

GLOSSARY

ACTIVATE. Kids need to integrate their natural skills with their Soccer skills so they can activate the talent that they have.

AIM. The aim of Freestyle Soccer is to look for different ways to improve all Soccer kids, regardless of their level of intelligence, talent, experience, position, attitude or motivation.

ALTERNATE FEET. The secret to juggling a Soccer ball is as simple as walking and running. Kids need to alternate their feet so that they maintain balance with every step they take.

ASK. Coaches and kids can connect by asking each other questions. Kids need to ask so they can learn. Coaches need to ask so they can stimulate intelligence.

ASSESSMENT. An annual skills assessment identifies strengths and weaknesses and provides kids with feedback on performance.

BALANCE. Kids should be encouraged to use both feet and given close repetition drills to transfer weight from one foot to the other.

BALLWATCHING. We all focus on the ball and the ball player. Coaches follow the bouncing ball so they can monitor possession and correct mistakes. Forwards watch the ball and get caught offside. Defenders watch the ball and overlook the blindside run. The innovative player sees the game beyond the ball.

BELIEF. Belief is the key to the future of Australian Soccer. Any country that is serious about competing with the Top 20 Football nations of the world needs to believe in the talent of their children.

BUDDY SYSTEM. The buddy system ensures that every kid in a team has a training partner so that no kid gets left behind.

BULLSEYE. Professional marksmen don't aim for the target. They aim for the bullseye which is the smallest part of the target. They miss small because they aim small.

CALLING. Calling is the simplest and most effective way to turn eleven individuals into a competent team. Kids can use at least 20 calls in a game to increase information and improve team possession.

CARD AND PEN. Freestyle kids use a card and pen to record their juggling figures so they can see their improvement in black and white.

CHALLENGE. Sport should be a challenge. Ordinary kids look at a challenge and can only see a problem. Freestyle kids look at a problem and can only see a challenge.

CIRCLE. Circle drills encourage kids to look and move in different directions instead of playing up and down in straight lines.

CLOSE REPETITION DRILLS. Training drills designed to provide maximum number of ball touches to develop intuitive play.

CONES. Freestyle kids use target cones to challenge and measure their accuracy. Rubber or silicon cones should be used for safety.

CONFIDENCE. Confidence is the most important goal for any kid or teenager. Confidence should be based on facts not compliments.

CONTROL. Kids who can control themselves can control the ball.

COORDINATION. Coordination is use of the whole body to control the ball, not just the contact area.

CROSS TRAINING. Crossing should be an essential part of shooting drills so that kids can learn to read the speed of the feed.

DEAD BALL. When the ball is dead, it creates an opportunity for intelligent players to come alive and make their move.

DECISION. Any kid can trap, pass, screen, dribble, head the ball or shoot. The most difficult skill in Soccer is deciding which one to pick.

DIFFERENT. All kids are different. They all have different levels of talent, intelligence and motivation. There's a different key to every kid. We can teach the same every day or learn something different every day.

DNA PROFILE. Every kid has a distinct DNA profile that can be established by prioritising 10 distinct skills. No two kids are alike. DNA profile identifies what individuals and teams need to practice.

DUMMY RUNS. Intelligent players create options for their team by making dummy runs to draw opponents out of their comfort zones. They make things happen instead of waiting to see what happens.

ELEMENTS. There are ten Freestyle elements that kids can use to develop their natural skills. These apply equally well to surfers, skateboard riders, BMX bike riders, basketball players, ball jugglers and strikers. They are footwork and vision, power and precision, movement and decision, belief and repetition, challenge and intuition.

FEAR. Fear of failure is the greatest obstacle in Soccer followed by fear of heading, fear of weakness, fear of getting hurt, fear of being wrong and fear of losing. The key is to face fear not try to avoid it.

FEEDBACK. Regular feedback connects coaches with their players.

FINISHING SCHOOL. A finishing school is a training facility that teaches kids how to shoot and score goals. Every club should have a shooting gallery where kids can get a feel of their shots before games. Every major region should have a goalscoring academy connected to a goalkeeping academy and elite strikers should have access to a Top Gun Academy where they can learn from expert marksmen.

FIRST FIVE. The first five minutes of anything we do is full of mistakes. Kids who know this will use the first five to warm up. Coaches and kids who don't know this will worry and tense up.

FITNESS. Fitness is the personal responsibility of every player.

FIVE MINUTES. Any Soccer kid can improve their Soccer skills in five minutes because they're willing to listen and learn. It only takes five minutes to activate the natural skills that all players have.

FOOTWORK. Footwork helps kids to strike the ball. Upper body sports like basketball and cricket practice fast footwork drills.

FORCE. Force is the default option that players use when they lack skill or confidence. Some kids will foul an opponent if they become frustrated. Some kids try too hard to kick too hard.

