

# T1SOCCER (SKILLS BASED SOCCER)

*CREATING A NEW ADVANCED WORLD OF SOCCER*



**BY TEBANDEKE RONALD**

Copyright 2016-2017

## Contents

The art of playing in this game .....	1
T1soccer pitch dimensions .....	2
The T1soccer pitch dimensions diagram.....	4
Results table illustration .....	5
Game instructions .....	6
Favorable and unfavorable games .....	10
Playing formats .....	11
The soft touch style of play .....	12
Rules to be implemented by the referee in this game .....	13
The wear of players to act in a game on the pitch .....	14
More information about the T1soccer game .....	15
Notes that can be used by trainers and players to act in this game .....	17
The eight knowledge areas that T1soccer players should put in mind .....	18
T1soccer team development and playing mode.....	24
T1soccer conditioning .....	31
Nutrition .....	32

# T1SOCCER (SKILLS BASED SOCCER)

---

T1soccer or skills-based soccer is a new interesting soccer game that was found in Uganda. **T1** stands for "Twenty 1<sup>st</sup> century". The game is derived from Association football and designed to be played by skilled soccer players, whereby ball control is the major aspect of playing the game. A Ugandan born, Ronald Tebandeke was involved in the foundation of this game in planning of how to attach his ideas to the soccer needs and imbalances. Ronald is a football skills coach and author of Modern Art Football.

The major aim of the T1soccer game's creation is to improve and guide talents of skilled soccer players through improving their skills creation capabilities and as well create more skills.

The need for the game was identified under genuine notifications which proved that skilled soccer players are not being able to express their styles due to different technical impacts in the game of soccer. The other aim is to bring together skilled soccer players in a designed room for playing with skills and watch their degree of effectiveness with the round ball.

The other kinds of soccer player can as well learn how to play in this game though it is thought that skilled players would enjoy more to play in it since this can collectively be their way of thinking.

The game ensures maximum entertainment and effective competition in sanctioned games.

## **The art of playing in this game**

This is a game where the movements and behaviors of the ball during play are highly considered to effect ball control and art in playing the ball.

The game requires players to be very flexible and agile.

Players should play with maximum coordination, speed and timing on ball and a fast reaction of dexterity with strategic thinking.

The game ensures lots of touches on the ball, moving the ball above the ground and close passing which increases player's body awareness and balance.

The art of this game is to play with little physicality but many skills and logically using the body

and high ball control skills to control, protect and move the ball.

It also involves playing with swift & soft touches other than hard kicks on the ball, though this is not used as a game rule, and as well necessarily remains to be optional to the players.

The game involves making of great moves or art in the playing styles by players when playing with skills

T1soccer is played on a small well leveled turf pitch with six players for each team, a referee, two liners and a port official. There is scoring of two kinds of goals and that is the Common goal and Golden goal (High profile goal). At the end of a season, a trophy is given to the champions (with the most number of points) and awards like best skilled player, top scorer and best coordinating team are given out.

### **T1soccer pitch dimensions**

The T1soccer game is designed in a way to provide a mild room for skilled players to extract their skills. It is designed to be played on a green well leveled turf pitch of overall dimensions 20meters long and 12meters wide. The playground is divided into four yards which are of 3m, 7m, 7m and 3m following from goal to goal. The goals are of 0.5meters wide and 0.4meters high.

### **The goal box**

The goal box is a rectangular box of 2meters wide and 3meters long, centered on the goal. It marks the area from which a goal kick is kicked off.

### **The goal D**

The goal D is a 0.7meter semi-circle mark that is centered on the goal. It marks an area that is considered prohibited for defenders to set their feet in when the ball is in the possession of the opponents.

## **Corner kick**

A 0.3meter quarter circle is marked on every corner of the pitch to mark where a player must place the ball prior to a corner kick.

## **The center of the pitch**

It has a 6meter circle mark which marks the area where the ball is kicked off at the start of the game. The kickoff is done by two players of the same team standing along the halfway line, facing each other, and the ball placed at the center point (in between them) before the kickoff. The rest of the players must stay outside the circle mark at the start of the kick off plus, no one of them is allowed to cross from their side until the kickoff is taken.

The center mark also marks the area where all the other players must keep outside of during a take of a penalty kick and the center point (10meters from the goals) as a penalty mark where a player must place the ball prior to a penalty kick.

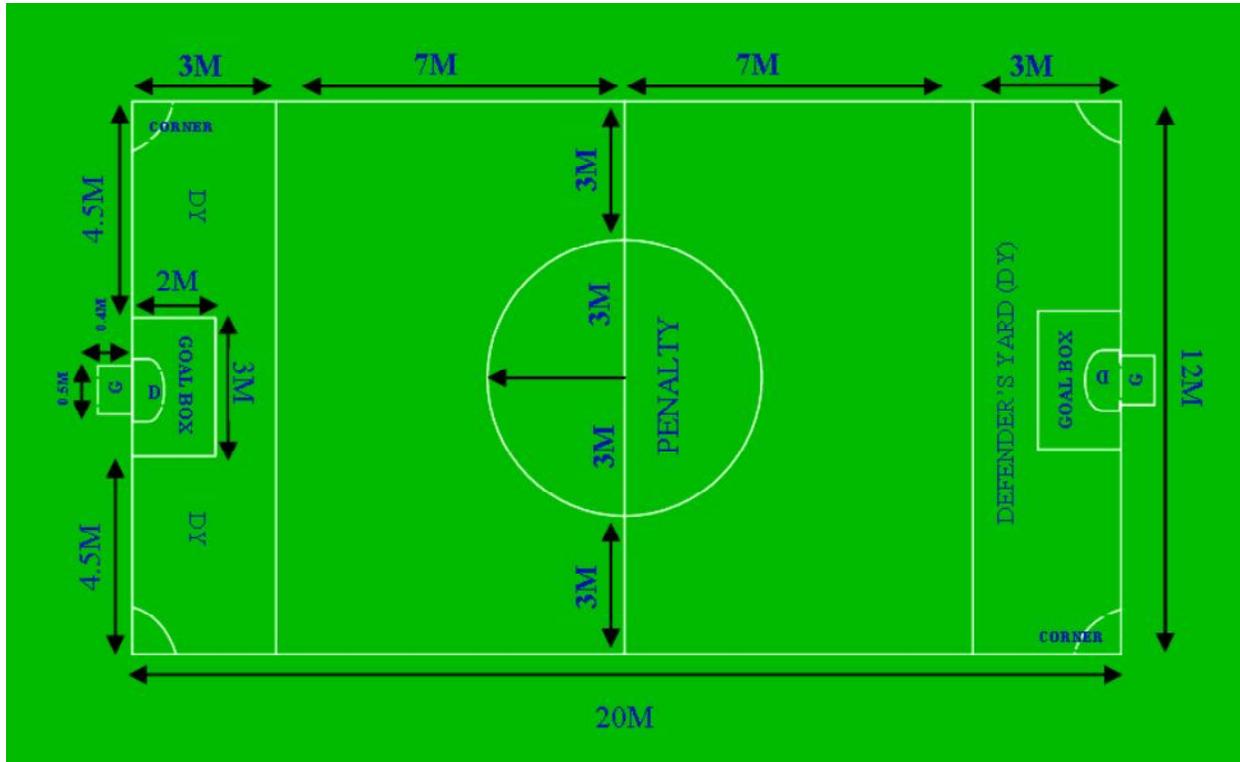
## **The line marks in the pitch**

All the line marks in the pitch must be shaded white in color with a thickness of 2 inches.

