

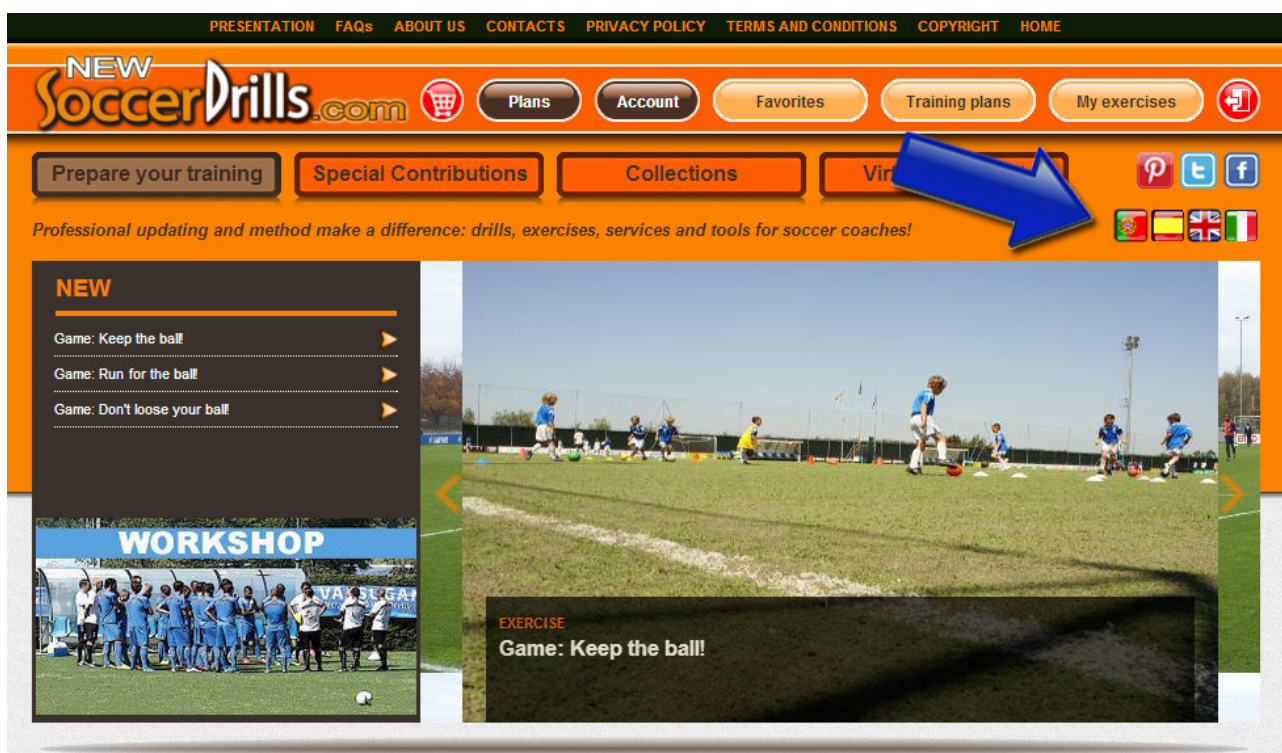
# NEW SoccerDrills.com



## THE INNOVATIVE FEATURES OF NEWSOCCERDRILLS.COM

*With Newsoccerdrills.com you can easily create your own exercises, training sessions and personal folders!*

*Here's how, in just a few clicks!*



NEWSOCCERDRILLS.COM IS A MULTILINGUAL WEBSITE THAT ALLOWS YOU TO:

- 1) HAVE ACCESS TO AN EXTENSIVE AND CONTINUOUSLY UPDATED DATA-BASE OF EXERCISES;
- 2) PREPARE, EDIT AND STORE YOUR OWN SOCCER DRILLS AND PRACTICE PLANS;
- 3) DIG DEEPER INTO SPECIFIC TOPICS WITH INSIGHTS AND ARTICLES OF THE SPECIAL CONTRIBUTIONS SECTION;
- 4) EVALUATE YOUR OWN WORK AND ENHANCE YOUR TEAM'S POTENTIAL WITH THE VIRTUAL ASSISTANT TOOLS.



