

Multi-Experience Soccer Brain Immersion Training

“Developing the Player of the Future”

By Marcus DiBernardo

Email: coachdibernardo@gmail.com

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Multi-experience soccer immersion training offers an alternative to traditional soccer developmental programs. Players train in unique environments, developing special technical, tactical, social and cognitive skills sets, ultimately providing them with more solutions and tools to succeed than traditionally developed players.

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Benefits

- 1) Players learn by playing in a variety of environments ever changing environments.
- 2) Players gain the skills necessary to take charge of their own soccer development.
- 3) The soccer brain is the focus of development as decision-making and problem solving are the cornerstone of every training session.
- 4) Players cognitive and social development are inter-mixed into the training experiences.
- 5) Players are taught to understand the learning process which enables future self-teaching.
- 6) The peer-teaching requirement enables deeper learning and increased creativity.

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Philosophy of Player Development: Soccer is a free-flowing and fluid game with constant transitions between attack and defense. Players must be able to problem solve and make decisions instantly within the framework of a game model in order to be successful. The soccer brain becomes the focus of training, as a variety of unique skill sets are developed in the process. The training program allows players to be responsible for their own development, as the coach becomes more of an expert facilitator.

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Attacking Philosophy: The objective of an attack is to score by getting the ball in an area where a reasonable shot on goal can be taken.

- A) Find forward open space to attack while keeping possession.
- B) If there is no forward space to attack, find the next available space that will lead to attacking forward open space.
- C) Distribution of players in attack determines what spaces are available to play into while keeping possession.
- D) Distribution of players in the attack determines the strength and weaknesses of the team when possession is lost.
- E) Individual characteristics of each player will influence decision-making on attack.

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Defensive Philosophy: The objective of defending is to stop the opponent from scoring, when possession is regained the attack begins.

- A) Occupying the space that the opponent can reasonably score from will reduce attacking opportunities/shots on goal. The more defenders that occupy that space, the less chance for shooting opportunities.
- B) Space can be rendered harmless if passing angles are cut out.

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Seven Components of Multi-Experience Soccer Immersion Training:

- 1) Constraint Based Training
- 2) Restricted Sense Training
- 3) Rapid Skill Acquisition Technical Games & New Skills
- 4) Attention Capacity & Coordinated Movement Training
- 5) Self Organized Learning Environments & Peer Teaching
- 6) Cognitive Lifestyle Development
- 7) Five Chemicals of Coaching

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Constraint Based Training:

The definition of a constraint is, “the introduction or natural occurrence of something that creates a boundary or limit, which make some actions possible, and leaves other actions up to the learner to explore”. By adding constraints into training it makes certain actions possible while eliminating or reducing other actions. The use of constraints is proven to increase creativity, improve decision-making abilities and aid in the development of unique skill sets. Constraint based training forces players to find solutions in challenging and ever changing environments.

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Restricted Sense Training:

Restricted sense training focuses specifically on adapting to the loss of auditory and visual information. The performance benefits associated with overcoming the loss of auditory and visual information are immense. Restricted sense training increases game intelligence by forcing players to develop alternative solutions to problems they would normally solve with full auditory and visual functioning. The restricted sense training methods are not one time experiments, in order for them to be successful, a longer term adaption of the methods must be applied.

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Rapid Skill Acquisition Technical Skills & Games:

- 1) *Deconstruct the skill* - break the skill down into its component parts.
- 2) *Practice in increments* – practice one increment at a time.
- 3) *Make skill training challenging* – practice the skill in more challenging environments.
- 4) *Immerse yourself in the skill* - instead of training the skill 1 day a week, train the skill 5 straight days (total immersion). Total immersion is more effective in learning new skills.
- 5) *Self-correction* – Always look to self-correct the skill. Have a vivid picture of what the skill should look like, feel the skill, see the skill and perform the skill.
6. Technical RSA Games – training the skill in a concentrated focused competitive technical games.

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Attention Capacity & Coordinated Movement Training:

Building players attention capacity will increase their ability to stay consistently focused in training and matches. This is critical because games are won and lost with the smallest lapses in concentration. Also in order to fully gain the benefits of training, players must be totally immersed and concentrated in the experience. Coordinated movement training builds upon attention capacity by requiring the players to work together in a coordinated game realistic way.

