



IRONDEQUOIT SOCCER CLUB

JON POULAKIS, ISC COACHING DIRECTOR

## Safe Zone Methodology

ISC Coaching Director, Jon Poulakis has been working with Coach Junior for 2 years to increase the development of play of ISC players.

Coach Junior is one of the true pioneers in soccer development. Through his experience as a CBF Staff coach, Junior has coached some of the world's best players, who train at a professional level. In addition to being a host coach in Brazil for foreign schools and clubs, Junior has been working with ISC Coaching Director, Jon Poulakis for years to increase the development of play of ISC players.

"Junior's Safe Zone" pulls knowledge from all of his experience in training players of all ages.

The concept of the "Safe Zone" is to help players develop spatial awareness on the field, no matter what size field they play on. The

methodology introduces all of the concepts needed to control the game through possession and quick attacking with the ball. Players are empowered to make better decisions for their team and teammates become more aware of where to best support each other.

The methodology we are introducing is special in that there are no restrictions as to how we train your children, ie. gender or age. This will resemble how children develop as players around the world. The primary focus is passion, enjoyment, education and long term success. Everything in the training can be found in the game. They will learn how to see this. The training sessions will include skills, small sided games, the lessons of patience and where to put the ball and pass & move. One week we will train, the next week we will play futsal, to incorporate the

lessons, in small sided games. The third week will be scrimmages again to incorporate the lessons and from this we can go back to the lessons (methodology) to add to the knowledge, etc. This form of training is learn by training.

Safe Zone Methodology helps to create smarter and more aware players who show confidence and passion for the game. Their speed of play and reliance on skill above all else is what sets players apart.

ACADEMY SCHOOL  
CONCEPTS OF  
SAFE ZONE METHODOLOGY  
READ + HAND OUT

COACHS MEETINGS  
FOR ACADEMY

THUR NOV 3<sup>rd</sup> 7-8:30  
TUES NOV 8<sup>th</sup> 7-8:30  
THUR NOV 10<sup>th</sup> 4-5:30  
TALK TO PARENTS  
OPEN HOUSE FOR PLAYERS  
COACHS EVALUATE + MEET  
5:30-6:30 TO DISCUSS

1. CONCEPTS :

- A) LEARN BY PLAYING
- B) EVERYTHING IF POS IN THE TRAINING SHOULD BE FOUND IN THE GAME.
- C) COMMUNICATION
- D) PASS REC + MOVE USING BOTH FEET
- E) MANY DIFFERENT SIZES AND GAMES
- F) SAFE ZONE GAMES
- G) TWO AND ONE TOUCH SITUATIONS
- H) ON THE GROUND IF POS IN THE AIR NOT REBORT
- I) SCRIMMAGE GAMES IN SIZED
- J) POSITIVE REINFORCEMENT.
- K) ALL AGES USE THE SAME SESSIONS DIFFERENCE IS ON EXPECTATIONS BECAUSE OF AGE + ABILITY. EVERY AGE CAN DO THE SESSIONS.
- L) NO HIGH PRESSURE OBJECT IS LEARN BY PLAYING + HAVING FUN.

2. TYPICAL MONTHLY TRAINING :

- A) TRAINING
- B) FUTSAL
- C) TRAINING
- D) SCRIMMAGES

3. SCHEDULE :

- A) NOV 10<sup>th</sup> OPEN HOUSE FREE PLAY TALK TO PARENTS
- B) NOV 17<sup>th</sup> FIRST DAY TRAIN PARENTS WATCH
- C) NOV 24<sup>th</sup> THANKSGIVING NO TRAINING
- D) DEC 1<sup>st</sup> TRAINING NO PARENTS
- E) DEC 8<sup>th</sup> FUTSAL NO PARENTS
- F) DEC 15<sup>th</sup> SCRIMMAGE (PARENTS WATCH)
- G) DEC 22<sup>nd</sup> TRAINING NO PARENTS
- H) JAN 5<sup>th</sup> TRAINING NO PARENTS
- I) JAN 12<sup>th</sup> FUTSAL NO PARENTS
- J) JAN 19<sup>th</sup> SCRIMMAGE (PARENTS WATCH)
- K) JAN 26<sup>th</sup> TRAINING NO PARENTS

# FIRST TRAINING SESSION

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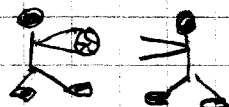
EACH AGE GROUP BOYS + GIRLS DO THE SAME SESSION

