

January 2017 Op-Ed

In my last article I mentioned how we are designating 2017 to be **The Year of Individual Technical Improvement for All Penn Legacy Players**. The goal behind this is to a). provide as many opportunities for our players to practice and perfect skills, moves, and first touch with BOTH feet, and b). motivate the players to practice on their own, both replicating what we have shown them, but also improvising and creating new ways to improve their skills, and thus their comfort on the ball. Below are some of the ways we hope to accomplish this goal:

FLASH CLINICS

As often as possible over the next few months we will host clinics where players can sign up for a nominal fee to work with me on a selected technical topic.

JUGGLING CLUB 2.0

Starting very soon we will be bringing back our PL Juggling Club where our players can earn recognition and small awards for reaching different levels of juggling expertise. The new version of our juggling club will feature levels both for number of juggles, but also distance. In other words, *static juggling* and then *motion juggling*. We hope to launch this program in the next few weeks.

SENSEBALL TRAINING

You may have noticed some teams go through a pilot program with myself where we were using a ball on a string. The balls we were using are called senseballs and we plan to bring these into more and more of our training and clinics moving forward.

THE ZIDANE SESSIONS

Starting in the spring we will be offering “mini technical clinics” that will begin about 20 mins or so before team practices on select days where kids can just show up with their ball and go through some technical exercises with either myself or a member of our coaching staff. Then, once practice time arrives, off they go with their team. Simple concept, and hopefully they will be helpful for players to work on their skills in a very relaxed environment.

TECHNICAL PLAY AREA

Once the summer rolls around, we plan to set up a designated area at the East Pete venue that will have football tennis nets, mini goals, and a few technical-based items for our players to come and play and practice on their own.

Of course, our winter and summer training programs have always been rooted in individual player development, and hopefully this will all compliment with our team trainings to help all our players achieve marked improvement in their overall game, and especially in their technical ability.

Seamus.

Seamus Donnelly

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Penn Legacy Football Club