

# MVP Soccer Drill Book

## **General Benefits**

As a coach, you need to make practices as efficient as possible. That means that defense and offense will sometimes need to split up and work on different skills separately. The MVP Training Dummy can be very useful during this, as the dummy can replace missing defenders or offenders.

## **Possession**

The MVP Training Dummy can be used in place of defenders during possession drills, specifically in 6v2, 6v1, 5v2, 5v1, 4v2, ... 3v1. This is useful when there are uneven groups, odd numbers, or when certain players are occupied or unavailable.

## **Dribbling and 1 vs 1 Attack**

The MVP Training Dummy can be a defender and be remotely controlled to apply constant pressure while backing up, so that the attacking player can practice dribbling towards a defender. They can improve their 1v1 moves and confidence. This drill can act as a stepping stone between dribbling at a cone and at a live defender.

## **Going to Goal**

1. The MVP Training Dummy can be a defender chasing down an attacker during this drill. The attacker can dribble towards the goal, simulating a breakaway, and the MVP Training Dummy can chase them down and apply pressure directly beside them. The attacking player can use their upper body to maintain possession and will feel the pressure of a defender. This enables players to gain confidence in breakaway scenarios. They can become comfortable with dribbling under pressure and finishing. This is a stepping stone between a breakaway with no defender and one with a live defender.
2. The MVP Training Dummy can also act as a goalie coming out of net towards an attacking player on a breakaway. The attacking player will see the dummy racing towards them and will be forced to maintain composure and practice finishing with finesse. This can prevent many injuries, as goalies who practice this in practice, tend to either (a) form bad habits by not slide tackling or diving at the player, or (b) get hurt or hurt their teammate by sliding. It can serve as a stepping stone between shooting at an open net or net rejecter and practicing against a live goalie.

## **Pressure from Behind**

The MVP Training Dummy can apply “pressure from behind” to players during drills to simulate different scenarios during a game. For example, the MVP Training Dummy can apply pressure from behind that an attacker would receive when they get a ball with their back to goal. They could practice holding the ball up, turning and dribbling, turning and shooting, or laying it off. The benefit of the MVP Training Dummy in this type of drill, is that when the attacker lays the ball off, the dummy can follow them, forcing the attacker to make a more realistic run after the play. Therefore, the dummy not only forces the player to handle the pressure from behind, but also form realistic habits during practice.

## **Footwork and “not diving in”**

The MVP Training Dummy can be used to improve defensive footwork and help players practice “not diving in.” As in the 1v1 attacking drills, the MVP Training Dummy would be remotely controlled to approach a defender, forcing the defender to retreat with proper defensive footwork and contain. Furthermore, defenders can practice stepping and running towards an attacker that is running at them, which is usually where defenders dive in and get beat. Using the MVP Training Dummy in these drills can ensure that your defenders are using their energy practicing something they all need, and not having

players take turns running at the defense. This drill acts as a stepping stone between practicing with no attacker and practicing with a live attacker.

### **Passing under Pressure**

We've talked about receiving pressure from behind, but now the MVP Training Dummy can be used to apply pressure in the player's line of vision. Players can practice taking a touch away from pressure, making a quick pass or even clearing the ball with the MVP Training Dummy rushing at them from any angle. This forces players to make snap decisions and execute. It is a stepping stone between no pressure and a live defender running at them.

### **Checking your Shoulder**

As in receiving pressure from behind, the MVP Training Dummy can rush towards a player from behind while they are receiving the ball, or it can follow them while they check towards the ball. This will force players to check behind their shoulder. To encourage checking your shoulder even more, coaches could attach cards with different numbers on the chest of the dummy and require players to call out whatever number is on the chest, while they cut.

### **Goalies**

One of the main challenges of a goalie, is being able to see the ball and a shooter with defenders in their line of vision. The MVP Training Dummy can be controlled to move in their line of sight and force them to react and save shots with obstruction, especially on corner kicks or free kicks where the goalie has to navigate through traffic to get to the ball. Additionally, the MVP Training Dummy can be used to mimic an attacker on a breakaway, so that the goalie can safely practice sliding or coming out, without risking an injury. Also, the MVP Training Dummy can be controlled to pivot and race back and forth, and the goalie forced to dive and reach out, improving their reaction time and endurance.

### **Agility**

The MVP Training Dummy can also be used to enhance your players' footwork. You can control the dummy to move side to side or run patterns and have your players mimic or follow the patterns. This will improve their agility, quickness and reaction time. The MVP Training Dummy can accelerate up to 16-18mph, so you can challenge your players to race it or even chase it.

### **Return to Play**

For players who have been injured, the MVP Training Dummy can be a great stepping stone for them before they return to full contact. The MVP Training Dummy can mimic the behavior of a player, without the risk of collision or further injury, especially when athletes have been cleared to play, but without contact. The MVP Training Dummy can safely prepare them for the challenges of full practice and then the game without putting them at risk for injury.

### **Any and Everything Else**

Once you are familiar with controlling the MVP Training Dummy and have used it during a few drills, you will realize how easy it is to use and can integrate it into your favorite drills. As time goes on, you will realize how creative you can be.

**For more Information Please Contact**

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