## 1.) WARM UP :

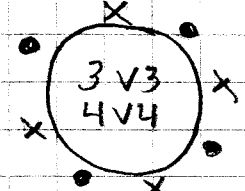
- A.) PAIRS PASS + MOVE ON WHISTLE LAST PASSED IS DEF AFTER A WHILE HOP STOP PLAYER WITH THE BALL STAYS PARTNER FIND A NEW PLAYER WITH THE BALL + REPEAT
- B.) SAME AS A BUT IN GROUPS OF 3
- C.) GROUPS OF 4 OR 5 IN A CIRCLE
  - 1.) RECEIVE RT PASS LEFT
  - 2.) ONE TOUCH
  - 3.) PASS + MOVE WITH BOTH 1 AND 2

## 2.) HAND BALL AND FOOT BALL POSSESSION GAMES :

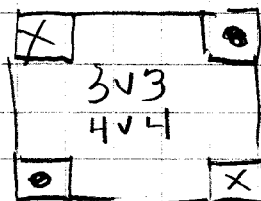
LET KIDS PICK TEAMS

- A.)  PLAY HAND BALL 3 STEPS + PASS ON WHISTLE PLAY WITH FEET ETC.
- B.) WITH FEET 2 TOUCH AND 1 TOUCH.
- C.) CAN PLAY TO GOAL

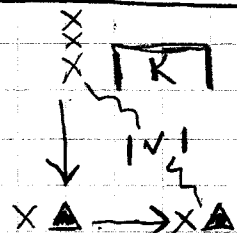
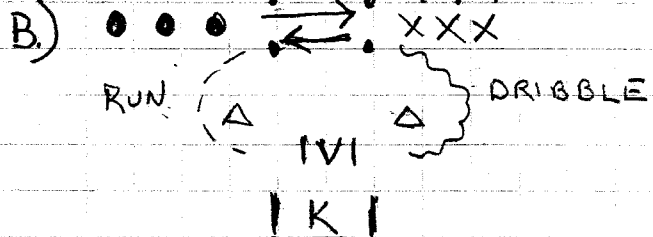
## 3.) CIRCLE SAFE ZONE :

- A.)  PLAYERS IN THE MIDDLE CAN PLAY TO A SAFE PLAYER THE BECOME ACTIVE + PASSER BECOMES SAFE PLAYER POSSESSION GAME.

## 4.) FOUR CORNER SAFE ZONE GAME :

- A.)  PLAYERS IN THE CORNERS ARE SAFE ZONE PLAYERS CORNER RECEIVES BALL BECOMES ACTIVE PASSER BECOMES SAFE ZONE PLAYER

## 5.) IVI SHOOTING :

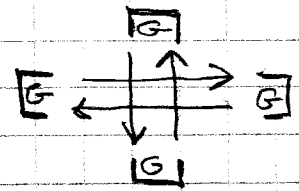
- A.) 
- B.) 

# A CAOBM4 TRAINING SESSION

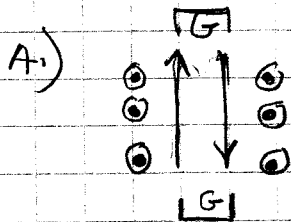
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## 1.) Form 4 TEAMS :

- 1.) TWO TEAMS PLAY @ OTHER EACH GROUP GOING TO OPPOSITE GOALS
- 2.) AFTER A TIME MIX THE TEAMS

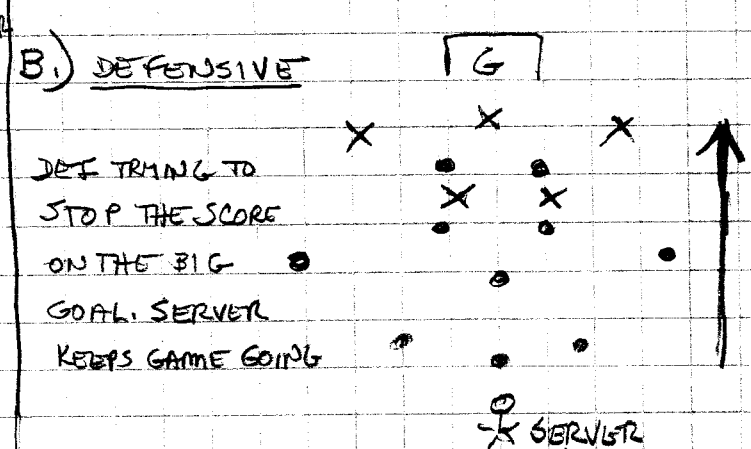
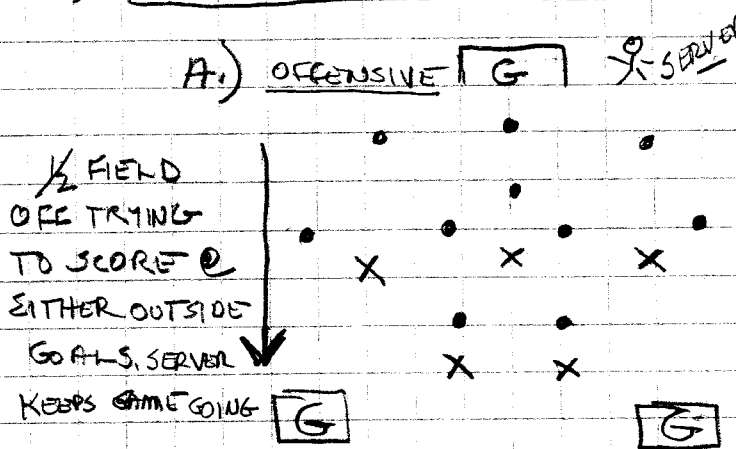