## **The goal posts**

These must be metallic and hollow with a gauge of 2.5 inches. They also must be painted white in color. With a loose white net attached both on the posts and on the ground right behind the goals.

## The T1soccer pitch dimensions diagram



**G-** Goal

**D-** Goal D

**DY-** Defender's Yard

**RESULTS TABLE ILLUSTRATION**

<b>TEAM</b>	<b>GGD</b>	<b>GD</b>	<b>L</b>	<b>W</b>	<b>D</b>	<b>PTS</b>
<b>A</b>						
<b>B</b>						
<b>C</b>						
<b>D</b>						
<b>E</b>						
<b>F</b>						
<b>G</b>						
<b>H</b>						
<b>I</b>						
<b>J</b>						

**GGD** - Golden Goal Difference

**GD** - Goal Difference

**L** - Loss

**W** - Win

**D** - Draws

**Pts** - Points

**Championship Consideration Rates**

No of - Pts.

- GGD

- GD

- W

- D

## **GAME INSTRUCTIONS AND RULES**

Immediately after the kick off, pass the ball with your team mates and score it into the opponent's goal. Players may use any part of their bodies to move the ball except the arm and hands. A goal scored is only considered if no player of the scoring team is tracked in his defender's yard (Defender Offside) and for this case; a goal kick is given to a scored team for a wrong goal, yet if a correct goal is scored, a scored team begins with the ball in the center. A game winner is a team which comes out with the most number of goals and is awarded with three points, a game drawer (with the same number of goals) is awarded with a single point whereas a game looser (with the least number of goals) earns no point. The official scores of an on-going game should be displayed on a score board during the contest.

### **GOLDEN GOAL INSTRUCTIONS**

A golden goal is only scored if;

1. The ball is raised above the ground from the first yard (Defender's yard DY) to the last yard without dropping on the ground.
2. The ball should not skip a 7meter yard without being touched but a goal can still be considered if the ball is instead touched by the opponent(s) with touches only less than 3, as long as it does not drop down. If the opponents are to spoil a Golden attack of the opposite team, they should make at least 3 consecutive touches on the ball in a 7meter yard.
3. It doesn't come from set pieces apart from the penalty.
4. The ball is not returned to a left yard other than the starting yard (DY) until it is scored into the goal.
5. It is scored from the last 7meter yard and the ball not dropped in that yard (scored above its ground).

Three golden goals lead to a point to the scoring team. If a team makes a Golden Goal

Difference (GGD) of 5 in a game, it receives two points.

Home and away matches are considered in leagues and tournaments in this game. Then, when it comes to tournaments, the numbers of points for teams are followed first during championship considerations (with putting together points earned by a team both from home and away). If teams draw in the number of points, the GGD is considered then, and if teams still draw in the GGD, the winning team (team with the most number of goals) is considered as the champion.

## **THE SUPIDO**

A supido is a quick goal scored in T1soccer, as shot from the last 7meter yard of the playground, into the goal. It is a unique goal which was created to achieve playing the game on speed in players' minds.

It is a kind of goal scored by a player by being fast, unpredictable, skillful, accurate and quicker on ball, with a strong eye for goal.

The supido is not so easy to score, so it is not s very common goal in the game. It has got only two instructions for a player to score one, i.e;

1. It is shot from the last 7meter yard (or before crossing the yard) and the ball goes directly into the goal.
2. It can both be score as a common goal or golden goal, leading to a “common supido” or a “golden supido.”

The supido earns players with a point if scored as a common goal, and earns them with 2 points when scored as a golden goal.

## **THE BACK PASS RULE**

Any back pass coming from outside the DY should not be received within the goal box. If this rule is broken, a free kick coming from where the ball is passed (outside the DY) is given out to the opponents. A back pass coming from outside the DY can only be received within the goal box if the ball is passed above the ground and the receiver should not let it drop down till it leaves the DY.

## **THE GOAL D RULE**

The goal has a D (semi-circle) which is centered on it and facing towards the centre. Its purpose is to keep the defender a little unclosed to the goal whereby he is not supposed to step into it unless he (or his team mate) is possessing the ball during play. The defender is though allowed to defend above its ground, but if he breaks this rule, he is given a card accordingly and a penalty is given out to the opposition team.

## **SET PIECES**

The game involves set pieces like penalties, free kicks, throw-ins, corner kicks and goal kicks.

### **PENALTY**

A foul to the opponent or handball in your goal box, leads to a penalty given to the opponents, which comes from the center. A penalty should not be obstructed by any player or else, a card is given to the obstructor for indiscipline and also the penalty is retaken. The number of penalty shots given for a foul or handball in the goal box may differ accordingly, i.e.;

- An under direct/indirect foul to the opponent in your goal box leads to a single penalty shot given to the opposition team whose player is fouled. The same thing may apply for an indirect handball in the goal box by the team in that playing section.
- A direct foul to the opponent or handball in your goal box leads to three penalty shots given to the opposition team.

### **The instruction for shooting a penalty**

The ball should be kicked from the center and moved above the ground (skipping the 7 and 3 meter yards) until it drops into the goal. A goal is still considered if the ball touches only in the goal D.

### **FREE KICKS**

A free kick is given out for a foul, hand ball, obstruction or indiscipline on the pitch. The player to take the free kick should be given a space of not less than 3 meters from the players surrounding him until he takes the free kick.

### **THROW INS**

When the ball crosses the touchline (goes outside the pitch) through the length of the pitch perimeter, it results into a throw in. The team which happens not to touch the ball last as it crosses the touchline is rendered for a throw-in. The ball thrower should be given a space of not less than 2.5 meters from the players surrounding him until he takes the throw.

