

Take 2

An initiative providing:

“Direction for Young
Players”

Preamble:

“We’re all looking for that magic formula which will make our kids world beaters when it comes to soccer.... WELL, sorry, I don’t know it either!

What I can present to you however is Take 2 an initiative which in itself is very basic, but it works.

The simplest concepts are often the most effective and this is even more true when it comes to sport and young children.

What is **Take 2**?

The concept is based around the development of three processes:

Decision Making

Technical Development

Developing Self-Confidence

TRUTH TIME!

- Most young players struggle TECHNICALLY because of ADULT / PARENTAL influence.

The Scenario:

In the heat of play the ball comes to young *###@* and his or her proud parents yell:

KICK IT
GET RID OF IT
BIG KICK

###@ runs towards the ball and takes an almighty swing, makes contact (with luck) and launches the ball to places far away. Why because that was the instruction – no the ORDER, they were given.

Decision Making?

Technical Development?

Self-Confidence?

- *How many decisions did the player make – did the player decide when, where or how the ball should be played?*
- *How many touches did the player get – what techniques were ‘practiced?’*
- *How much time did the player spend on the ball?*
- *Does the player develop confidence when even their parents don’t trust them to keep it and enjoy it?*

The Take 2 Concept

The Concept is simple: “TAKE (at LEAST) 2 TOUCHES on the ball every time it comes to you.”

If a player takes a first touch then he or she will immediately become a decision maker: ‘What can I do with my second (and perhaps third) touch?’

Can I run with the ball or dribble it?

Can I pass the ball to a team mate?

Can I shoot and perhaps score a goal?

Give it a try!

The better players are technically capable, physiologically adept, tactically aware and they are good decision makers.

Take 2 encourages players to adapt, become more technically proficient, to develop confidence and to exhibit flair and creativity. Most importantly it encourages them to make and trust their own decisions.