FREESTYLE KIDS. Surfers, skaters, bike riders, basketball players and Soccer kids who train on their own or with their mates without being told to train.

FREESTYLE SOCCER. Freestyle Soccer is a non-profit organisation where kids have the freedom to think for themselves.

GOALS. Soccer goals are too big. You can fit 34 balls between the posts and 10 balls from the ground to the crossbar. There are 340 places to score so players aim for all of them. A junior goal is 23 balls high and 8 balls wide. Kids can concentrate better with a smaller goal.

GRADING. Grading separates the kids who can play from the kids who can't play. The kids who can play are ready to be innovative and the kids who can't play need all the coaching they can get.

HEADING. Heading needs to develop as a close repetition drill so kids can increase confidence and range without being hurt by the ball.

HEARING. Hearing is controlled by altitude. At grassroots level, people listen but they lose this ability when they reach a higher level.

HEROES. Every kid should have a Soccer hero they can try to emulate. The name on the back of their shirt will inspire them.

HORSESHOE. The Horseshoe is an intensive shooting drill for one striker where 30 balls are fed into the box from different angles.

IMPROVE. All kids can improve. There's a key to every kid and a drill for every skill. There isn't one Soccer kid who can't improve in five minutes. The skill is already there and just needs to be activated.

IMPROVISE. The ability to adapt intuitively to any match situation.

INDIVIDUAL COACHING. An individual coach, personal trainer, teenage mentor, assistant coach, parent, skills specialist or talent scout can learn about an individual player without being distracted by game pressures. Every Soccer kid can benefit from individual coaching.

INNERVATION. Think for yourself and make your own decisions.

INNOVATION. All kids are innovative. Each generation is smarter than the previous generation. It's important to recognise innovation and not penalise talented kids for creating moves that are different.

INTELLIGENCE. All kids have different levels of intelligence. The most effective way to stimulate intelligence is to ask questions.

INTUITION. Intuition is the product of thousands of ball touches using close repetition drills. Ball control becomes second nature.

JIGSAW. Soccer is a jigsaw puzzle of 100 different skills and abilities. Freestyle kids never stop improving because they constantly rotate through these 100 skills.

KEY. The key to the future of Australian Soccer is belief in children.

LEARNING. Freestyle Soccer is a learning organisation for coaches to learn about players and kids to learn how to think for themselves.

LIGHTEN UP. Lighten Up is a close repetition ball drill designed to identify individual strengths and weaknesses within 5 minutes.

LIMITS. There are no limits to how much kids can improve. If they go as far as they can, they can then see a lot further.

LOSS. A loss is a clear indication that players need to do more next time and do it better. Any loss can either be used to motivate players or to make excuses and blame someone else. Reaction to a loss tells us a lot about coaches, players, responsibility and character

MISTAKES. All kids make mistakes. We can spend years stopping the same mistakes and correcting the same techniques or spend five minutes observing the mistakes and identifying the underlying cause.

MOTIONAL INTELLIGENCE. Motional intelligence means knowing where to move in a game and understanding why.

MOTIVATION. All kids have different levels of motivation. The most effective way to motivate Freestyle kids is to tell them what they can't do and then sit back and watch how they do it.

MOTOR SKILLS. Most ball skills are basic motor skills that can be improved with practice. There are three levels of motor skills. At the cognitive (conscious) level, we stop and think. At the associative (familiar) level, control becomes more comfortable. At the autonomous (intuitive) level, control becomes second nature.

MOTORVATION. Create your own moves.

MOVEMENT. No pass is perfect in Soccer. Players can always improve their positioning by moving forward or back, left or right, up or down or by rotating clockwise or anti-clockwise.

NATURAL SKILLS. Natural skills include looking, calling, listening, thinking, learning, understanding, remembering, making decisions

and moving. Kids need to use natural skills both on and off the ball. Our Soccer skills depend on how we use our natural skills.

NETWORKING. Networking is shooting practice for small groups.

NEYMAR EFFECT. Japanese scientists monitored the performance of Neymar at the highest level and discovered that he only uses 10% of the brain activity of ordinary players. His whole game is intuitive.

OBSTACLES. There are four obstacles to achievement. These are ignorance, laziness, selfishness and fear and they come from within us. Freestyle kids overcome these obstacles by developing their intelligence, motivation, team spirit and confidence.

OFF THE BALL. A skilful player can dominate the game with the ball. A talented player can dominate the game without the ball.

ONE BOUNCE. Beginners can improve their juggling by letting the ball bounce between touches. One Bounce drills are suitable for pairs and small groups. Eventually these kids won't need to use the bounce.

ON THE BALL. The average player only has control of the ball for 5% of each game. Freestyle kids make the best of the other 95%.

PEAK SKILLS. Every kid has a peak skill that they perform better than anything else. Their peak skill helps to define each player.

PERFORMANCE MEASUREMENT. Freestyle kids monitor their own performance and measure their own improvement so they can identify their short term goals and increase their confidence.