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# LET'S GET STARTED!

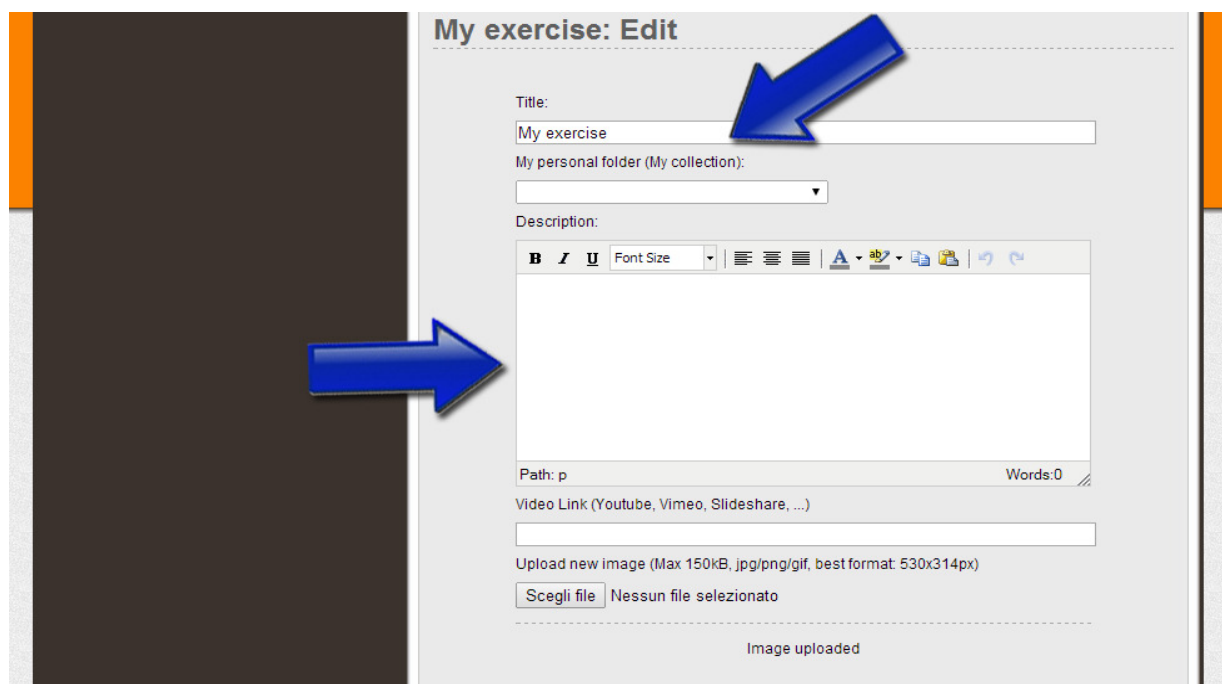
To **CREATE YOUR OWN EXERCISES** click on:



and then on:



## NOW, YOU CAN CREATE YOUR OWN DRILLS!



**My exercise: Edit**

Title:

My personal folder (My collection):

Description:  

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Path: p Words:0

Video Link (Youtube, Vimeo, Slideshare, ...)

