knee to maintain balance

BEAT PER MINUTE SCALE



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SoccerMET Skill # 106

Combination Toe Touch

Technique:

ALWAYS DISCOVER CONFIDENCE WITH RYTHYM FIRST THEN INCREASE THE BEATS

Beginners: From neutral standing position (both feet on ground) ball is placed within control distance and in front of player (ball should be spaced in front of and between both feet. One first beat either foot will touch the ball (control technique) while other foot remains in place. Before second beat, switch feet, now opposite foot has ball under control on second beat). Continue repetition.

Developing + : Standing leg must hop, quick foot work required to meet the beat.

Beats Per Minute (BPM) Scale:

Beat Measure 4/4 Beginner = 72, Developing = 120, Advanced = 164, Pro = 200

Testing:

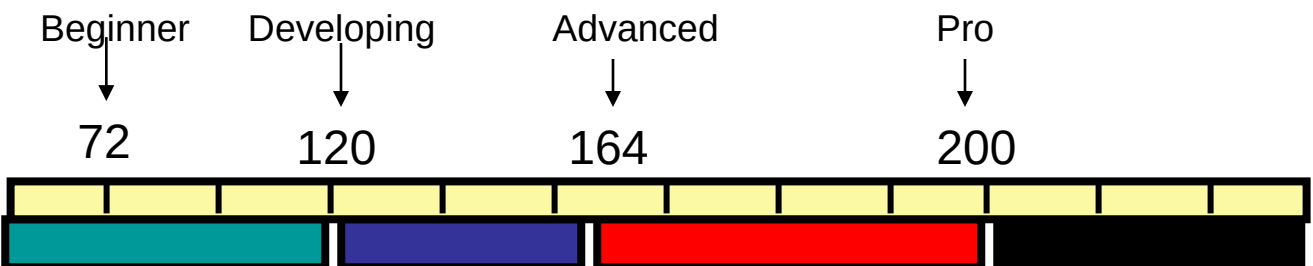
Informal test: Number of touches to beat for 30 seconds

MET Test: Player stands in 1 yard diameter circle, player has 30 seconds to make as many touches as possible. If ball is lost beyond circle, test is disqualified.

Technique Tips:

1. Maintain balance and body control with hop
2. Hop should not include heel but balls of feet
3. Ball touch with toe and foot pointing down/across top of ball.

BEAT PER MINUTE SCALE



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SoccerMET Skill # 107

Pendulum

Technique:

ALWAYS DISCOVER CONFIDENCE WITH RYTHYM FIRST THEN INCREASE THE BEATS

Beginners: Ball starts between feet. Tap ball with inside of left foot to the right foot and tap back. Each tap timed to the beat. Continue repetition.

Progression :Start from a standing to a light jog then to hop

Beats Per Minute (BPM) Scale:

Beat Measure 4/4 Beginner = 80, Developing = 110, Advanced = 144, Pro = 174

Testing: Performed with Both Feet Independently

Beginner: Maintaining beat / touch for 30 seconds

Developing: Maintaining beat / touch for 30 seconds

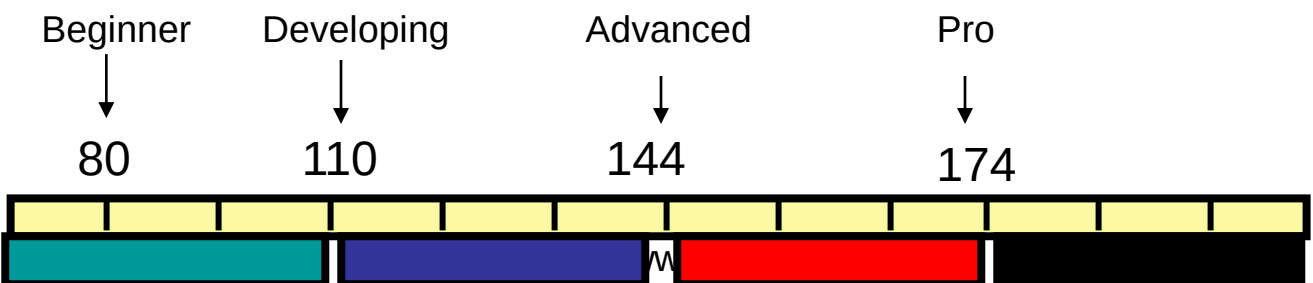
Advanced: Maintaining beat / touch for 45 seconds

