



Challenger Sports coaching staff have spent the past 20 years developing players, coaches and soccer club systems throughout the USA, Canada, Britain and Australia. That knowledge and experience is now available to all coaches, administrators, parents and players through a state of the industry soccer web site that simply is called... **The Challenger Way**.

The Challenger Way is a complete soccer resource providing a comprehensive collection of video, pdf and on screen information for just about every part of the game. We have selected hundreds of practices for you to review, print out and use in your next coaching session and new content is being added every month.

Organization:
Four players stand at the corner of a 10-15 yard square grid. Player one begins by passing anti-clockwise to Player Two who must control the ball and pass it to Player Three. Player Three controls and continues the sequence. The players must remain on their toes throughout the practice.

Progression:
1) Reverse the direction and pass the ball with the other foot.
2) Add a second ball at the opposite diagonal corner to the first ball.
3) Pass both balls and immediately change the direction of passing on command.

Coaching Points:
Absorb the impact of the pass changing the direction of the ball 90 degrees as you control it.
Begin by using the inside of the foot.
Reach across the body with the opposite leg and use the outside of the other foot.
Try allowing the ball to roll across in front of you and use the inside of the foot furthest away from the passer.

- Warm ups
- Cool downs
- Individual skills
- Fun games for younger players
- Passing
- Dribbling
- Shooting
- Heading
- Small sided games
- Tactics
- Formations
- Nutrition
- Fitness training
- Strength training
- Team Management
- Laws of the game

The Challenger Way is an extremely valuable resource to coaches of all ages and levels. Whether you are new to the game or are an experienced coach looking for new ideas, you will find tried and trusted content that will immediately help your next practice!

The site will also provide extremely useful and easy to find information, standard forms and tips for team managers and club administrators. Whether you need help with evaluating players, setting team guidelines or running a large club, **The Challenger Way** will contain information that can help you.

Annual Subscription - \$79 (Password protected – one per user) – Your price.....FREE!

Simply go to www.thechallengerway.com and click Sign Up. Enter your contact details and the promotional code **MLIL** and you will immediately have access to the entire site.