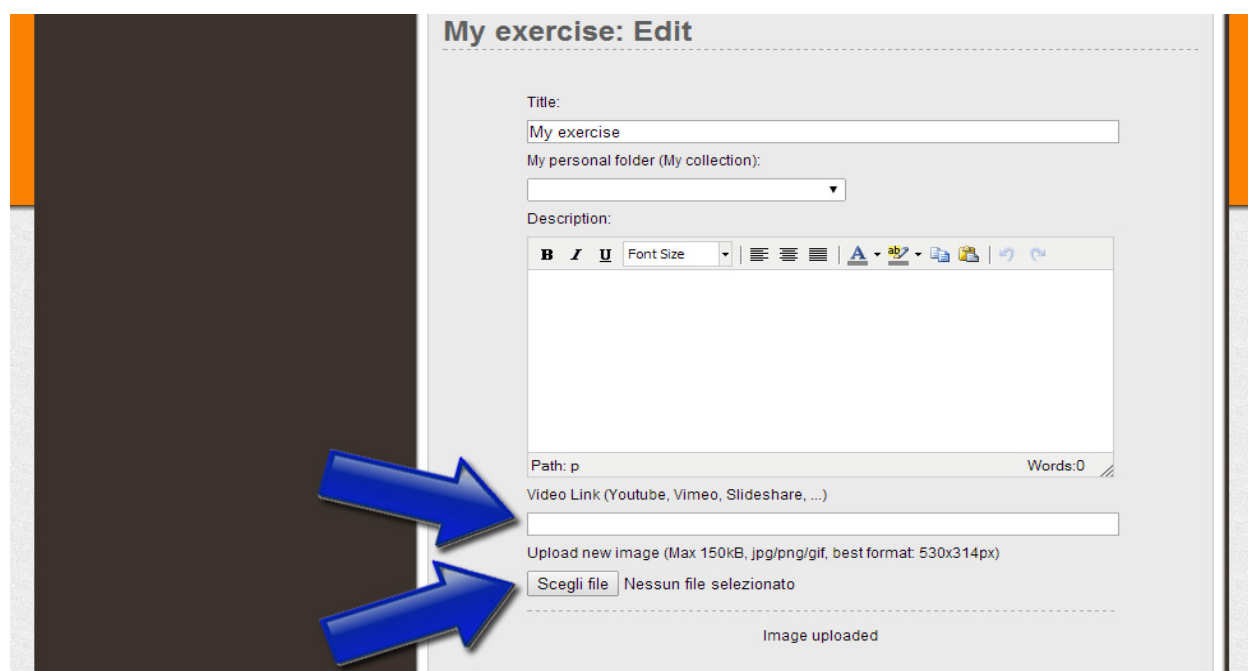
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Image uploaded

**1. Add a title and a description.** Just type them in!

**2. Add your exercise to a specific personal folder.** You just have to choose one of your collections by clicking on the arrow of the drop-down menu “**My personal folders/My collections**”. The menu shows the folders you have created: choose one, and your drill will be saved in the selected collection.

**3. Add the link of a video (copy and paste the URL in the space that's indicated below) or/and a diagram (just upload the file that you saved on your computer).** You can use an image that you found on the Internet, or a diagram that you made with your favorite software or you can even upload a picture that you took of one of your scratches!



**My exercise: Edit**

Title:

My personal folder (My collection):

Description:  

**B** **I** **U** Font Size

Path: p Words:0

Video Link (Youtube, Vimeo, Slideshare, ...)

Upload new image (Max 150kB, jpg/png/gif, best format: 530x314px)  
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Image uploaded