Pro: Maintaining beat / touch for 60 seconds

Technique Tips:

1. Maintain touches with front portion of foot to prevent ball from sliding back between legs
2. Stay on the balls of feet as you advance to jog and hopping
3. Keep knees bent to maintain balance and forward positioning of ball with feet

BEAT PER MINUTE SCALE



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SoccerMET Skill # 108

Single Foot V Touch

Technique:

ALWAYS DISCOVER CONFIDENCE WITH RYTHYM FIRST THEN INCREASE THE BEATS

Beginners: Tap the ball twice from the right to the left side of the ball. Each tap matches the beat. Using the big toe or front of foot touch the middle of the right side of ball, then move foot back towards body (around the back side of ball closet to the body) and touch the left side of the ball with the small toe of same foot. Movement of foot resembles a V shape. Continue repetition.

Progression :Start from a standing to a light jog then to hop

Beats Per Minute (BPM) Scale:

Beat Measure 2/4 Beginner = 40, Developing = 70, Advanced =90, Pro = 130

Testing: Performed with Both Feet Independently

Beginner: Maintaining beat / touch for 30 seconds

Developing: Maintaining beat / touch for 30 seconds

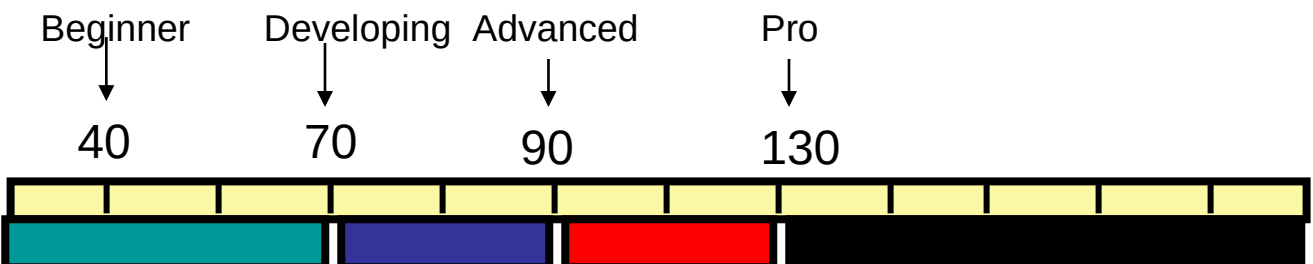
Advanced: Maintaining beat / touch for 45 seconds

Pro: Maintaining beat / touch for 60 seconds

Technique Tips:

1. Body weight on standing leg for balance
2. Stay on the balls of feet as you advance to jog and hopping
3. Keep knees bent to maintain balance and forward positioning of ball with feet

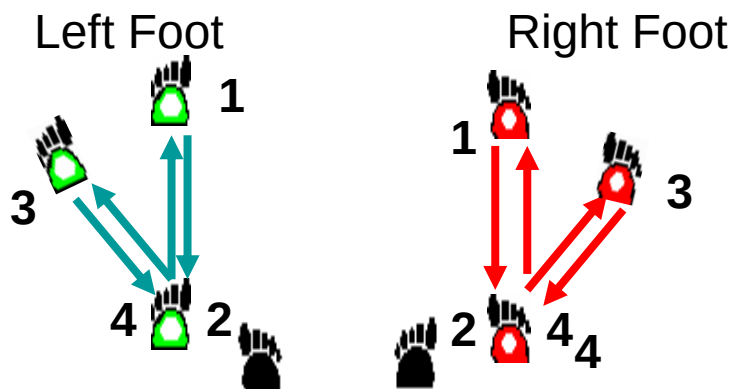
BEAT PER MINUTE SCALE



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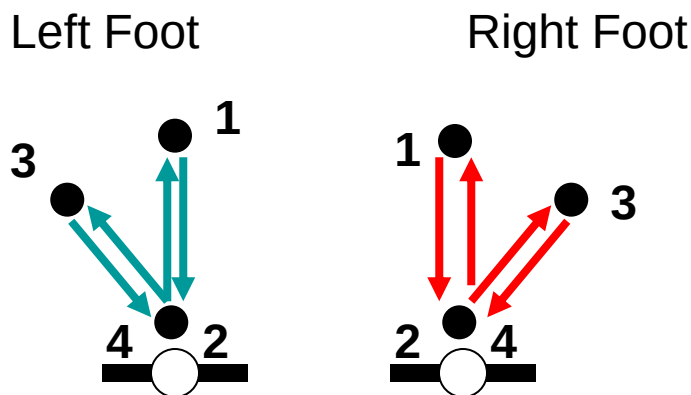
SoccerMET Skill # 108 V Move Outside Right