## 2.) GO TO TWO TEAMS :

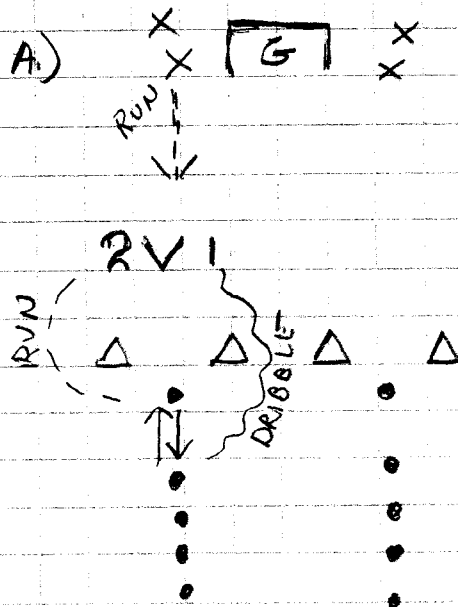


B.) POSSESSION GAME (IF BALL IS SHOT ON GOAL OR GOES OUT OF BOUNDS OPPOSING TERM CAN PICK ANY BALL OFF A CONE TO START. PLAYER WHO SHOT THE BALL MUST RETRIEVE IT + PUT IT ON THE EMPTY CONE.

## 3.) OFFENSIVE AND DEFENSIVE SHADOW :



## 4.) 2V1 TO GOAL SHOOTING :



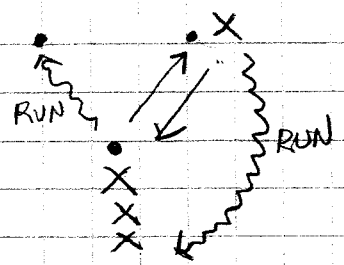
## 5.) IF TIME CAN

DO MORE SHOOTING OR HAVE A HALF FIELD SCRIMMAGE.

ACADEMY TRAINING SESSION

1.) WARM UP :

A.)

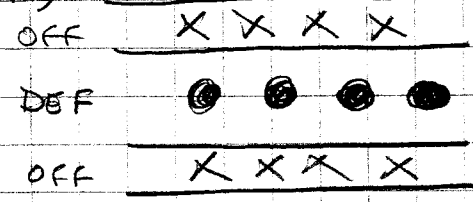


B.) FORM GROUPS OF 5

- 1) PASS REC RT PASS LEFT
- 2) PASS + MOVE
- 3) ADD DEF
- 4) ONE TOUCH

2.) DEFENSIVE EXERCISE :

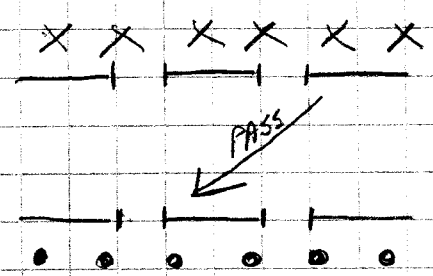
A.)