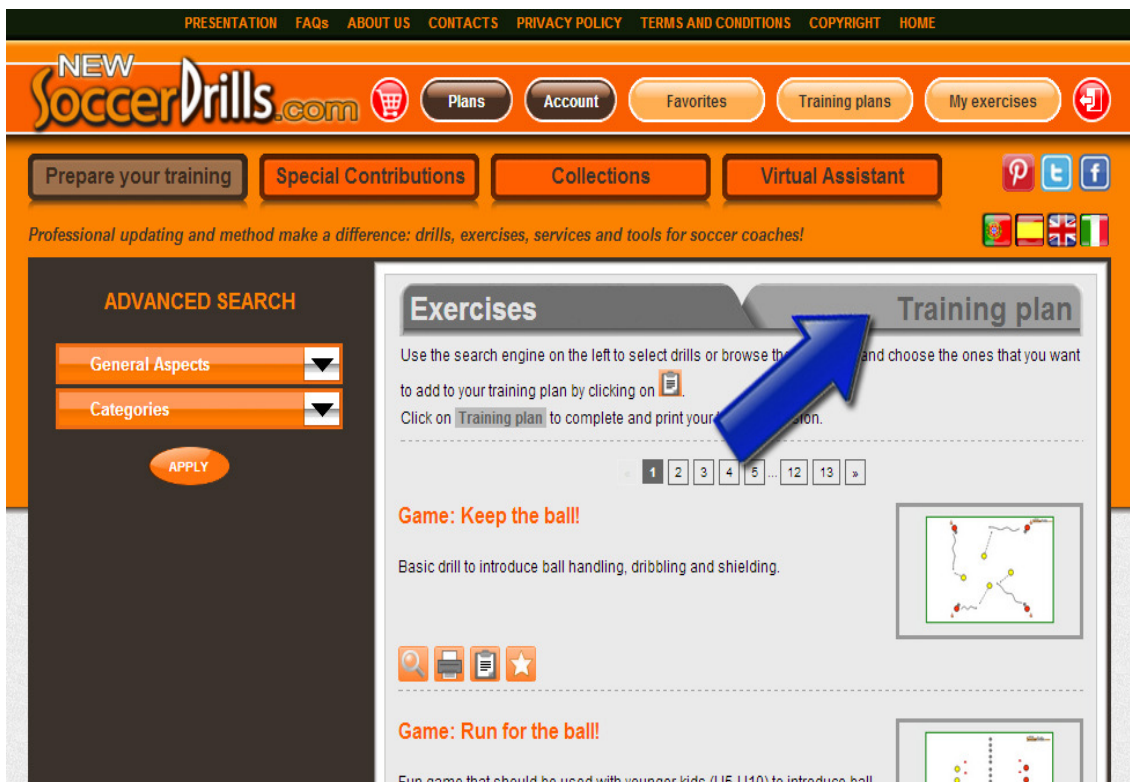


## NEXT STEP: YOUR PRACTICE PLAN!

To CREATE YOUR PRACTICE PLANS click on:



You will visualize a page divided into 2 sections: the exercises list and the training plan.  
Get into “Training plan”:



## NOW YOU CAN PREPARE YOUR PRACTICE SESSIONS!

### 1. Add exercises to your practice plan

Use the three orange buttons of the section "Add exercises". Choose if you want to:

- add one of our drills, then click on "**List of exercises**"
- add one of your own exercises, then click on "**My exercises**"
- create a specific exercise for your new practice, then click on "**Create my exercise**".

The screenshot shows the 'Add exercises' section of the website. It features three orange buttons: 'List of exercises', 'My exercises', and 'Create my exercise'. Below these buttons is a text prompt: 'Complete your training plan adding the exercises from our list or creating your own ones'. Further down is the 'Training plan info' section, which includes fields for Coach, Club/Category, \*Title (filled with 'seduta 26/06/2014'), Scheduled for, Time, Goals (with a rich text editor), Path, and Notes (with another rich text editor). Four blue arrows point to the three orange buttons and the 'Goals' and 'Notes' text areas.

### 2. Structure your practice

As you add exercises to your practice plan, they will appear in the chart below:

The screenshot shows the 'Exercises' section of the website. It features a tabbed interface with 'Exercises' and 'Training plan' tabs. The 'Exercises' tab is active, showing a table of drills. A blue arrow points to the 'List of exercises' tab. Another blue arrow points to the first row of the table. The table has columns for Exercises order, Title, Starts at, Ends at, and Duration. The first row is highlighted.

Exercises order	Title	Starts at	Ends at	Duration
1	<a href="#">Face-off, Double marking</a>			
2	<a href="#">Game: Keep the ball!</a>			
3	<a href="#">Game: Run for the ball!</a>			
4	<a href="#">Game: Don't loose your ball!</a>			
5	<a href="#">Game: Around the world</a>			

If you change your mind, you can always eliminate a drill from your practice plan or you can also change the structure of your practice, by clicking on the number of the drill and modifying the exercise order.



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### 3. Add your practice plan details

Click on “Add info”:

**Exercises** **Training plan**

Create your training session: fill out this form, then print your training plan and take it with you.

**List of exercises**

Exercises order	Title	Starts at	Ends at	Duration
-----------------	-------	-----------	---------	----------

Would you like to modify the order you gave to the drills in your training session? Renumber the exercises and click on to save changes.