PERSONAL BEST. Kids, who keep a record of their ball skills and fitness levels, use their personal best as a target they can challenge.

PERSONAL TRAINER. A personal trainer focuses on one player to identify their strengths, weaknesses, skills, talents, fears and needs.

POSITIONING. Kids should always move to improve their position so they can receive the ball while other players stand and wait for it.

POSSESSION. Ordinary players chase the ball till they catch it and then rush towards goal till they lose it again. Freestyle players look for space and keep possession until they create a chance to score.

POWER. Power combines strength with speed. Kids develop power through timing. Some kids develop force through frustration.

PRACTICE. All kids can practice on their own or with their mates. They just need to understand what, how, why, when and where.

PRECISION. Aim small and miss small. Aim big and miss big.

QUALITY. The quality of coaching is measured by what kids learn not by what coaches teach. These are not always the same.

QUESTIONS. Questions encourage players to think for themselves.

RAINBOW. This is an intuitive drill for strikers to improve footwork and vision. It teaches them to check the target before they shoot.

RANGE. Every kid has an optimum range. They can measure their range of accuracy and range of power by all control.

RAPID FIRE. Rapid Fire is a shooting drill that reduces time and space and increases pressure so kids can develop intuitive control.

REASON. There should be a reason for every training drill. Kids need to know what to do, learn how to do it and understand why.

RECEIVER. The most important part of the pass is the receiver. The ball player needs to provide a pass that the receiver can make use of.

REPETITION. Conscious repetition produces instinctive reaction. Kids need hundreds of ball touches to achieve the autonomous level.

RESPECT. Group activities develop mutual respect for all players.

RESPONSIBILITY. Players are responsible for every game they play. They should never look for an excuse or someone to blame.

RESULTS. Training drills should be designed so that the results are clear, immediate, permanent and measurable.

RUNNING. Endurance is low intensity activity for a long duration. Speed is high intensity activity for a short duration. Match fitness is high intensity activity for a long duration.

SHARPSHOOTING. Sharpshooting drills are intensive goal scoring drills where one kid spends one hour developing marksmanship skills.

SKILLS COMPETITION. A skills competition is an annual event that clubs organise to identify and encourage freestyle juggling talent.

SKILLS PARK. A Skills Park is a location, like a Skate Park, where Soccer kids have the freedom to run their own drills, challenge their own skills and compete with their mates using a net and 100 balls.

SOCCER SKILLS. Kids need to use their Soccer skills for the 5% of the game when they have the ball. They need to use their natural skills for the other 95% of the game.

SPACE. Freestyle kids never stand still. They create space when they have possession and they close down space when they lose possession. Intelligent players create space for their team mates.

SPEED JUGGLING. Every kid can juggle the ball for 60 seconds. Some kids can get 130 ball touches without dropping the ball. Some kids drop the ball a dozen times and get 30 ball touches. It doesn't matter what they get as long as they have a target to aim for next time. Speed juggling shows kids that they can compete against themselves.

SPORTS. Other sports can provide different solutions to the same problems as Soccer.

SUPPORT. Running and calling to provide the ball player with intelligent options so that the team can maintain possession.

TALENT. All kids have talent. Coaches can't teach talent. They can only discover talent by observing players and learning about them.

TARGET. The secret to accuracy is to aim small and miss small. When you pass or shoot, pick the smallest target you can see. Never pass or shoot before checking the target in case somebody moves at the last second.

TEENAGE MENTOR. A teenage mentor assists the coach to run the team. They are usually an older sibling ideally three years older than the players. The teenage mentor of today is the coach of the future.

TOTAL BODY. Use your whole body when you control the ball so that you can maximise your balance, coordination and momentum.

TRAINING DIARY. A training diary enables kids to keep a record of their performance and improvement in skills, drills and games.

200 TOUCHES. It takes 200 ball touches to develop intuitive feel and strike a balance between too hard or too soft, too high or too low, too early or too late, too fast or too slow, too left or too right.

UNDERLYING CAUSE. There's a reason for everything we do in Soccer and it's not luck. We can spend years correcting the same mistakes or spend five minutes discovering the underlying cause.

UNTALENTED. If we can't see talent in a player, it doesn't mean that they lack talent. An untalented kid who wants to learn it all will achieve a lot more than a talented kid who thinks he knows it all.

VISION. Vision is the key to scoring goals. Anyone can easily see whether kids look at the ball or the goal when they shoot.

WARMUP. The average Australian Soccer kid gets 10 ball touches before kickoff. Anyone can research how many ball touches they need before intuitive control kicks in. Kids need at least 200 ball touches.

WEAK SKILLS. Every kid has at least one weak skill that can easily be overcome with the appropriate close repetition drill.

WEIGHT TRANSFER. Kids should constantly switch feet when they move with the ball so they can maintain balance and improve rhythm.