

ISOCCKER GUIDE ~ FOR PLAYERS



The (Simple) iSoccer Model

1. Measure – Assess yourself
2. Track – Check out your levels online
3. Improve – Work to get better test scores
4. (Repeat!)

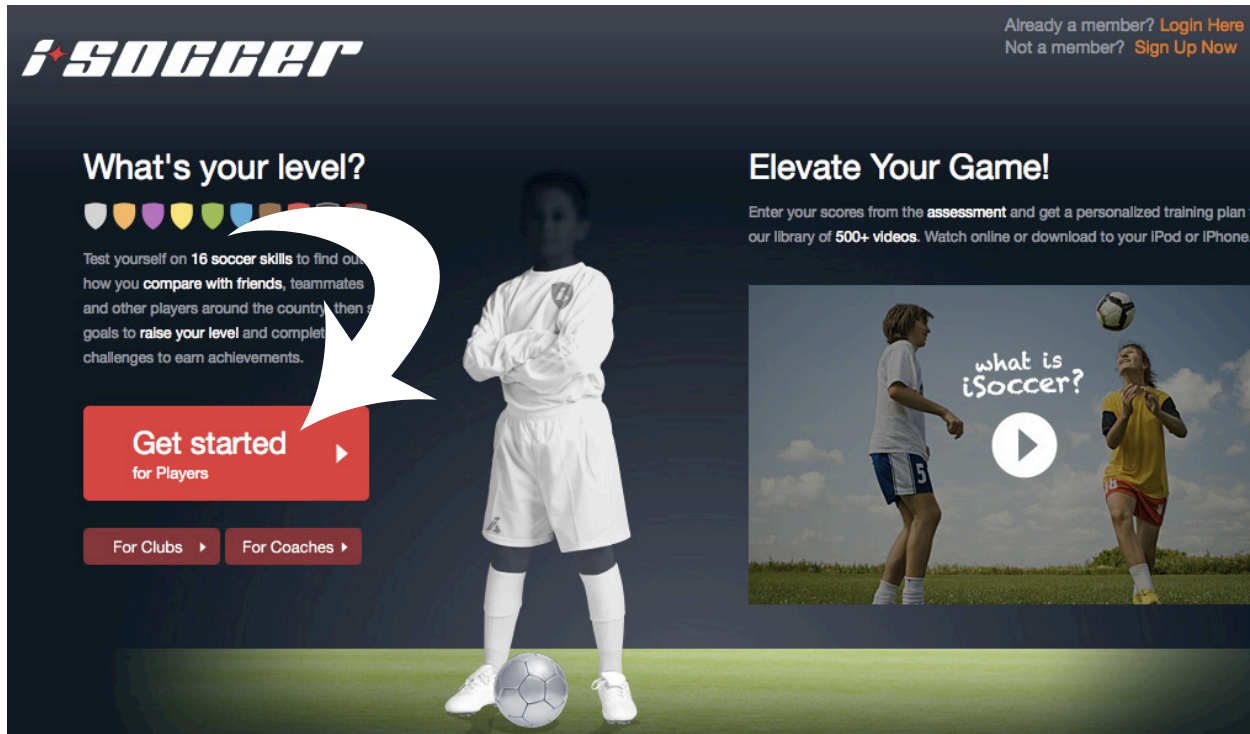
Welcome Northshore YS Player!

Whether you dream of playing professionally, or you just like to play soccer with your friends and want to improve – iSoccer is for you! My goal is for iSoccer is to help YOU: Develop your skills! Have more fun! Motivate yourself to work harder at practice and at home! Create a culture of fun competition around soccer! The more you use iSoccer, the more benefit you will see. This launch guide is just an introduction to jumpstart using iSoccer... But what you do with iSoccer is up to you! Enough talk; let's start 'Raising your Level'!

Sincerely,

Scott Leber, Founder of iSoccer

1. Go to <http://www.isoccer.org/Northshore> and click “Get Started for players”



2. Fill out your info and click “Register”

3. Find and join your team

Didn't find your team? Check “Don't see your team” and make sure your coach sets it up!

4. Follow the on-screen instructions to finish sign up.

You can upgrade at the end to get premium features like comparing your scores to players around the US and tracking your history, but you don't have to! Get your iSoccer Six scores inputted though!

