

Team NB: ***Virtual Classroom***



Soccer IQ

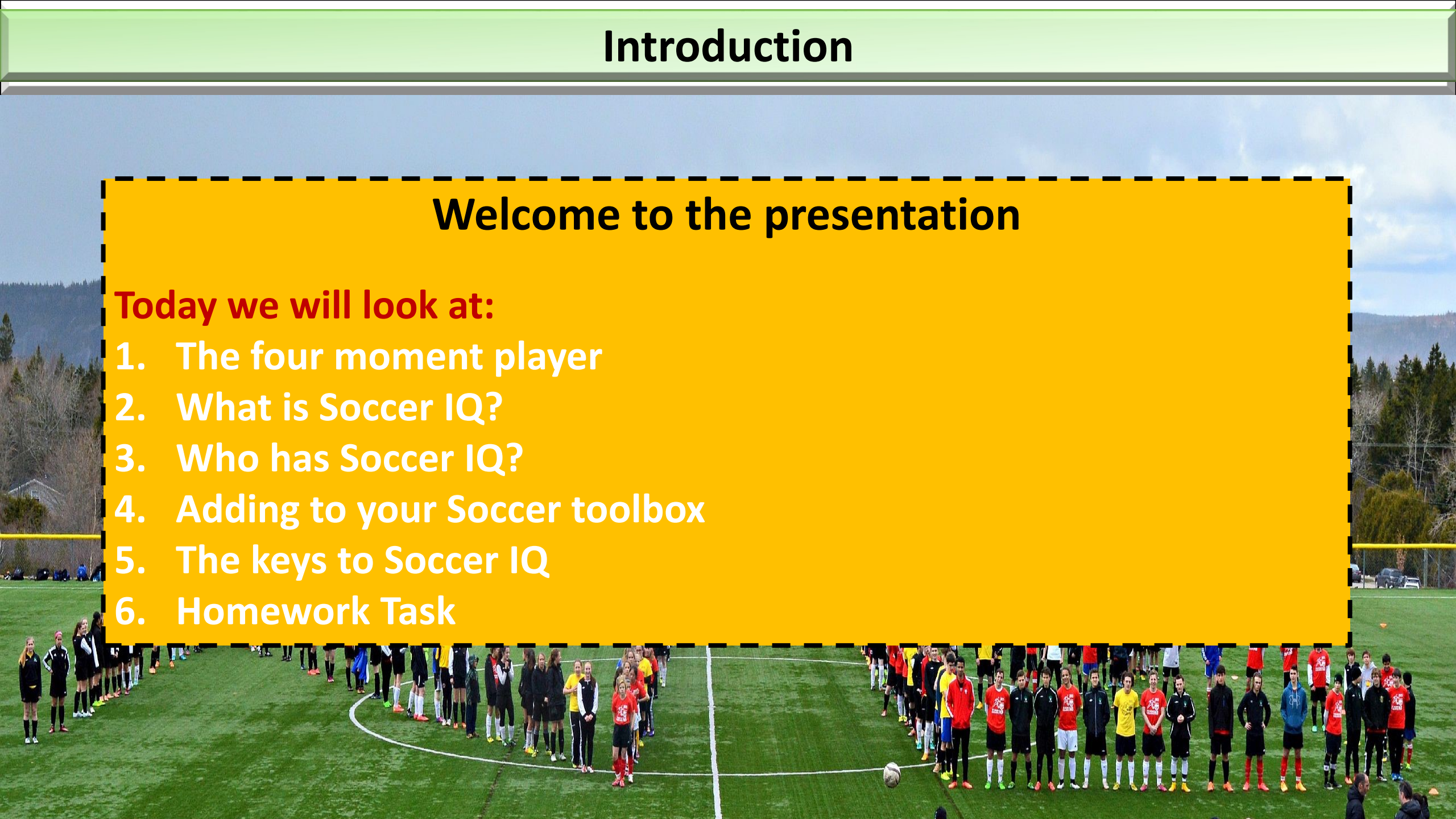


Introduction

Welcome to the presentation

Today we will look at:

1. The four moment player
2. What is Soccer IQ?
3. Who has Soccer IQ?
4. Adding to your Soccer toolbox
5. The keys to Soccer IQ
6. Homework Task

