

# **Thomas Niendorf additional Team Training Program description**

## **Program outline:**

- a.** We will provide a professional, supportive, effective and innovative program that will empower players to improve their level of play.
- b.** Program is designed to develop players for the technical/tactical, mental and physical demands of the game on an elite level (Scholarship and professional career opportunities).
- c.** Training process will be consistent within training objectives, progressive in application and game related.

## **It is imperative for our success that players develop to their full potential**

- a.** true professional mind set (winning mentality, determination, striving for excellence)
- b.** adaptability and game intelligence (system of plays, team tactics, positional playing behavior)
- c.** understanding and execution of key aspects of a modern playing approach
- d.** sound technical game application
- e.** mental and physical strength and toughness

## **We will work on the following objectives:**

### **A) Team training program (Thomas Niendorf):**

- → *Movement off the ball in defense and when in possession*
- → *Tactical awareness (decision making, support play, game intensity)*
- → *Fulfilling individual assignments in positional play*
- → *Keeping shape both ways (connectivity, moving as unit)*
- → *Early pressure and midfield closing down (shifting and pressing as unit until winning the ball)*
- → *Quick transition into attacking play after winning the ball (out of pressure; one touch play forward)*
- → *Concluding attacking play (finishing on target)*
- → *Playing with professional attitude (leadership; work rate; determination; teamwork)*

### **B) Technical training program (Thomas Niendorf):**

- → *Technical execution according to the game situation*
- → *Speed of play (quick and accurate ball movement, ball controlling touch)*
- → *Individual play (technically and tactically) within team concept*
- → *Raising the mental game (winning mentality, 100% commitment to the smallest detail)*

### **C) Strength/Conditioning program (Anton Joseph):**

- → *Physical development (core strength, power, speed, agility, soccer specific endurance)*

### **D) Mental training program (Lorie Pulliam):**

- → *Disciplined focus (working within given instructions)*
- → *Mental readiness and toughness (consistent performance under all conditions)*
- → *Controlling emotions, staying calm, positive outlook*

- → *Decision making, alertness, confidence*
- → *Ability to communicate to team mates and coaches better*

## **Instructors - Professional background highlights**

### **Thomas Niendorf. Professional Soccer Coach**

- *Professional coach with 26 years of work experience in coaching and player development*
- *(Head coach, Manager and Technical Director of various organizations in Germany and North America)*
- *Developed and assisted a great number of players to obtain professional career opportunities*
- *(among others Owen Hargreaves – Bayern Munich/Manchester United)*
- *Bachelors Degree in Physical Education with special emphasis on coaching soccer*
- *from the German College of Physical Culture in Leipzig (1980 – 1984)*
- *Holder of Top DFB (German Soccer Federation) Pro-Coaching license*

**Testimonial:** *Owen Hargreaves (Manchester United, England National team)*

*“Being a professional footballer demands discipline, preparation and the ability to take your opportunities when they present themselves.*

*Thomas understands the professional football environment and how to develop the physical, mental and cultural qualities that are needed of a player to make the step to a professional.”*

### **Anton Joseph, B.Sc., Strive Fitness and Athletics Director**

*Widely accepted as one of Canada's most sought after coaches, Anton has helped thousands of individuals achieve their goals while also helping them enjoy the experience.*

*This award winning coach has over 21 years of experience. He is the strength coach of choice to hundreds of professional and college athletes including members of the Calgary Flames, Toronto Maple Leafs, New Jersey Devils, Calgary Stampeders, members of the Canadian Junior Hockey Team and Olympic athletes.*

*Anton is founder of Strive Consulting, Canada's leading fitness and sport training organization. He is an industry leader, recognized author, speaker and sport conditioning expert.*

### **Lorie G. Pulliam, BPE, MA Sports Science, Kinesiologist**

- *Professional mental and physical sports performance coach for 28 years in applied neuroscience and health. Trainer of trainers and coaches provincially (Alberta/BC) with over 45 sports teams. Specialize both with amateur and professional athlete's ages 12-25 years in mental focus, confidence, consistency.*
- *Developed and assisted athletes in a wide range of team and individual sports to increase mental focus and confidence for high level, elite performance. Recent Athletes: Ethan Gage- Reading FC England, Daniel Spence- Calgary Hitmen, and Jacob Verheyden, Mount Royal University*
- *Bachelors Degree in Kinesiology, University of Calgary, and Master's Degree in Sports Science, University of Alberta*
- *Former AFLCA Trainer of Trainers, Recent Canadian Sports Psychology Intern (CSPA)*
- *Conference Director: Building Blocks for a Healthy Future (Norlien Foundation) and Exploring Health and Healing ( Alberta Health Services)*
- *Author of 50+ articles on sports and mental health in the area of integrative medicine and wellness ex. Impact Magazine, Calgary Herald, Christian Health Magazine*