If the ball crosses the touchline through the width of the pitch perimeter, it results into a corner kick or goal kick, depending on who touches the ball last as it goes out.

### **CORNER KICKS**

When the ball crosses the touchline on which the goal is centered and the team playing in that playing section touches the ball last as it goes outside the pitch, it results into a corner kick given to the opposition team. The player to take a corner kick should be given a space of not less than 3 meters from the players surrounding him until he takes the corner kick.

### **GOAL KICK**

When the ball crosses the touchline on which the goal is centered and the team playing in a different playing section touches the ball last as it goes outside the pitch, it results into a goal kick given to the opposition team.

## **YELLOW CARDS AND RED CARDS**

These are given out for fouls, handballs, obstructions or indiscipline on the pitch. If an individual player receives two yellow cards in a game, the third card to be received by him should be red. Yellow cards are given out as warning cards for under direct fouls, obstructions or indirect handballs before a red card is given. A straight red card may be given out for direct fouls or handballs. A player who receives a red card misses out three consecutive games. An individual player who receives three yellow cards in two consecutive matches misses out one game (the next game of the title race).

### **Replacements**

These should be done during a dead ball experience. Replacements may only occur with the referee's permission (you can get his attention by yelling "sub"). Players entering and leaving the pitch are required to do so at a halfway line. A player to be replaced must leave the pitch first before his replacement can enter.

There are only two replacements allowed for a team in a game.

## **FAVORABLE AND UNFAVORABLE GAMES**

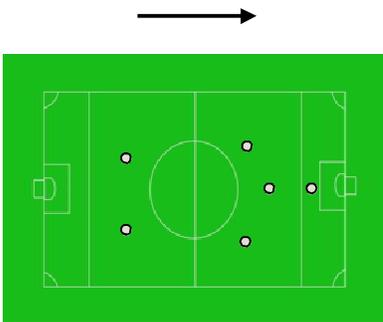
In this game, the number of points earned by a team in a game doesn't determine a win, draw or loss but the difference in number of goals does. So it is possible for a team to win, lose or draw with points less or more than its opponents'. And so a win, draw or loss can either be favorable or unfavorable depending on the difference in points earned by two teams in a game and that is; a win with more points, gives a team a favorable win and a win with less points gives it an unfavorable win (partial loss). Losing with fewer points gives a team an unfavorable loss and losing with more points gives a team a favorable loss (partial win). And a draw with more points gives a team a favorable draw (partial win) while a draw with fewer points, gives a team an unfavorable draw (partial loss). This can also be followed during the championship considerations by looking at the differences in favorable and unfavorable wins, draws or losses of teams.

## GAME DURATION

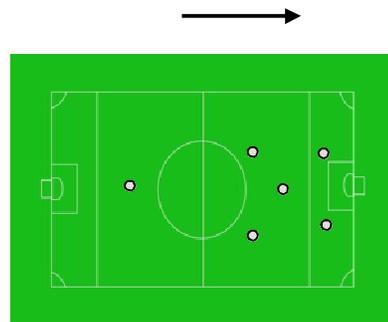
A game is played for 75minutes but in thirds (1/3) of 25minutes each. The time is counted down to zero by period. Relatively irregular added times can as well be given out accordingly after the official time for the game is over. There are five minutes for resting time before a second or third 1/3 is played.

## PLAYING FORMATS

### Offense scheme

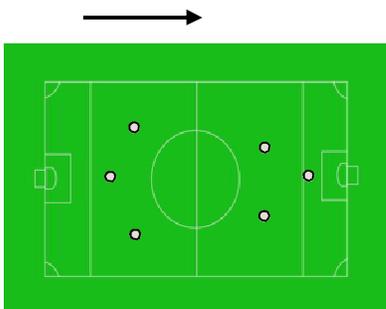


2/3/1

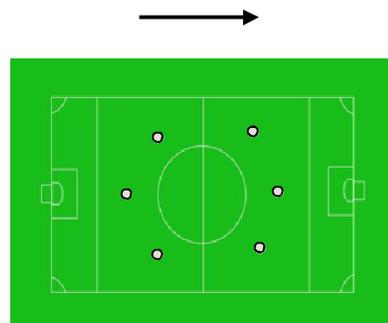


1/3/2

### Defensive scheme



3/2/1



3/3/0

### **Team principal player**

The team principal player (mainly a creative midfielder) serves as a team leader in this game. He is the leading light of a team and is recruited depending on the capabilities below that he should have;

- He must be a good commander and decider
- He must be very creative, fast and skillful
- He must be very disciplined and careful
- He must be an experienced and a consistent performing player in games
- He must be a good distributive midfielder and good goal scorer

### **The roles of a team principal player**

- He is a team leader
- He is a team coordinator
- He is a team decider and commander
- He organizes and re-organizes the team.

### **THE SOFT TOUCH STYLE OF PLAY (ROTEBAN STYLE)**

This is a new style of play used in T1soccer. It involves making of swift & soft touches on the ball when moving it. This is done by swiftly & softly exerting force on the ball during passing, scoring or controlling of it, mainly to ensure effective of the ball behaviours. It involves keeping the ball close to the body and in a calm behaviour in the course of moving it both on the ground and through air.

The use of kicks to move the ball is not neglected in this game but, it doesn't need to be relied on unnecessarily when playing.

The soft touch style of play requires players to have very high level of fitness, speed and stability when using it.

### **The significance of using this style of play prior to winning games**

- It eases the use of skills and improves skills creation of players
- It improves speed, accurate passing and coordination of players
- It improves ball protection and control among players
- It improves the comfort ability and unpredictability of players on ball

The soft touch style of play is very reliable in this game and this is due to the small spaces found among players and also the small size of the playground.

Note: Players with low fitness levels shouldn't play with this style of play because it can lead to severe injuries especially during very hard games.

### **RULES TO BE IMPLEMENTED BY THE REFEREE IN THIS GAME**

- No touching your opponent with both hands from their back.
- No stepping on any part of your opponent's body.
- No making slide tackles against your opponent.
- No pushing your opponent in anyway.
- No making obstructions to your opponent.
- No touching your opponent in their face or any part of their head and neck.
- No kicking your opponent anywhere on their body.
- No exposing elbows, fists, knuckles or stiffened fingers onto the opponent's body.
- No blocking your opponent's legs in anyway.

All of the rules above are against fouls that can be done by players in this game. The other kinds of rules to be implemented by the referee are;

- No touching the ball with hands or arms (handball)
- No exposing any kinds of indiscipline on the pitch.

The referee is meant to be strict and shouldn't be biased in his way of judgment in the game.

