

SCBI FOOTBALL OVERVIEW

MASTERING TECHNIQUES IN SOCCER





INTRODUCTION TO THE SCBI FOOTBALLING WAY

Scbi football is designed to develop foundational skills, enhance tactical understanding, and foster teamwork for players at all levels.

ELEMENTS OF THE SCBI WAY

Scbi training sessions overseen by SAFA accredited coaches are divided into theory, practical field training, and team-based exercises to ensure a holistic understanding of soccer from U6 level filtering into all the other divisions.



THEORY

Understand the rules, strategies, and history of soccer to better appreciate the game.

PRACTICAL TRAINING

Focus on core skills like dribbling, passing, shooting, and defending through hands-on practice.

TEAM EXERCISES

Work on communication, teamwork, and game tactics through group drills.

DRIBBLING

Learn how to control the ball effectively while moving across the field and keeping it away from opponents.

PASSING

Master short and long passes to ensure effective ball movement and team collaboration.

SHOOTING

Improve your ability to accurately shoot on goal, focusing on power, precision, and technique.



UPSCALING ESSENTIAL SKILLS

We also focus on developing a strong foundation in these core areas, setting players up for future growth.



INTERMEDIATE SOCCER SKILLS

After developing a solid foundation, players will move to more advanced techniques such as ball control under pressure, through ball and accurate long-range passing.

MASTERING IN-GAME STRATEGY

FORMATIONS

Learn about common soccer formations aswell as our league rule formations eg. 2-2-1 & 2-3-1 and their specific strengths and weaknesses.

POSITIONING

Understand the importance of staying in the right position both in attack and defense to maintain shape & structure on the field.

IN-GAME STRATEGIES

Develop strategic thinking, learning when to press high, drop back, or control possession based on the flow of the game.

Tactical understanding is crucial to performing well in soccer. This will help players grasp various formations, positioning, and in-game strategies.





SPECIALIZED SKILLS FOR GOALKEEPERS

Goalkeepers play a unique role in soccer, and we at Scbi take care of this most underrated position. We instil vital skills, including shot-stopping, positioning, and communication with the defense and playing out from the back.

STRENGTHENING TEAM SPIRIT & CREATING A SPECIAL BOND



TEAMWORK AND COMMUNICATION

There is no I in team & Soccer is a team sport. Effective communication is key to maintaining harmony on the field.We will teach players how to communicate efficiently and work together to achieve common goals on and off the field.



PHYSICAL CONDITIONING FOR SOCCER

AGILITY AND SPEED

Develop quick, agile movements to decieve opponents and maintain control of the ball.

STRENGTH TRAINING

Focus on building the lower-body and core strength necessary for powerful shots, tackles, and sprints.

ENDURANCE

Improve endurance to ensure the players can perform at high intensity for the full duration of a match.

GAME SITUATIONS AND DECISION MAKING

Understanding how to react to different game situations is a critical aspect of soccer. Coaches will help players make quicker and smarter decisions on the field and hopefully in real life situations aswell



DEFENSIVE TACTICS

Develop decision-making skills for marking, tackling, and intercepting passes.

ATTACKING DECISIONS

Learn when to pass, shoot, or dribble based on the positioning of teammates and defenders.

MATCH PLAY AND ANALYSIS

SIMULATED MATCHES

Participate in match simulations that replicate real game scenarios, focusing on applying the skills the players have learned eg rondos 2v1 3v2 situations







LEADING AND SUPPORTING THE TEAM

LEADERSHIP BY EXAMPLE

Learn to motivate and guide teammates by setting a strong example on and off the field.

TEAM SUPPORT

Cultivate a supportive team environment where every player helps others perform.

ROLE CLARITY

Understand the roles of each position and how they contribute to the team's overall strategy.

CONFLICT RESOLUTION

Develop skills to resolve on-field disagreements and maintain a positive team dynamic.





PLAYING WITH INTEGRITY

RESPECT FOR RULES

Learn the importance of adhering to the rules and playing fairly to maintain soccer's integrity.

FAIR PLAY CULTURE

Promote a culture of fairness within our team, encouraging ethical behavior in all aspects of the game & with each other.

THANK YOU AND WE HOPE TO KEEP ON IMPROVING WITH YOUR VALUBLE OPINION

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We hope you gained valuable insight about SCBI Footballing Club. If you have any further questions or want to stay in touch, feel free to contact us.