5. Assess yourself on the iSoccer Six

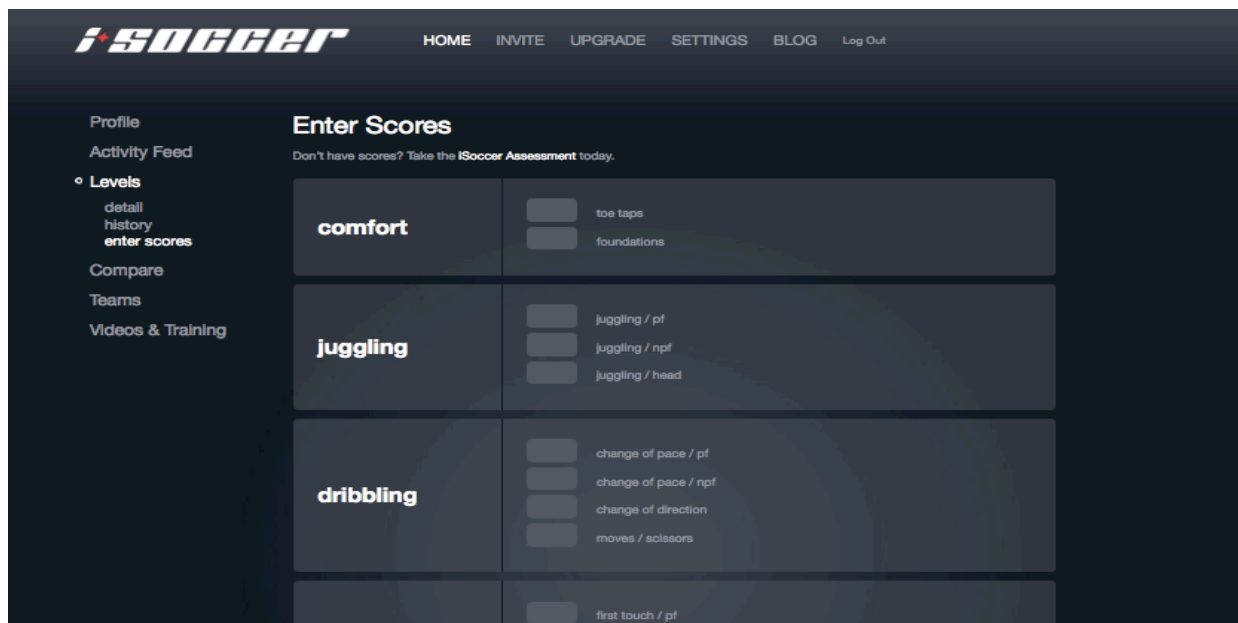
Go to <http://inside.isoccer.org/assessment/isoccer-six/> and learn about the iSoccer Six (2min video)

Then do the exercises in your backyard, basement, park, or anywhere you can put down a 5m x 5m grid (That's about 16.5ft x 16.5ft. or 6 big steps).

There is a guide for the iSoccer Six on the next page, print it out and take it with you.

Be sure to write down your scores!

6. Log your scores in iSoccer



THIS IS JUST THE BEGINNING, GET OUT THERE AND RAISE YOUR LEVEL!

The iSoccer Six

See the Complete 16 Skill National Assessment below

Can You Raise Your Level?

Toe Taps Foundations

20 Seconds
As many as you can do



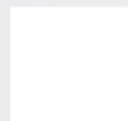
1st Attempt



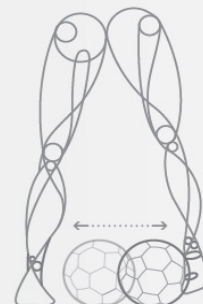
2nd Attempt



1st Attempt

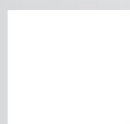


2nd Attempt



Juggling PF Juggling NPF

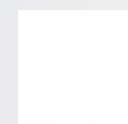
20 Seconds
Take only your high score



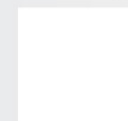
1st Attempt



2nd Attempt



1st Attempt

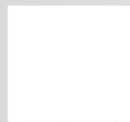


2nd Attempt



Change of Pace PF Change of Pace NPF

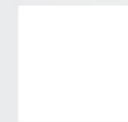
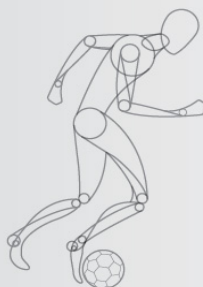
20 Seconds
Two Cones 5 Meters Apart
Dribbling in a Figure 8
with One Foot
Each figure 8 is worth
4 points (1pt=2.5m)



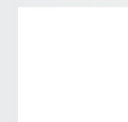
1st Attempt



2nd Attempt



1st Attempt



2nd Attempt



Key:

PF=Preferred Foot • NPF=Non Preferred Foot

The iSoccer National Assessment

What is Your iSoccer Level?



COMFORT & JUGGLING

Toe Taps
Foundations
Juggling PF
Juggling NPF
Juggling Head

DRIBBLING

Change of Pace PF
Change of Pace NPF
Change of Direction
Moves/Scissors

PASSING & RECEIVING

First Touch PF
First Touch NPF
One Touch PF
One Touch NPF

OTHER

Aerial Control
Ball Striking
Speed

Top 3 questions that Players ask:

1. **Q:** *How long does it take to run through the iSoccer Assessment?*

A: The iSoccer Six takes about 10 minutes. For the full 16 skill assessment, the first time through will likely take about two hours (you can break it up over 2-3 sessions). Once you get familiar with the setup & scoring, it takes about 60 minutes.

2. **Q:** *How do I get the most out of iSoccer?*

A: Knowing your level is the first step to raising your level, but only the first step. You must train to improve! There are many places online and through your coaches to learn about drills you can do. If you upgrade your iSoccer account you can gain access to a video library of over 500 targeted training videos that target the iSoccer Skill Areas. You should make an effort to get touches on the ball every single day, even if you only have 10 minutes in your living room, with iSoccer you can still raise your level. Use the "Session Builder" under "Videos" to put together a few exercises and commit to doing one session every day.

3. **Q:** *How do I know I am getting better?*

A: Run yourself through the assessment every two weeks and see your progress with the "Assessment History." Did you see a big jump? Figure out what you did in training and keep doing it. Compare your scores to your friends, if one of them has great scores ask what they do to train. Try posting your scores on Facebook and Twitter, and all your friends there can watch the numbers go up!

Great Examples of iSoccer in Action:

1. "Younger, smaller team wins league championship!": inside.isoccer.org/AnthemPrep
3. "11-year-old Girl Inspires us All!": youtube/Luca
4. "Technical Summer Workout": inside.isoccer.org/2011SummerWorkout
5. "Training Efficiently": inside.isoccer.org/Efficiency