He is helped by two liners who are meant to show indicators (raise small flags) when anything is going wrong in a game. They generally help the referee where he can hardly notice wrong games.

### **The port official**

His main role is to control the entry and exit of players on the pitch during a match. One way he fulfills this role is to show up replacements to be made when there is a change of players to be done.

He is also there to show up the added times in a game as given by the referee.

## **THE WEAR OF PLAYERS TO ACT IN A GAME ON THE PITCH**

### **Player jerseys**

Each player on a T1soccer team must wear the same colored shirt with a different number on the back. Shirts can be long sleeved or short sleeved. Players must also wear the same colored shorts and socks. You can wear a long sleeved shirt underneath the uniform top or spandex shorts under the uniform shorts as long as they are the color as the shirts and shorts.

Each team must wear a different shirt color that allows the referee to distinguish between the two teams.

### **Hard ground cleats**

Each player must wear a pair of cleats during a game. Soccer cleats prevent the player from slipping when running on the pitch. The hard ground cleats/shoes are the kinds of shoes that should be used on the T1soccer artificial turf pitch. They generally have a large number of short studs that are usually evenly distributed across the entire outsole. With a rubber outsole, the hard ground soccer cleat is designed to be extremely durable. The short, circular or bladed studs of hard ground boots offer stability and traction yet create cushioning.

### **Safety equipment**

Shin guards are required for each player to help prevent injury. Socks are worn over the shin guards to help keep them in place. Other safety equipment is allowed, such as a knee brace, as long as it is made of soft material that does not pose threat of injury to you or other players. A player wearing a hard cast must have a soft cover over the cast as approved by the referee.

### **Equipment infractions during play**

Equipment infractions may occur during the course of play. A common infraction is a player's sock falling down and his shin guard coming off. When the referee notices an equipment infraction during play, he must tell the offending player of the infraction.

When normal play stops, the player must move off the pitch to fix his equipment, unless he is able to fix it before the next stoppage play. Once the player fixes his equipment, he must wait until another stoppage of play to come back on the pitch. A player cannot enter the pitch until he is invited by the referee.

## **MORE INFORMATION ABOUT THE T1SOCCER GAME**

T1soccer is a new game creation of an advanced world of soccer that is comprised of new soccer theories and philosophies which generally take the game of soccer beyond levels.

The kind of soccer ball that best suits in this game currently is the addidas tango 12 of size 4.

The game was designed for skilled soccer players or the intellectual soccer players that love playing as complete ball players to meet pleasures of expressing their created skills and trickery in sanctioned T1soccer games. This makes an excitement quotient of the game.

In this game, the ball is played relatively on speed, but under condensed pressure to ensure high ball control and use of effective ball skills as created by skilled played.

Skilled players may as well differ in the skills they can do create and perform. They tend to be more creative and effective with the ball when they're facing opponents.

T1soccer is played on a small artificial turf pitch of dimensions (20x12) meters. This is like so because skilled players do not necessarily require keeping large spaces among them in order to play their game.

It is possible in the T1soccer game for either teams that play in a game to come out with something to cheer for. The action of the game brings the possibility of a score to virtually every moment of play from the beginning of the contest to its final second. And there is a sustained action and an ever-present opportunity to put points on the board, though it requires much and more meaningful effort to score these points.

The game involves scoring of two kinds of goals which are; the Common goals and the Golden goals. The Golden goals can earn players with points while the mere common goals do not, however, they are both very essential when it comes to winning any game. The game guarantees more chances for scoring Common goals than Golden goals. This means that players must be very strategic if they're to find both kinds goals to be useful in their games. It also involves scoring supidos, which are unique goals that earn players with quick points in the game.

In T1soccer, there are no horrific injuries, brutal or deaths. The game is designed in a way that players do not depend on using a lot of energy when playing and also the game rules are strict enough to restrict players from playing bad games. So a player can hardly kick, punch, elbow, trip, head-butt, tackle, push, hold, stamp, the opposing player because this is not part of the standard flow of the game. And in this case, a player is called for it.

T1soccer is a game of a concentrated quality of play. Players play on an electric pace with very low pause intervals, meaning they must play with a quick expression to the point when using skills. There is no time for a player to relax, think or delay with the ball because the opponents around him are too close and observant to easily grab their ball.

T1soccer is mainly a box to box game play. Due to the small goals, there is rare shooting from distances (or outside the goal box), and at most cases, players must closely approach the goals in order to score the ball and while in the process, they should use enough skills to move the ball through defenders and score it into the goal. Thus it provides a wider room for players to play with skills on the playground.

The rules of playing T1soccer do not define any specific player positions like in Association football where at least some players must play in certain positions during play of the game (like the goalie for example). This is so because skilled players are very interchangeable or can play many positions. And also, players can form their own tactical playing strategies and may as well keep alternating them during play of the game.

In T1soccer, a team with the best statistics definitely wins favorably in a game. For a team to win a game with the most number of goals doesn't exactly figure out its excellence, but the number of points that it comes out with can show its excellence in performance. Two teams facing each other may draw in the number of points but do not draw in the number of goals, they may as well

draw in the number of goals but do not draw in the number of points. It's very uneasy and rare for any two playing teams to draw in a game with a number of 5 or more points each.

The best tactically coordinating and most skillful team always have the highest chances of winning games favorably. The major aim for using skills, trickery and playing tactics is to create numerous opportunities for scoring goals.

T1soccer is a less physical game but players may play with direct approach and use their trickery and skills to pass through opponents.

The trickery and skills are also used to tease, confuse or threaten the hearts of the opponents so as to interfere with their concentration.

The game involves tricky and close instant passing or scoring of balls. It has got no permanent defender or striker since players can interchange from their positions accordingly.

### **NOTES THAT CAN BE USED BY TRAINERS AND PLAYERS TO ACT IN THISGAME**

A trainer to train in this game should be very amiable and convicting to his players, and should also be able to comprehend each of them. A good T1soccer coach should be one who tells, teaches, inspires and demonstrates.

The training activities that players must go under may include; fitness trainings, tactical functional trainings and skills creation training activities. Training activities should be carried out regularly in conducive environments where players can keep their concentration levels high.

### **The three major factors that enhance players' performances in T1soccer games**

**Players' fitness:** Players to play in a T1soccer game should be very flexible and adaptive. This means that they should practice fitness physicals regularly so as to keep fully fit and also avoid attaining fatigue in the midst of playing a game.

**Nutrition:** The other way of generating players' performance is keeping them in good health, which may include giving them diets rich with foods recommended for sports athletes.