**Add exercises**

[List of exercises](#) [My exercises](#) [Create my exercise](#)

Complete your training plan adding the exercises from our list or creating your own ones.

**Training plan info**

Complete your training session by adding your notes and indicating the goals you want to achieve.

[Add Info](#)

[Finalize training plan](#) [Print Training plan](#)

Click on “Finalize” if your training plan is completed. Click on “Print” if you want to take your training plan with you.

You will visualize the chart below and you will be able to **enter your practice plan goals and your notes**. Once you're done, **don't forget to save your practice plan details** by clicking on “Save info”:

**Training plan info**

Complete your training session by adding your notes and indicating the goals you want to achieve.

Coach  Club/Category

\*Title

Scheduled for  Time

Goals

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Notes

**B** **I** **U** Font Size

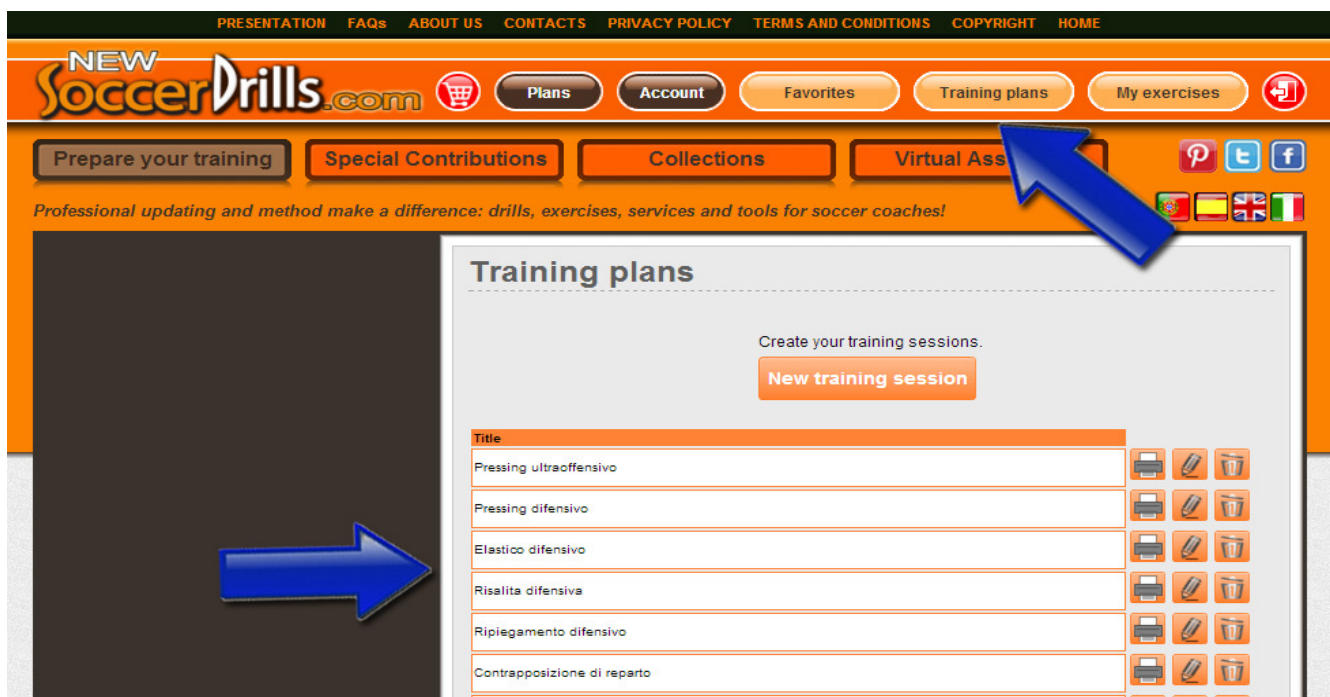
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[Save info](#)



















### 3. Store your practice plan

Now that your practice plan is ready, click on "**Print Training Plan**" and take it with you to the soccer pitch! Otherwise, if you click on "**Finalize training plan**", your session will be saved in your training plans list.