Foot Pattern



Sole Pull, Sole Push, Sole Pull, Sole Push

Ball Movement



Sole Pull, Sole Push, Sole Pull, Sole Push



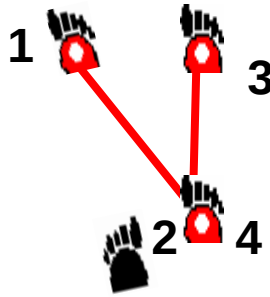
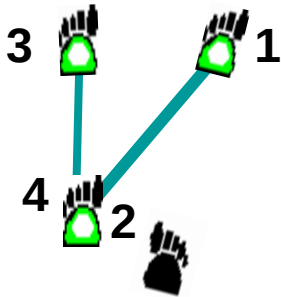
Start with Ball North of body, with sole of right foot pull ball back to control, 2nd beat tap to control with right sole and push outward NE, on 3rd beat tap with sole of right foot and pull ball back to control, 4th beat tap at control and push forward North to restart

SoccerMET Skill # V Move Inside Right

MET Pattern

Left Foot

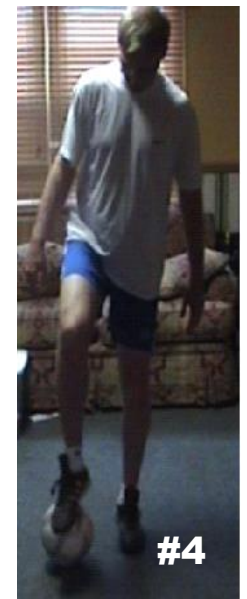
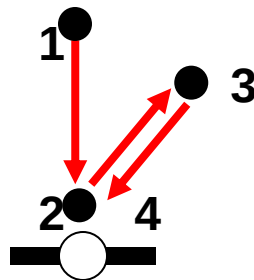
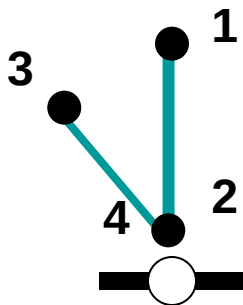
Right Foot



Ball Movement

Left Foot

Right Foot



1. Start with ball forward, using sole of foot tap ball back towards body. Standing foot on balls of feet with hop
2. Ball located below knee, tap to control and push outward away from body at 45 degree angle
3. Ball extended at 45 degrees, tap with sole and pull back toward body
4. Tap to control underneath knee, and push forward to recycle

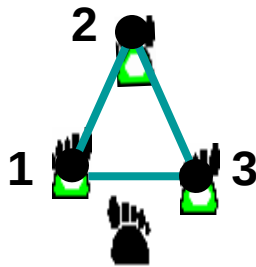
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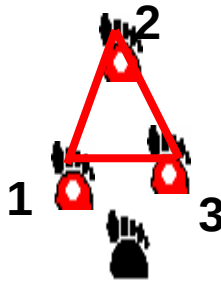
SoccerMET Skill # Pyramid Top Right

MET Pattern

Left Foot

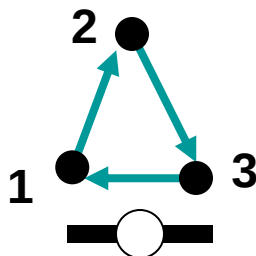


Right Foot

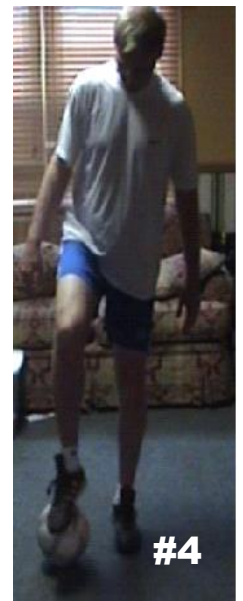
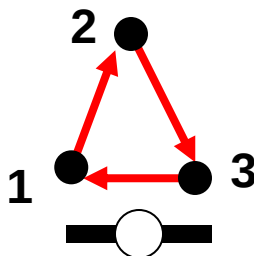