**Workshops:** These are practical or theoretical lessons that are conducted by special teachers or trainers who normally attend to players once in a while usually to give them special trainings and

also make discussions with them about how they can improve their performances to required levels or face different T1soccer games to be played. Workshops help to put players in the rightful psychological frame of playing in T1soccer games.

## **THE EIGHT KNOWLEDGE AREAS THAT T1SOCCER PLAYERS SHOULD PUT IN MIND**

### **i. Decision making in a game**

Decision making may be involved during the making of a goal scoring plan and choosing the styles of play that players should apply in a game. Players should be very strategic and conventional in deciding to whether they should seek for Golden goals or Common goals in a game with respect to the game's standing results and the approximate time left for the game to end. However, the best option that players should suggest would be to keep their major aim as to win the game, which is coming out with the most number of goals whether Common goals or Golden goals. This option is most essential during hard unpredictable games. Players may also decide to begin with what seems easier to them as a team and later seek for better results after ensuring enough reading of the game.

### **ii. Creating opportunities for scoring and utilizing them effectively**

In the action of this game, it's not just about driving the ball towards the goal, but it involves playing strategically to create opportunities for scoring goals. In order to create enough opportunities, players must keep their percentage ball possessions high. This game may also be known as "possession based soccer" since players bear many chances for creating possible opportunities for scoring when they keep long or many ball possessions in a game.

For players to keep the ball in their possession, they must learn to plan and work as a team. This can be done by having players being supportive and interactive in games and also use their great playing tactics and skills in a way that a player understands oneself as an individual and also one another as a team.

The strategy for creating opportunities should begin right from the defender's yard where players should begin using playing tactics and skills to dodge or threaten the opponents and later create open opportunities for scoring.

In order for players to keep the ball in their possession, they also need to learn how to protect it. Ball protection can be categorized into two ways, that is; team ball protection and individual ball protection. Under team ball protection, players may protect (possess) the ball as a team with each player maintaining a maximum of only 2 or 3 touches on the ball and then he passes it immediately to a closer team mate in space, whereas under individual ball protection, an individual player may use his skills to control, move or keep the ball in his possession till he passes it away to a team mate. In doing so, he may make 3 or more touches on the ball depending on what he is intending to do.

Players may use short and speedy tactical penetrative passes to keep longer ball possessions. They should also keep in motion, moving into better positions to meet or win various balls (keep coordinating). And in order to keep coordinating, players may have a language that they can use to understand one another in this game. This can be done in a way of keeping supportive and interactive in various ways. For example, the way or the position in which a player may pass the ball to a team mate may tactically describe how he wants the receiver to utilize it, i.e. it can be to protect it, pass it back, pass it to a different team mate in position, share attention of the opponents, move it into a different dimension or score it into the goal.

The set pieces in this game like corner kicks, free kicks, goal kicks and to a less extent throw-ins, do not bear much tactical importance to a game because they are not sources of chances for scoring quick goals. They are mostly there to put the ball back into the possession of the team rendered after a dead ball experience hence bearing another chance to continue with the creation of an opportunity to score. However, for a team to receive many of these set pieces in a game would mean that they are not good ball holders and timers of their opponents, and this would be a sign of weakness among team players.

Players should keep the ball very close to their bodies as they play. This enables easy ball protection, quick decision making and quick reaction.

Players may also alternate their games depending on the behaviors of the opponents. This is done so as to play beyond the game of the opponents.

### iii. **Playing in the last 3meter yard**

Strikers to play in the last 3meter yard should be very intellectual players. And in order to score enough goals, they should be able to make exclusive close and swift penetrating passes with the ball. They should be divergently skillful, very tricky and agent finishers, and also they should know how to space and position themselves perfectly in scoring positions. For strikers to score quite easily without much struggle, they may need not to draw so close to the goals while in the attempt to score, but reserve a little space untoward the goal to avoid fighting on the ball with the defenders in the struggle to score a goal.

There are no offside tracks for strikers in this game. And due to this perspective, strikers should be creative enough so as to utilize enough opportunities for scoring.

### iv. **Playing defensive games**

Players of a team should wisely chase for the ball when taken and also be able to keep it in their possessions when after they win it until they score it into the opponents' goal.

In the T1soccer game, the best way of defending is to keep a higher percentage ball possession. This means that if the ball is not commonly in your possession as a team, your opponents are very capable of scoring you more goals than you can do score them, since in the course of them keeping a higher percentage ball possession, they are defending you from creating many chances for scoring them. Scoring doesn't come abruptly according to the standards of this game. It requires a team to maintain a greater percentage ball possession in order to defend and score more goals.

**The goal size:** The goals are very small in size, that is; 0.5meters wide and 0.4meters high from the ground. This makes them defensive and due to this, there is no goalie in this game but instead there is a last defender. And which it requires a player's accuracy, skills, speed and trickery in order to score goals.

**The goal D rule:** defenders must keep aware of the goal D rule, which restricts them from stepping very close to the goal when the ball is in the possession of the opponents.

**Throw-ins:** Defenders should be aware of throw-ins from the opposition side. These tend to be threatening due to the small size of the playground whereby the ball can be thrown to every area of the pitch. This means that players should keep very careful and consistent in their games to minimize throw-ins which may not be necessary. Players may as well keep the ball closer to their bodies as they move it on to enable them easily protect it and hence can maintain longer intervals with it in their possession which also cuts down unnecessary off balls during play.

v. **Playing in the midfield**

It is in the midfield that schemes for attacking and defending are pursued. It is made up of two 7meter yards that make up a rectangle of dimensions (12by14) meters when looked at together. There are a few fundamental aspects that players in the midfield should have/perfect, these include; accurate penetrative passing, ball protection skills, ball control skills, playing trickily, speed, swift reaction and perfect self-positioning. All these enable players in the midfield to set paces at which to move the ball and create many opportunities for scoring goals.

In the T1soccer game, the defensive and offense schemes begin in the midfield, and, in this tradition, there are four players (midfielders) who emphasize on attacking while it's attacking and defend while it's defending. The small goals do not necessarily require many players to play around them during the course of defending or striking. This means that the midfielders should accomplish most of their work of creating opportunities for scoring in the midfield.

When playing in the midfield, speed may start from the first 7meter yard, it increases more in the second 7meter yard and it later increases extremely in the last 3meter yard.

The players to play here should be good tactical planners as well as good game readers. They should be divergently tactical and skillful passers. They should be very flexible and adaptive with very high body awareness and coordination balance especially when making close swift passing of the ball. Players in the midfield should be able to make numerous touches on the ball in a single 7meter yard and successfully keep the ball in their possession.

Note that all the players in this space should play as free role players.

## vi. **The use of skills prior to winning games**

It can be true that the T1soccer game looks a little hard to play, but instead it is rather very simple if players can perfectly use their wonderful created skills and great playing tactics in games and further apply them very well.

Using skills frequently plus applying them on very fast speeds in games, enables players to create many more chances for scoring for every time that they may approach the goal.

A player who is skillful and creative enough does not have to return the ball to a left yard over and over again whenever there is tight marking by the opponents. This is one of the major scenarios where players should use skills and trickery to strike through opponents. It is known that fast skilled players are not faceable when they go a step after you and they always make it hard for a defender to immediately come back into play whenever after they manage to dodge them with their skills.

Skilled players should not only face opponents with their physical bodies and skills but also should face them with their minds because this is so much a mind game. Once players perfect this, they will understand that fighting on the ball is unnecessary and completely evitable.

The referee in this game is meant to be strict enough on bad games and so players should keep brave enough to perform skills comfortably or swaggeringly without minding about threats from the opponents. This, though, does not mean that players should use their skills anyhow but instead they should plan, check, think and do immediately without waiting for opponents who threaten to attack them.

In this game, players do create and learn as many skills and fantastic moves as possible. It is these skills and moves that players may use after defining their intentions and knowing how speedily and trickily they can perform the skills and moves so as to succeed in their intentions.

Players must use skills perfectly in every place through the entire contest of a game. They must use skills with high timing on the ball, timing of the opponents and timing of oneself with physical and mental agility and coordination. A player can use skills to create self-space, create space for his mates, and create space for placing penetrative passes or scoring clear goals.

With the perfect use of skills, penetrative passing and scoring tends to be automatic because the spaces for doing so are created every time during play. This can further be perfected when

players become divergently skillful with a wide array of developed creative skills and they are capable of using them frequently in a game.

### **Other things that players can achieve with the use of skills;**

Players become very unpredictable in games.

Players can frequently create open opportunities for scoring goals.

The use of skills improves ball protection capabilities among players and the overall ball possession of a team.

It saves time that would be wasted in the struggle for breaking through tight marking opponents.

It improves the mental and physical agility of players in games.

It improves players' flexibility, speed and coordination power.

It improves players' accuracy and timing on the ball.

It improves the functional rate of playing tactics by increasing and strengthening the tactical coordination of players.

Note: The playing style of two teams playing in a game could be the same but the skillfulness of a team makes the difference in their playing capabilities.

### **vii. Moving the ball above the ground (through air)**

Balls or passes moved through air are easier to protect than those moved on the ground. This is because passes moved on the ground can easily be interfered which can be due to the limited spaces in which to pass the ball. So it should be marked advantageous to move the ball against your opponents through air.

While moving the ball against the opponents when above the ground, a player may pass the ball within areas (spaces) around the opponent where they might find it hard to stretch their playing body parts to while in the attempt to interfere the ball.

### **viii. Shooting a penalty**

A player may skillfully kick the ball from the center and drops it directly into the goal or he may softly and skillfully fetch the ball and directly drops it into the goal. A player to take a penalty kick should raise enough concentration in a short time before he takes the penalty kick.

## **T1SOCCER TEAM DEVELOPMENT AND PLAYING MODE**

It's just a common trait among most great (skilled) players that they are rarely coached, but seem to just love playing. Creative players don't have to be coached like they are not creative but just need to be guided and showed how they can always improve on their creativity in games. In T1soccer, we basically coach creativity and allow players to experiment the game for themselves. We teach a culture of being more individual and unpredictable during play of the game. We aim to having players play with individual brilliancy with well-built up minds.

### **T1soccer talent spotting tips**

In T1soccer, we don't believe in transforming players from their self-renowned playing capabilities. We only want to see players play happily in their styles. When spotting talents, it's not a matter of choosing anyone who can play soccer, but we look at different qualities that a skilled player should have.

#### **Below are the qualities that an eligible skilled (T1soccer) player should have;**

The body of a skilled player must be flexible enough. This establishes it in his mind that he can perform skills in any circumstance of play.

A skilled player must be fast on the ball, however slow he could be in the other aspects of playing.

He must be confident enough on the ball.

Any skilled player must be a divergent or unconventional thinker in games. This means that he is capable of performing creative skills anywhere as a task resolution when playing.

Any skilled player is ever very much in love with the ball.

He must be able to keep a very open mind throughout games.

He should be a good game reader.

He must be a good observer and listener.

He must be a quick achiever and not a time waster.

He must be a good timer on the ball and a good timer of the opponents.

He should always depend much more on using skills than other playing styles.

He must be very accurate on the ball and performs on speed with simplicity.

He should be able to pass the ball on speed through small spaces in any shortest time available.

He must be able to know any differences in his capabilities and his kind of talent from others.’

Note that a skilled player is not one with a lot of crammed trickery but is one who is comfortable physically and mentally when using the ball on and around his body. This enables him to become creative to a greater level.

### **Intentions of a team, team building and team selection tips**

The leading intention of any team should be to win many games with many points scored. Players should keep very strategic and strongly tactical in their games to enable them know what to do, when to do and under which circumstance to do it. The other intention should be to play very good and positive games before looking at how to score very many goals in games.

When building a team, quality skilled players of relatively young ages, who are not less than 12 in number should be considered. These players should be relied on generally, must be trained together and all given enough chances to play in sanctioned games. A reserve team or academy of younger players should be created to back the team as its source of players for both the current team and the future teams. The team must be built with much disciplined players, and the ones who tend to be disruptive should be punished or even expelled.

A team must be built with a unique playing tradition which can be used by players to keep them more tactically connected in games both mentally and physically. The tradition may include a playing phenomenon and principles to be used in different games. These must be simple to understand, reliable and easy to follow whereby new players to the team can use them and find them helpful with their playing styles not being affected.

When selecting a team squad, a coach should consider how far the players to be selected can be interactive and supportive to each other with respect to the team’s intentions in games. The players must be able to play uniformly at any given speed of the game. They should be good game readers and also trained to be open for all kinds of games. The players to be selected must be able to come up with divergent game resolutions and make them work during hard games. The best skilled and most creative players should be selected to make a team squad.

## **How to organize a team and share roles among players**

T1 soccer players are meant to be very interactive more especially in the midfield, because that is where defensive and offense schemes are pursued due to the small size of the goals which do not require many players play around them.

Players may be organized in a game depending on their playing capabilities in terms of managing or beating opponents in different areas of the pitch. When organizing a team, the overall tactics to be used should be possessive and attacking game.

The players share different roles in playing a game according to three different playing zones in which they play or concentrate. The playing zones include; the defense zone, midfield zone and striking zone.

### **The defense zone**

In the defense zone, there is a last defender as the main player. Below are the qualities that he should have:-

- He must be a good game reader
- He must be a quick passer
- He must be a good ball winner
- He must be a good holder, protector and controller of the ball.

The last defender is also the attack initiator of the team.

### **The midfield zone**

In this zone, there are creative midfielders as the main players. Below are the qualities of good creative midfielders and the roles they should play:-

- They must have high awareness of space
- They must be good play makers
- They must be good game readers
- They must play with desire

- They must be good assist makers
- They must be quick coordinating and accurate passers

**The roles they should play.**

- They should make creative and tactical moves
- They should pass the ball and control speed
- They should create opportunities for scoring and even score goals.

**The striking zone**

In the striking zone, there are inside forwards as the main players. These are the main scorers of a team and should have the following qualities:-

- They must be very unpredictable
- They must be instant passers and scorers
- They must be quick decision makers
- They must be good self-space creators
- They must be good assist makers

They should drop off and turn into play.

Although it is this way, players can tactically keep interchanging in their positions and keep in motion to share the above roles and responsibilities, more especially in the midfield and defense where attacking begins and the ball can be held longer. Players should use good tactical setups to share roles and remain in an organized form during play.

### **Some of the expected hardships in the coaching system and their necessary resolutions**

Coaches should be trained how to keep players focused with a consistent desire and belief when playing games. This is because players can meet hard circumstances in games where their mindsets in playing can be affected.

One of the expected hardships in the coaching system is that players tend to get stuck and bored during or after an experience of routine failure in games. During such an experience, players should be trained a lot of playing tactics, skills and trickery to enable them manage different games and also be able to comfortably alternate their plays depending on changes in the behaviors of the opponents at any given speed of a game. Players should make a lot of practice, and play a lot of competitive matches, to enable them learn how to maintain their concentration in games and hence their consistence and bravery will maximize.

Players should be advised about their capabilities and how they should use them to achieve anything in games.

They should be motivated with pleasant wages and performance enhancement bonuses.

When players raise the speed of a game in a match, they should be able to maintain it and control the game for a long time. In this case, if players lose control over the game, their opponents are capable of scoring them a bucket of goals, since they can approach your goal as many times as possible in a short period of time due to the small size of the playground. This is another expected hardship in the coaching system which can affect the performance of players in their next games. During this circumstance, players must be psyched up to regain confidence and also showed that because of many reasons in this game, anything can happen but at the same time they are as well capable of doing anything in games.

### **How to psyche players to play great games with a lot of belief in them**

Skilled players are all capable of playing great games prominently. There are many ways players can be psyched up to think deeply about games so as to play great games.

First, they should be taught to make decisions and follow them. When players decide to use skills in every playing aspect in games and don't divert from it, they will move the ball and score it into the goal without much struggle, but rather recognize things work out automatically because that is what skills do.

They shouldn't be afraid to do mistakes when applying skills in games. And also should not change their impression towards a game to be negative whenever they are being challenged during play, but should keep a confident and positive mind. In this way, they can always come up with better ways of coming back into games.

Players should be encouraged to make notable observations from the games they play, take time to think about them and later hand them over to the coach to further guide them in that case.

Players should believe in one another and also their managers should have enough courage and trust in them.

Players should be advised that there is no luck in the T1soccer game because it is a game of achievers and so they should stand on their capabilities to win games.

Players should use simplified and achievable tactical setups to win games.

Players are capable of playing great games when conventional in play. This means they should agree, appreciate and rely on each other's potential and also give hope for one another. Skilled players are expected to be able to do the same things in this game. And so, they should learn to share knowledge and ideas through teaching and learning from one another. So they should be advised not to over depend on their own voices and capabilities in playing games.

### **How to improve players' comfort and creativity on ball**

Before players can improve their games through any other ways, they should work to improve on their comfort and creativity on the ball if they want to perfect in the T1soccer game.

The level of a player's creativity on the ball can be determined by how far he or she can have their comfort on the ball to greater levels, while playing. Below are some of the ways players may follow so as to improve their comfort and creativity on ball;

First, there should be a created environment where players understand that it's right to make mistakes to learn and improve. This creates comfort for them to use skills hence can perfect easily. Improving players' comfort ability on ball requires them to concentrate and focus on playing with speed, timing on ball and timing of the opponents.

Players should learn to play with the ball kept close to their bodies whether it's on the ground or in air. They should as well learn to control, protect and move the ball with the use of the different parts of their bodies apart from the invalidated ones (arms and hands).

Players should exert little energy on the ball when playing it, and use soft and swift touches on it during the course of moving it or controlling it.

Players should be very observant, imaginative and divergent while playing the ball.

They should create and learn as many skills, trickery and creative moves as possible, and learn how they can use them differently to work in games.

Players' self-efficacy to develop creative skills should be increased more among them. They should be intrinsically motivated through giving them enough space to experiment their own games, but with close guidance from their coaches, and also should be showed how the game is relevant to their nature lives. This will enable them enjoy challenging their work and also think in greater depth about ideas of developing creative skills.

Players should also be given enough time to engage in doing other things which can relax their minds, in between games.

### **How to care for players so as to make them better**

Always, players should be cared for in different ways to reinforce them in order to face different games and also keep their bodies and minds in the rightful shape.

Players may often be taken to train in camps in safe areas where there is conducive environment for them to maximize and maintain their concentration levels especially during the making of skills creation training activities.

Players should often be taken for medical checkups in authorized health centers to find out information about their life statuses and medical conditions.

Players should be urged to make personal training activities at their home apartments to help improve more on their performances, but should also spare enough time for resting.

They should be advised to make videos and put down information about their created skills or moves for remembrance during practice and also find out how to develop them in perfect skills patterns.

There should be spared time when the coach should meet and train every individual player and makes more study about him/her with the help of other sports experts, to find about how he/she should move on with his/her talent and add more to their performance.

Players should be given gifts to create demand on them for better performance in games and also given surprise rewards when after they perform better.

They should practice bicycle riding and attend to gyms to keep up their fitness levels, mostly during off seasons.

In order to improve and maintain their performances, they must train in at least two training patterns in a day and play at least two competitive matches in every six days.

Skilled players may differ in their talents and playing capabilities depending on how they can develop their creative skills and how they can perform them in games. Due to this, they should be sensitized about their talents and their differences in capabilities and then encouraged to develop their aptitudes.

### **T1soccer conditioning**

T1soccer conditioning can be defined as getting the physical condition of T1soccer players to its highest. It is the end result of working on four different parameters; T1soccer warm-ups, T1soccer strength, T1soccer endurance and T1soccer agility

#### **T1soccer warm-ups**

It has three aspects that affect conditioning. First of all, a good warm-up is required to maximize a player's physical condition just prior to a match, or training. By playing or training at this level, a player will improve his performance by a fair amount.

Secondly to avoid muscle strains, joint problems and several other issues that might appear mid-match or mid practice, warm-up is crucial since it prepares the organism for effort it will sustain.

Last, warm-ups can also improve a player's flexibility (especially through stretching exercise), which affects another aspect of T1soccer conditioning, namely agility.

#### **T1soccer strength**

All players on the pitch will be required to work on their strength throughout their entire playing career since it affects speed, balance, agility and shielding. They should mostly attend to gyms to work on their strength.

### **T1soccer endurance**

This should be a constant in players' training sessions if players are to be able to hold up an entire match. T1soccer endurance can be worked out while practicing sprints, non-stop short speedy passes of the ball and making skills on it without letting it drop down during training.

### **T1soccer Agility**

This is a quality of a player being able to move quickly and easily and also change body positions during play. It requires a combination of balance, coordination, speed and flexibility of a player. A player working out on his agility will help him with receiving, shielding, passing and finishing

## **Nutrition**

If players want to be professional T1soccer players, every detail that could improve their performance should be taken into consideration.

Nutrition is extremely important to a player when done rightly. It is made up of several smaller parts that will require your attention.

### **Macro nutrients**

These are nutrients that the body requires in larger quantities. They include chemical elements that the body needs in order to function properly and at the highest parameters, such as carbon, hydrogen, nitrogen, oxygen and phosphorus. They also include what medicine tags as chemical compounds; carbohydrates, proteins and fats, which for the most part are inserted into our body through food. Macro nutrients also include the so called macro minerals, namely calcium, magnesium, potassium and salt, without which the body cannot function at its maximum potential. Macro minerals have several functions in the body, including the transportation of oxygen to cells, strengthening and functioning of the skeletal system, nerve conduction, muscle contraction, "manufacturing" proteins and regulating a person's bodily temperature. More specifically, calcium is extremely important in a person's growth (which is why it's even more crucial for young T1soccer players to get the right amount of calcium in their bodies), magnesium balances rhythm and potassium is responsible for muscle and nerve reactions.

Take in mind that these can be further split into sub-groups so you have several hundred elements that your body needs in large or very large amounts to function properly.

As a T1soccer player, you simply cannot miss out on many of these macro nutrients if you want to be able to perform and train well in larger amounts, since you will also burn more energy than the average person each day in training or in a match.

Getting a diet that contains all these macro nutrients in the right amounts is not the easiest of tasks and it's usually best if you see a nutritionist for such a diet instead of picking up nutritional fact labels of foods to compare them in the store.

### **Micro nutrients**

Are elements that a body needs in order to function properly, however in this case smaller quantities are usually required.

The main chemical elements in the list of micro nutrients includes; cobalt, boron, copper, Iron, manganese, zinc, chlorine and molybdenum and although a deficiency in any of these won't affect your body as much as a macro nutrient deficiency would, they are definitely needed if you want to maximize your body's potential (and as a T1soccer player, you should always look after getting your body to maximum parameters at all times).

### **Vitamins**

There are 6 types of vitamin classes out there; A, B, C, D, E and K. it's important to know that vitamins are responsible for dozens of essential body functions and processes. They carry nutrients into cells, in the body, catalyze blood flow and blood clotting and so forth.

Each vitamin has its specific and important role in the body and two of the biggest problems surrounding them are deficiency and overdose.

Vitamin deficiency can make you weak, it can make you more vulnerable to disease, cause you to regenerate wounds harder and functions are taken to extreme and a vitamin deficiency can be a severe draw back. As a general guide, fruits are amongst the most sources of vitamins and they're essential in a T1soccer player's diet. Vegetables are also vitamin rich, so eating greens each day is pretty important for a T1soccer player.

Make sure you don't go over what the doctor prescribes. Cases of overdose are generally caused by if one vitamin pill makes me stronger, 10 will make me 10 times stronger mentally. Obviously, that's not a good idea when you're playing with the basic structures of life.

### **Minerals**

These micro minerals are Boron, Cobalt, Copper, Chloride, Chromium, Iron, Fluoride, Iodine, Manganese, Molybdenum, Selenium and Zinc and each has a specific and important role.

Getting the right amount of these micro minerals into your body will help it function properly and at maximum potential. Although required in small amounts, it's actually quite easy to gain deficiencies in these minerals, since our normal diets may not include them.

### **Diet**

One of the biggest mistakes that starting T1soccer players may make is that they may believe that simply through training, they can get their bodies at maximum potential.

Although training is vital in this sense, a carefully balanced diet will be the catalyst for a healthy body that can perform well under the stressful condition that a T1soccer player must go through in practice or matches. A balanced diet will handle any weight problems, since not all people can get their fat limit to 0 through sheer training. Your diet will also be responsible for keeping you strong and agile, so what you eat truly becomes an issue when you're a T1soccer player.

### **Hydration**

Hydration and its counter-state dehydration are amongst the most important issues a T1soccer player will have to address throughout their careers. Dehydration can cause major problems to a player's health and performance and it's often hard to spot if you don't know what you're looking for. Dehydration isn't just "I'm thirsty so I'm probably dehydrated," it's a chronic state that can cause your problems with little to no clues to why you have them.

Thirst is a momentary situation that you can solve with a single drink, where as dehydration is a chronic state. For example you're lacking certain vitamins from your body and you are hungry. Eating a plateful of sausages may settle your hunger but that doesn't mean that your vitamin problem will be solved.

### **What do you drink?**

A good sports drink is one that offers a high amount of carbohydrates and water, but that doesn't mean that good old H<sub>2</sub>O can't be good for proper hydration just by itself. Sports drinks have got advantages of being better tasting, so they can be drunk in larger quantities, they have carbs that can't be found in simple water and they have glucose which helps with reducing fatigue and muscle tiredness. Obviously, juices and sodas aren't the best choice. Anything that has carbonation in it can cause you an aching stomach and that's the worst you could get in a T1soccer match.

**Note:** The above nutritional information is resourceful to a player but it doesn't replace the advice of a qualified nutritionist, so it's advisable that one may visit a specialist before taking up the nutritional suggestions in this information. The author himself is not a dietician, so one should make sure they consult their family physician or dietician before starting any type of diet, life style or nutritional change. Also some diets may be harmful for persons suffering from certain medical conditions.

Copyright ©2016-2017

[All rights reserved. Production in whole or in part without written permission is strictly prohibited]