To review, edit or, if necessary, delete a practice session, check your **Training Plans** list whenever you want. You just have click on:



The screenshot shows the NEW SoccerDrills.com website. The top navigation bar includes links for PRESENTATION, FAQs, ABOUT US, CONTACTS, PRIVACY POLICY, TERMS AND CONDITIONS, COPYRIGHT, and HOME. Below this, there are buttons for Plans, Account, Favorites, Training plans, and My exercises. The 'Training plans' button is highlighted with a blue arrow. The main content area is titled 'Training plans' and contains a 'New training session' button. Below this, there is a table with the following rows:

Title	
Pressing ultraoffensivo	  
Pressing difensivo	  
Elastico difensivo	  
Risalita difensiva	  
Ripiegamento difensivo	  
Contrapposizione di reparto	  



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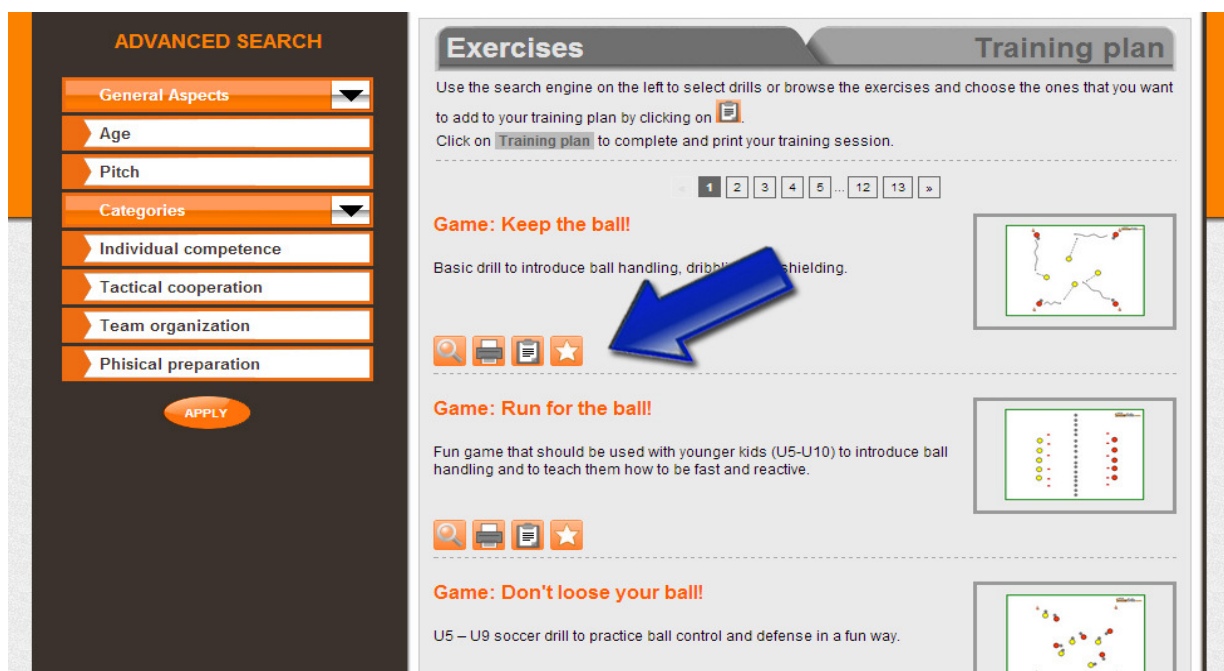
## NEWSOCCERDRILLS'S EXERCISES SECTION

Let's see what you will visualize if you don't get into training plan, and you stay inside our **Exercises** section.

Here, you can select our drills by players' age, space and exercise type. Use the advanced search:



Once you find the exercise/exercises that you're looking for, use the buttons that are shown below and speed up your work!