Ball Movement

Left Foot



Right Foot



1. Start with ball forward, using sole of foot tap ball back towards body. Standing foot on balls of feet with hop
2. Ball located below knee, tap to control and push outward away from body at 45 degree angle
3. Ball extended at 45 degrees, tap with sole and pull back toward body
4. Tap to control underneath knee, and push forward to recycle

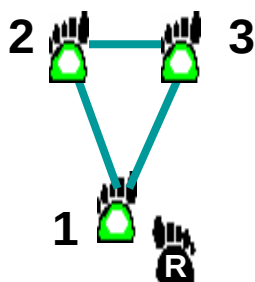
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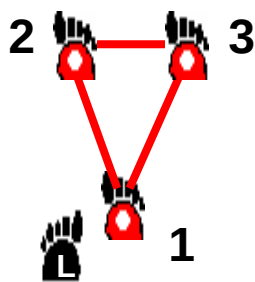
SoccerMET Skill # Pyramid Bottom Right

MET Pattern

Left Foot

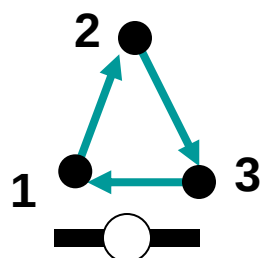


Right Foot

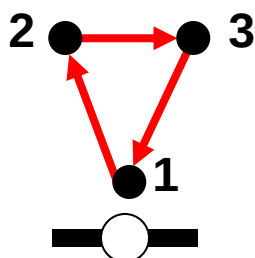


Ball Movement

Left Foot



Right Foot



1. Start with ball forward, using sole of foot tap ball back towards body. Standing foot on balls of feet with hop
2. Ball located below knee, tap to control and push outward away from body at 45 degree angle
3. Ball extended at 45 degrees, tap with sole and pull back toward body
4. Tap to control underneath knee, and push forward to recycle

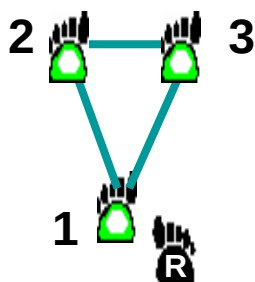
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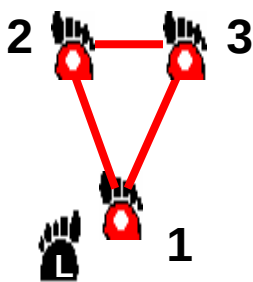
SoccerMET Skill # Pendulum + Outside draw + Push Right

MET Pattern

Left Foot

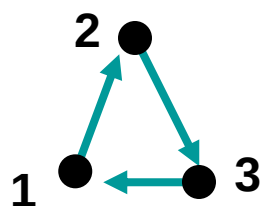


Right Foot

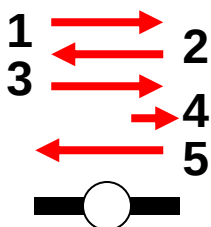


Ball Movement

Left Foot



Right Foot



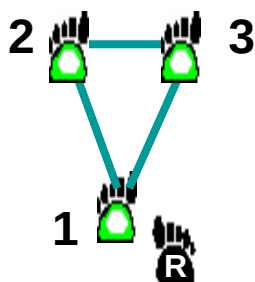
Inside L, Inside R, Inside L, Sole Right, Inside Right

1. Start with left foot, Pendulum, on third beat/touch with right foot draw ball outside with sole, ball roll 1/4 to 1/2 turn, using inside of same foot tap to control then repeat

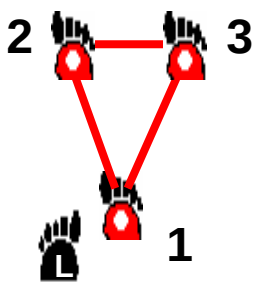
SoccerMET Skill # Cruyff

MET Pattern

Left Foot

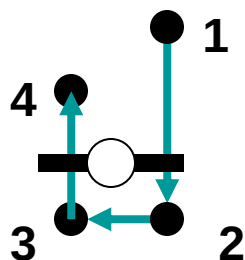


Right Foot

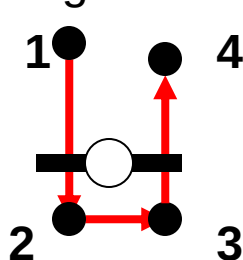


Ball Movement

Left Foot



Right Foot



Inside L, Inside R, Inside L, Sole Right, Inside Right

1. Start with left foot, Pendulum, on third beat/touch with right foot draw ball outside with sole, ball roll 1/4 to 1/2 turn, using inside of same foot tap to control then repeat