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Self-Organized Learning Environments:

Self-Organized Learning Environments is a learning concept that focuses on player centered learning or autonomous learning. The entire S.O.L.E process is student centered with only a small amount of guidance from a coach. SOLE's train player's to use a wide variety of tools as a way to gather information that will aid in their learning outside of traditional soccer training. The concept of self-organized learning environments was invented by Dr. Sugatra Mitra, a physicist and educational researcher. The concept started out as something called "minimally invasive learning", but now it is referred to as SOLE learning. SOLE learning requires children to organize themselves and structure their own learning. using external resources

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Cognitive Lifestyle Development:

Living a cognitive enriched lifestyle enhances a persons ability to learn, it is important to develop regular patterns and routines that support living an enriched cognitive lifestyle in order to be successful. Higher level players possess greater attention spans and can focus longer than lower level players. Higher level players score better on logic tests that have nothing to do with soccer than lower level players and the majority of the general public. High level players are excellent problem solvers on and off the field. There is a direct transfer of intelligence from one area to other unrelated areas. Want to be a great player? Develop your brain on and off the field.

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Five Chemicals of Coaching:

Since Paleolithic times humans have been pre-programmed for survival, with much of the programming coming from just five chemicals found inside the human body. In order to become a highly effective coach, you must understand how your actions and coaching methods influence these five chemicals. Coaching isn't guesswork, there is a proven neuroscience for effective teaching, coaching and educating. The five chemicals that play influential roles in every training session and match are dopamine, serotonin, oxytocin, endorphins and cortisol. Once a coach understands the role and importance of these chemicals, developing players will become easier.

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Training Videos

Possession Increasing Soccer Intelligence <https://www.youtube.com/watch?v=fALP-KygxSw>

6v6+2 Rondo using variations and constraints to increase Dopamine <https://www.youtube.com/watch?v=pSTWcviXiSg>

Coordinated Passing Movement - <https://www.youtube.com/watch?v=iVgHJFJedd4>

Constraint Based Attacking - https://www.youtube.com/watch?v=3E_rHvWVilU

Dominant Foot Constraint Scoring - <https://www.youtube.com/watch?v=Lxhkj3nXMgs>

Building Focus & Attention in Passing - <https://www.youtube.com/watch?v=J1P2pFqwAc4>

Cognitive Star Passing Pattern - https://www.youtube.com/watch?v=l_xLfXoog7o

Constraint Based 1-touch Possession - <https://www.youtube.com/watch?v=SKHDx5lO1-s>

Constraint Based Soccer Possession Training - <https://www.youtube.com/watch?v=w4M9q16JZoE>

Constraint Based Soccer Mini-Ball Possession - <https://www.youtube.com/watch?v=f2mtNlmtu00>

Speed of Play Constraint Based Possession Training - <https://www.youtube.com/watch?v=JMyK-d-4J9c>

Specialized Constraint Based Ball in Possession - <https://www.youtube.com/watch?v=WFO1kfQ6QBA>

Constraint Based 1-touch to 3 –touch Possession - <https://www.youtube.com/watch?v=w8rwZj5XBSg>

Constraint Ball Goalkeeper Training - <https://www.youtube.com/watch?v=6omGNchf-LQ>

Time Constraints in Possession Training- <https://www.youtube.com/watch?v=z9ogtLrzSg>

Same Color Vests Experience in Possession - <https://www.youtube.com/watch?v=Ampu12vqhx0>

Imaginary Ball Game Cueing Game- <https://www.youtube.com/watch?v=uM-aVEGgMaQ>

1-Touch Training Session Game - <https://www.youtube.com/watch?v=Weff9rstGEO>

External Cueing Finishing Pattern Play - <https://www.youtube.com/watch?v=a8wbXmAczKI>

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Sample Training Split into Stations
Trainings can Be Designed with Flexibility

Station #1)

Game – Constraint Based Training
25 Minutes

Station #2)

Game – Restricted Sense Training
25 Minutes

Station #3)

Attention Capacity & Coordinated Movement Exercise
15 minutes for entire groups warm-up

Station #4)

Rapid Skill Acquisition Game
25 minutes

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