## GET A CLOSER VIEW OF THE QUICK ACCESS TOOLBAR!



- 1) Expand description, Graphic, Objectives and Video (if provided);
- 2) Print the selected drill;
- 3) Add the exercise directly to the practice plan that you are preparing;
- 4) Add the exercise to your Favorites and you will be able to work on it later.

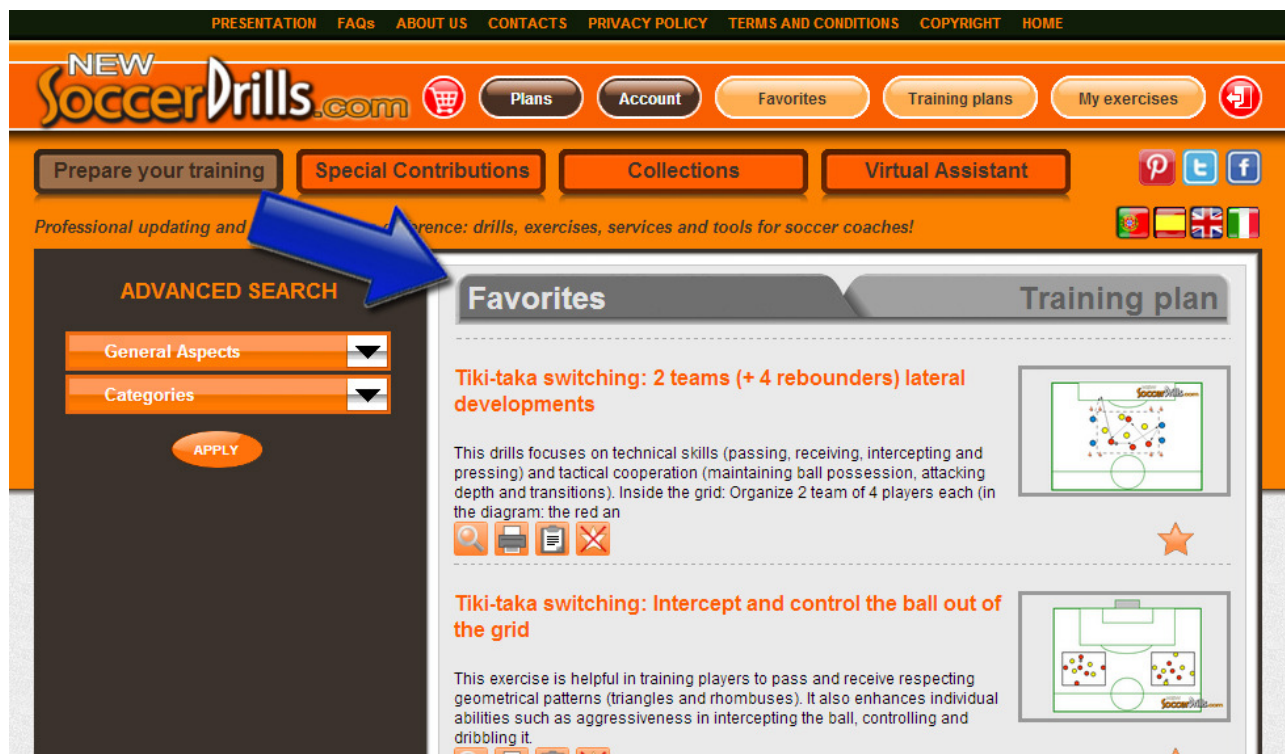


## WHERE DO I FIND MY FAVORITES?

To view your Favorites, click on:



In this section, you will find all the exercises that you marked with a star:



## LET'S KEEP EVERYTHING ORGANIZED!

*Create your own folders, so that you have your personal collections of exercises always organized!*

To CREATE YOUR DRILL COLLECTIONS click on:



Then, get into "Organize my collections":