SoccerMET Skill # 109

Single Foot Push and draw

Technique:

ALWAYS DISCOVER CONFIDENCE WITH RYTHYM FIRST THEN INCREASE THE BEATS

Beginners: With one foot, push the ball forward with the instep (toe down laces showing towards the ball) at a slight angle away from the body. Then draw the ball back along the same patch with the toe/sole of foot. Each touch matches the beat. Continue repetition.

Progression :Start from a standing to a light jog then to hop

Beats Per Minute (BPM) Scale:

Beat Measure 2/4 Beginner = 72, Developing = 120, Advanced =164, Pro = 200

Testing: Performed with Both Feet Independently

Beginner: Maintaining beat / touch for 30 seconds

Developing: Maintaining beat / touch for 30 seconds

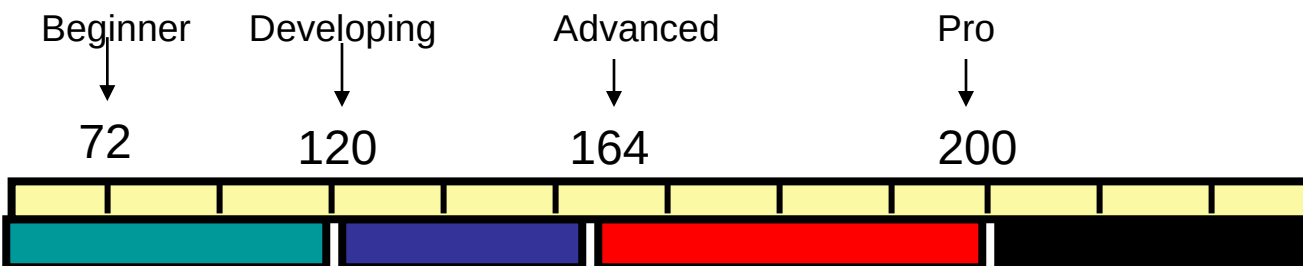
Advanced: Maintaining beat / touch for 45 seconds

Pro: Maintaining beat / touch for 60 seconds

Technique Tips:

1. Body weight on standing leg for balance
2. Stay on the balls of feet as you advance to jog and hopping
3. Keep knees bent to maintain balance and forward positioning of ball with feet

BEAT PER MINUTE SCALE



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SoccerMET Skill # 110

Double Foot Push and Draw

Technique:

ALWAYS DISCOVER CONFIDENCE WITH RYTHYM FIRST THEN INCREASE THE BEATS

Beginners: This skill is performed with both feet. With the Left foot, push the ball with instep at an angle in front of right foot but away from body forward. With sole of right foot draw the ball back along the same path towards left foot. Each foot performs one touch of ball. Continue repetition.

Progression :As the BPM increases players must stay on toes of standing foot.

Beats Per Minute (BPM) Scale:

Beat Measure 2/4 Beginner = 50, Developing =80, Advanced = 110, Pro = 140

Testing: Performed with Both Feet Independently

Beginner: Maintaining beat / touch for 30 seconds

Developing: Maintaining beat / touch for 30 seconds

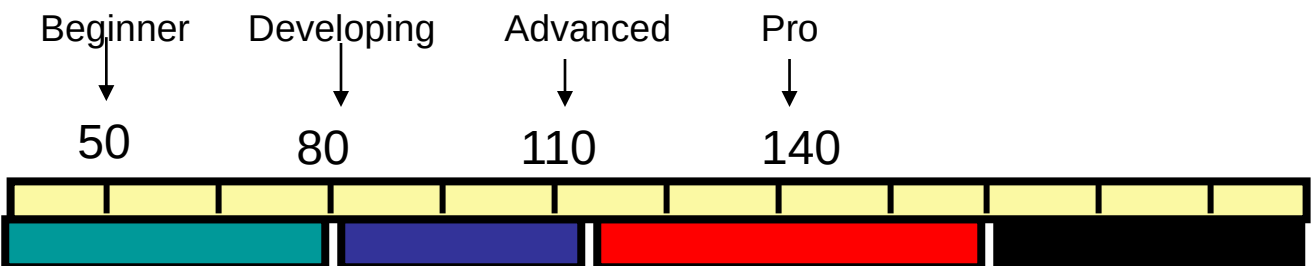
Advanced: Maintaining beat / touch for 45 seconds

