



2in1 Soccer
To Learn and Have Fun

4 Corner Model

Technical

- learn new skills
- develop as a soccer player
- understand how to use new learned skills
- focus on: passing, dribbling, shooting and defending
- master the basics first

Physical

- improve on body mechanics
- develop better balance, speed, agility, and strength
- multi directional movement
- improve on endurance
- improve on coordination

Psychological

- have fun
- grow in confidence
- develop good decision making
- increase in self-esteem and self-worth
- learn to take feedback

Social

- make new friends
- develop team-work skills
- better peer interaction
- develop better communication skills
- constructive and positive feedback reinforced