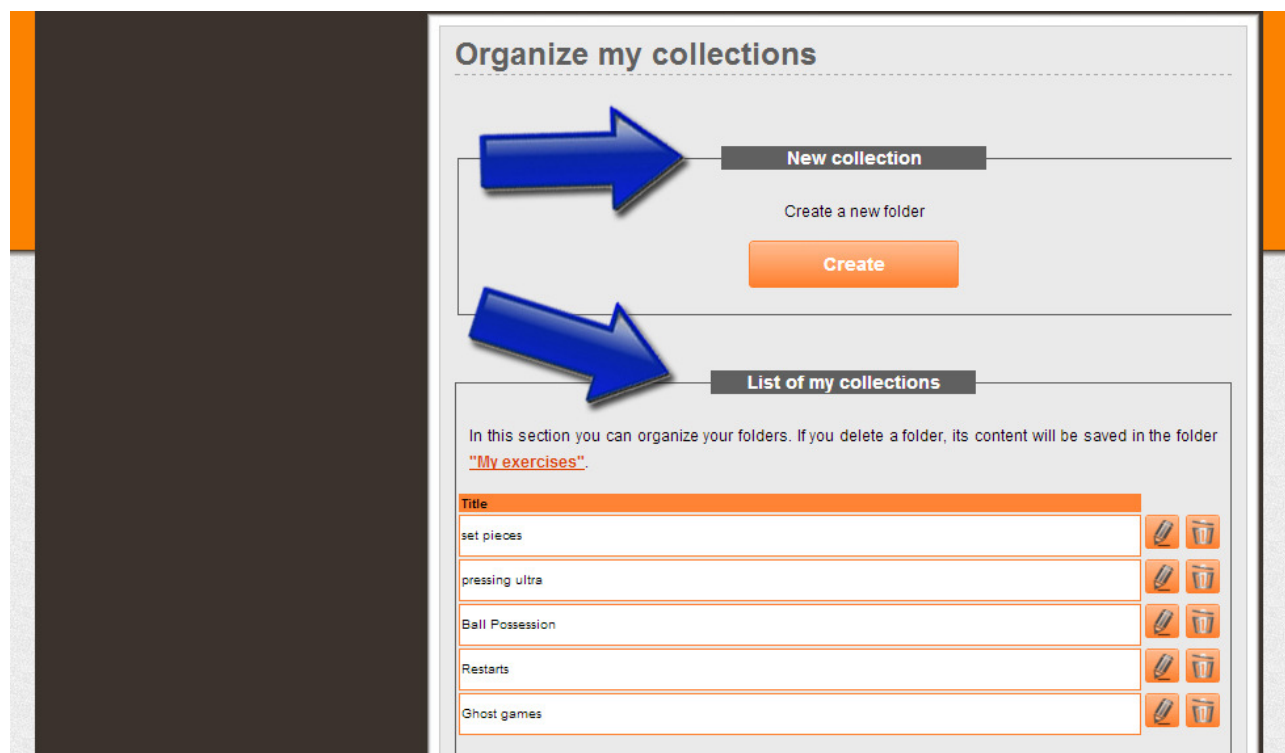




## NOW, YOU CAN ORGANIZE YOUR DRILLS IN PERSONALIZED FOLDERS!

In this section, you can create your own collections to save your drills in specific folders: you just need to click on "Create".

As you create your folders, they will be shown in your **Collections List**.



You will always be able to get back to your **Collections List** and make changes: you can either edit or delete the folders that you have created.

If you delete a folder, its content will be saved in "My exercises" and you will always be able to move your exercises to a different collection, if you want.

# OTHER SECTIONS

## 1. COLLECTIONS

To take a look at our drills, click on:



We divided our exercises in 3 main categories and 17 different drills types:





## 2. SPECIAL CONTRIBUTIONS

Every month we upload a new insight or article, to view them click on:



July's article is:



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### 3. VIRTUAL ASSISTANT



The Virtual Assistant offers you different tools, that we will keep on uploading. Each tool delves deeply into a specific topic and helps you evaluate your work about that specific aspect.

This is one of the Virtual Assistant tools: "Optimize the organization of your team play":



As you browse down the menu on the left hand side of the web page, you will visualize an interactive guide on the right half of the screen.

Coaching points and key aspects are linked:

click on what your players and your team need to improve, the Virtual Assistant will suggests you the most appropriate drills to reach your goals!