B.) FIRST SECOND AND THIRD DEF PRESSURE

3.) GAME PLAY TO GOAL :

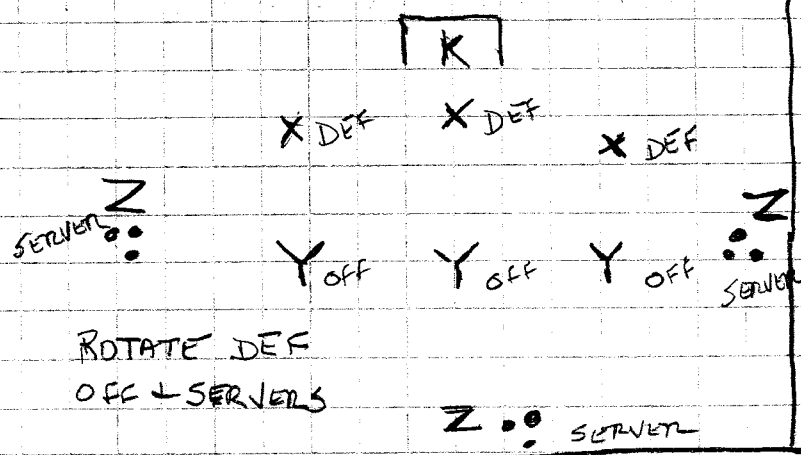
A.)



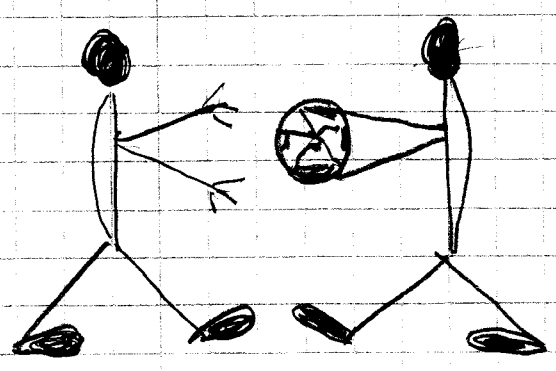
B.) FIRST PASS ACROSS AND ALL PLAYERS PLAY, TRYING TO POSSESS + SCORE

C.) NEXT PASS PLAY 1V1 NOW 2V1 - 2V2 - 3V2 - 3V3 - ETC AGAIN TRYING TO SCORE

4.) ROTATING OFF VRS DEF



5.) HAND AND FEET BALL TO GOAL



6.) SCRIMMAGE GAME TO GOAL SHORT FIELD :

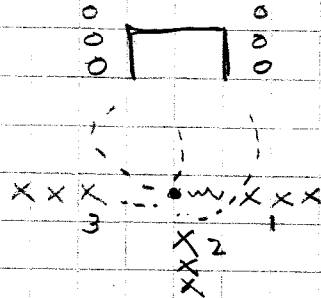
7.) SHOOTING EXERCISE



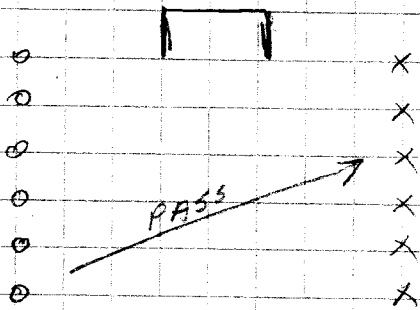
# ACADEMY TRAINING SESSION

(5)

- 1.) 3 + 2 CROSSER'S TO GOAL
- 2.) 3 V 2 TO GOAL PASS FROM DEF
- 3.) 3 V 2 DIFF

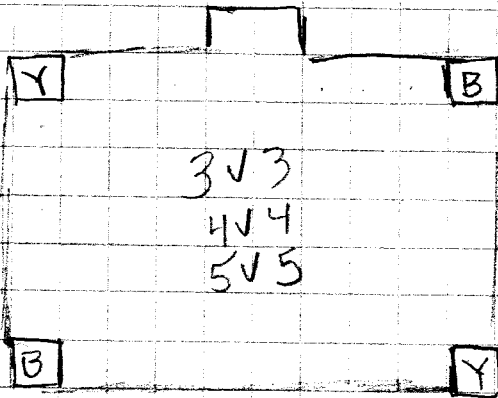


- 4.) SPLIT GROUP IN HALF OR FORM 2 GROUPS DEP ON # :



AFTER THE FIRST PASS  
THE RECEIVER CAN PASS BACK  
TO ANOTHER PLAYER NOW 2V1  
NEXT A PLAYER CAN COME  
OUT TO PLAY 2V2 ETC  
3-5 SUCCESSFUL PASSES GO TO GOAL

- 5.) 4 CORNER SAFE ZONE TO GOAL :



A) AFTER TWO SUCCESSFUL  
SAFE ZONE CHANGES CAN  
GO TO GOAL  
B) AFTER A SAFE ZONE CHANGE  
AND 3 COMPLETED PASSES GO  
TO GOAL  
C) ETC.

- 6.) SCRIMAGE :

- A) REGULAR
- B) FUTSAL