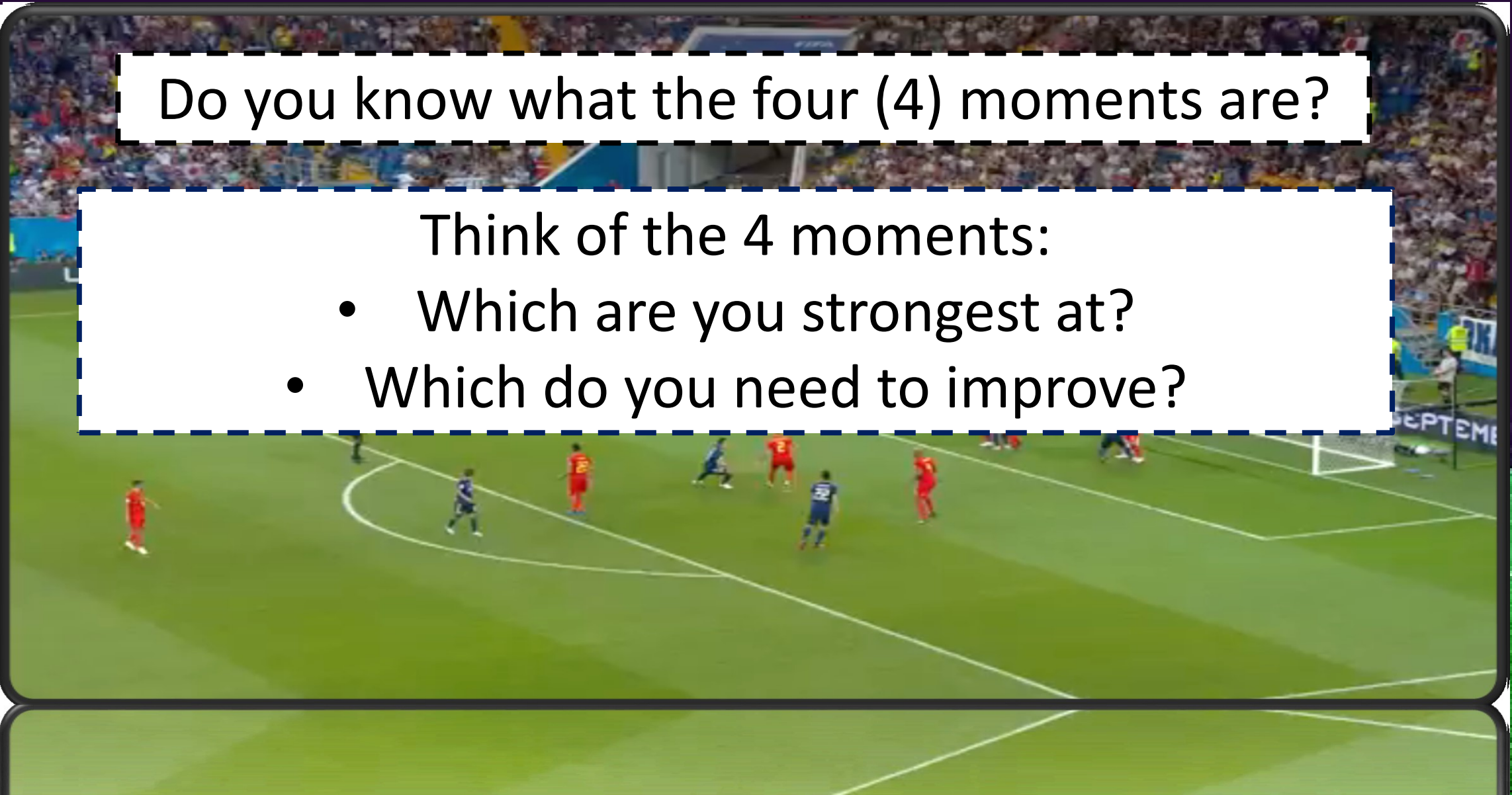


The Four Moment Player

Do you know what the four (4) moments are?

Think of the 4 moments:

- Which are you strongest at?
- Which do you need to improve?



Provocation

Player Task:

1. Think about how proficient you are in the following areas in soccer
(Mark yourself out of 10 for each):

- *Physical (managing your body)*
- *Psychological (mindset)*
- *Technical (mastering the ball)*
- *Tactical (right blade of grass at the right time)*

Tally your score.

- ***Think now if you were to improve one element above what effect this would have on you becoming a complete 4 moment player?***
- ***What score would you want to achieve and in reality, what would the professionals score be?***

Four moment tool box

What is more beneficial to you?:

A. Focus on Improving your weakness would this take your game to new heights?

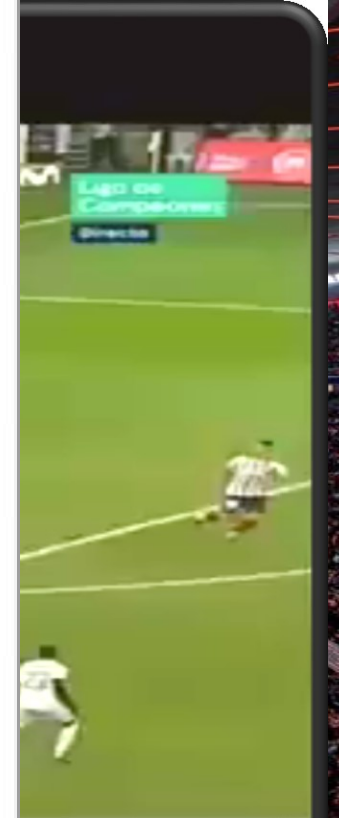
Or

B. Focus on your strengths and make them super strengths?

Or

C. Working on both equally?

Soccer IQ: Jigsaw

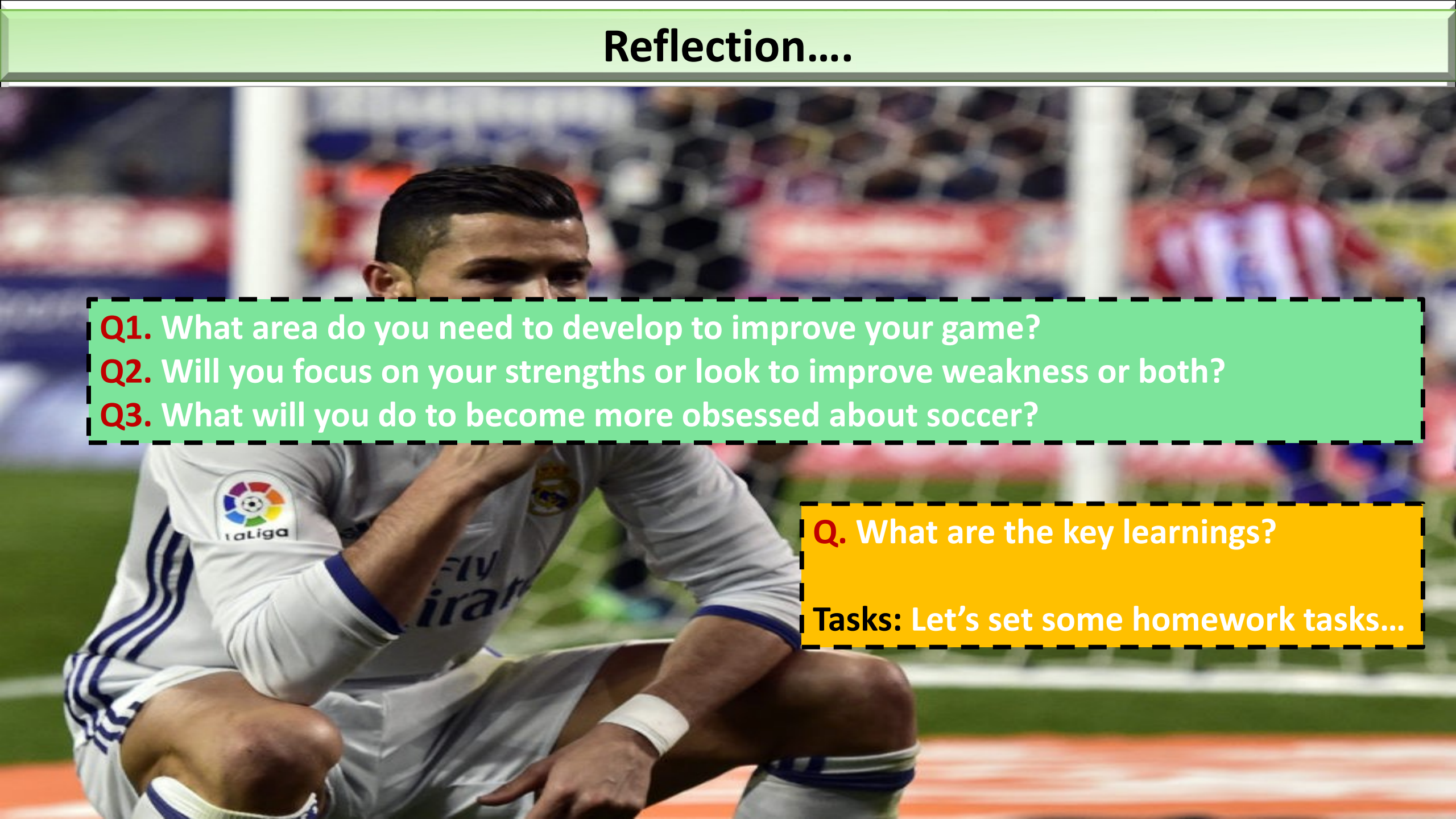


Soccer IQ Quiz

Answers the questions honestly out of 5. 1 is low and 5 is high.

1. How soccer intelligent do you think you are? (Score out of 5)
2. *How successful are you in attacking 1v1s? (out of 5)*
3. *How successful are you in defending 1v1s? (out of 5)*
4. How ***Calculate your score out of 40***
5. *How often do you train at home on soccer? (Out of 5)*
6. *How often do you talk about soccer to friends/family? (out of 5)*
7. *How often do you use both feet in games? (Out of 5)*
8. *How quickly do you get over mistakes or setbacks in the game? (out of 5)*

Reflection....

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- A photograph of Cristiano Ronaldo in a white Real Madrid jersey, crouching on a soccer field. The jersey features the La Liga logo on the left chest and the Real Madrid crest on the right. He is looking down with a focused expression. The background is a blurred stadium filled with spectators.
- Q1.** What area do you need to develop to improve your game?
 - Q2.** Will you focus on your strengths or look to improve weakness or both?
 - Q3.** What will you do to become more obsessed about soccer?

Q. What are the key learnings?

Tasks: Let's set some homework tasks...

Thankyou



Thankyou for listening

Questions

Watch the clips:
List the skills and abilities you see in the chat box.

- From the clips:
- Do you think you can have soccer IQ anywhere on the pitch?
 - Can it be in any position?

Homework Task 1: The signature move



Task:

- You will create or find and master your signature skill move.
- Master the move – either video it or send it in to the coach. Name the move below.

Signature move name: