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CHARTER STANDARD
DEVELOPMENT CLUB

Training/Game Words

Drive

Receive the ball, look up and run with the ball forward into the space or dribbling to beat opponents in 1v1 situations -

Attack

Hide

Use the body to protect and shield the ball until you see an opportunity to beat the player or a member of the team comes and supports - **Defence**

Pressing

Pressure the player that has the ball or get close to other opponents in order to remove passing options. A successful press will recover the ball quickly and further up the pitch or force the opponents to make an inaccurate long kick -

Transition

Track Back

Many times, a defender or midfielder can leave their zone vulnerable to a counterattack if they spend too much time supporting the attack on the other side of the pitch, therefore tracking back is a large part of their game. Need to understand the importance of the team and assisting - **Transition**

Number

When defending can the player see the number of the person they are marking – quick and easy way to make sure they are defending the goal - **Defence**

Front Foot

The foot that is in the forward direction if you want to go forward. We want to get them to create a quicker play – **Defence to Attack**

Back Foot

Defensively receiving with the back foot could be the better option to enable to turn the body to make a pass – **Defence to Attack**

Open Position

Can the player see both goals and has the head up to take the ball - **Defence to Attack**

Footwork

Various ways of running with the ball, inside of foot, outside of foot, sole rolls, stud rolls, toes, laces – **Defence to Attack**



RESET Positions and Shout

RESET Kick-off



RESET Centre (Opposition Kick-off)



RESET Goal Kick



RESET High Press (Opposition Goal Kick)