Pro: Maintaining beat / touch for 60 seconds

Technique Tips:

1. Shift Weight from one leg to the other
2. Stay on the balls of feet as you advance to jog and hopping
3. Keep knees bent to maintain balance and forward positioning of ball with feet

BEAT PER MINUTE SCALE



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SoccerMET Skill # 110

Double Foot Pass and Draw

Technique:

ALWAYS DISCOVER CONFIDENCE WITH RHYTHM FIRST THEN INCREASE THE BEATS

Beginners: This skill is performed with both feet. Pass the ball with inside of left foot at an angle in front of right foot but away from body forward. With sole of right foot draw the ball back along the same path towards left foot. Each foot performs one touch of ball. Continue repetition.

Progression :As the BPM increases players must stay on toes of standing foot.

Beats Per Minute (BPM) Scale:

Beat Measure 2/4 Beginner = 50, Developing = 80, Advanced = 110, Pro = 140

Testing: Performed with Both Feet Independently

Beginner: Maintaining beat / touch for 30 seconds

Developing: Maintaining beat / touch for 30 seconds

Advanced: Maintaining beat / touch for 45 seconds

Pro: Maintaining beat / touch for 60 seconds

Technique Tips:

1. Shift Weight from one leg to the other
2. Stay on the balls of feet as you advance to jog and hopping
3. Keep knees bent to maintain balance and forward positioning of ball with feet

BEAT PER MINUTE SCALE

Beginner	Developing	Advanced	Pro
↓	↓	↓	↓
50	80	110	140

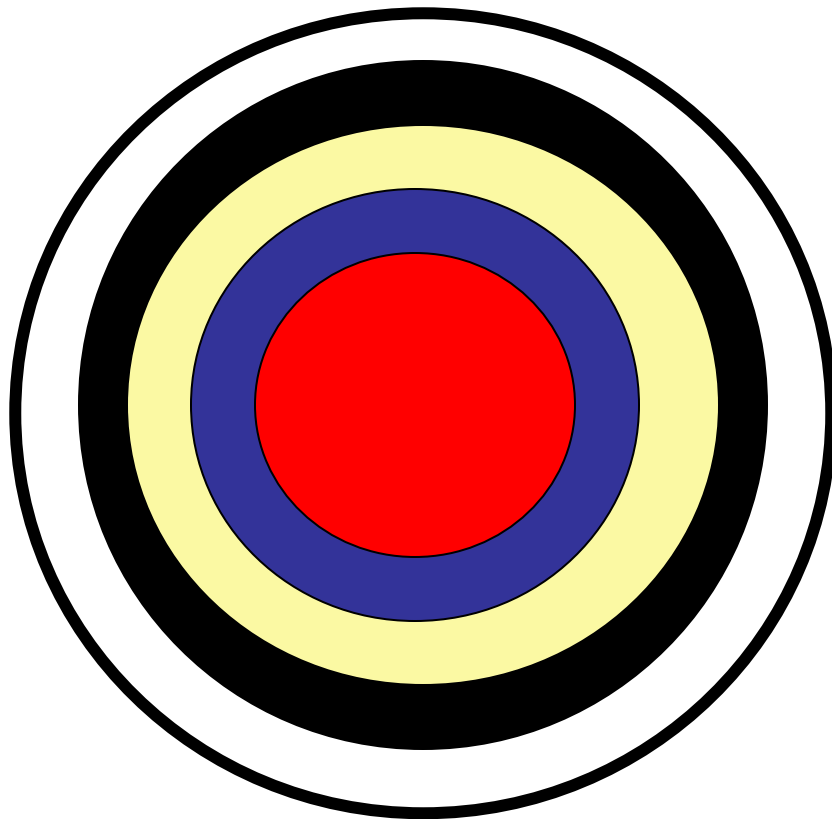


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PLAYER TEST LOG

METSKILL #	Date/Score	Date/Score	Date/Score	Date/Score	Date/Score



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Progression Methodology

