



**SoccerDream**

The VR Football Training · Powered by Ekkono

**APFC**

# USER GUIDE





# WELCOME TO SOCCERDREAM

We are the first virtual training platform to accelerate football intelligence learning and boost player's performance in the field.





To download the most up to date version of this User Guide, please visit this link:

[www.soccerdream.com/userguide2](http://www.soccerdream.com/userguide2)

# INDEX

<b>1- What is SoccerDream® and what is it for?</b>	<b>5</b>
1.1- Introduction to SoccerDream®	5
1.2- What does SoccerDream® include?	5
1.3- Which soccer abilities can be trained?	5
1.4- How is each ability evaluated?	8
1.5- Football IQ	9
<b>2- Using SoccerDream®</b>	<b>11</b>
2.1- SoccerDream® VR app	11
2.1.1- Before starting	11
2.1.2- Login	11
2.1.3- In the Locker Room	11
2.1.4- The Tutorial	11
2.1.5- Start training	12
<b>3- Important Notes</b>	<b>12</b>
3.1- Support / Contact	12
3.2- Safety / Warning / Warranty	12
3.3- Trademarks and copyrights	13
<b>Appendix 1:</b>	<b>15</b>
<b>Full list of exercises for training</b>	<b>15</b>

# 1- What is SoccerDream® and what is it for?

## 1.1- Introduction to SoccerDream®

Welcome to SoccerDream®! SoccerDream® is the first training platform that truly accelerates players' tactics. Players learn tactics faster and more effectively, thanks to virtual reality. There are key added values when training with SoccerDream®:

1. Complete top training drills used at the best clubs in the world.
2. Train together with virtual players optimized for the user's own personal development.
3. Train for much longer.
4. Quantify the user performance and track progress with Football IQ.

Football IQ is a feature that allows SoccerDream® to measure the player's performance when training with specialized drills. The software analyzes the player's actions and decisions and evaluates the outcomes for every single ability. Players and even academies can track the players' progression and evaluate their strengths and weaknesses in order to adapt the training plans for each individual's needs. SoccerDream® is designed to be used in addition to the regular soccer programs of clubs and academies. It is not designed to be a substitute for them.

## 1.2- What does SoccerDream® include?

SoccerDream® includes:

1. VR headset(s) with the SoccerDream® VR app
2. VR headset controller(s)

The VR app is used by the players in order to train in virtual reality, where they will be able to train with specialized drills that have achieved proven results in real training. A player will be able to complete exercises without physical effort, therefore concentrating on game tactics while the software evaluates the player's decisions and actions.

## 1.3- Which soccer abilities can be trained?

Players can train on the key abilities that improve their tactics. Those include:

1. Positioning: To be optimally positioned in the field according to each situation.
2. Space: To identify and use free spots while attacking.
3. Receive: To find the right place to provide a passing line to the ball possessor.

These abilities are crucial for players of all ages and positions; they are key in learning to become an intelligent player and to perform better on the field.

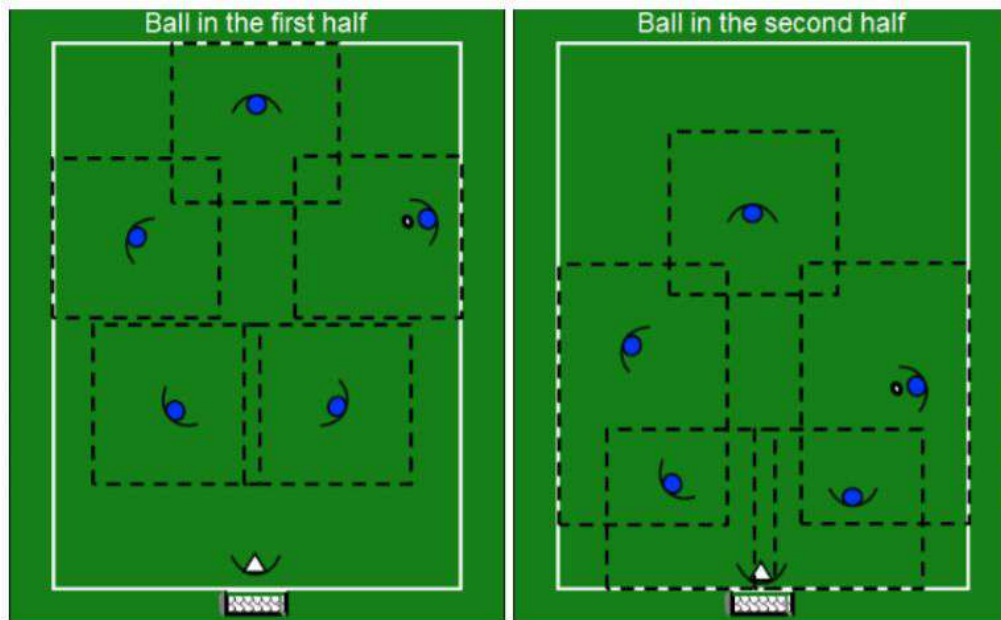
To study these abilities more deeply and to understand why they are important, see a brief introduction to all of them below.

**1. Positioning: To be optimally positioned in the field according to each situation.**

Positioning is the ability of a player to stay in an imaginary area of action around him/her. As the ball moves in the field, this area moves accordingly. This ability ensures a consistent team positioning structure.

All coaches agree that it is crucial to have effective team organization. However, it is very common to see players who are always chasing the ball or who do not understand they are part of a team structure. Those players able to understand this ability will contribute to their team's performance.

See the diagram below identifying the action areas of the players in two different game situations:

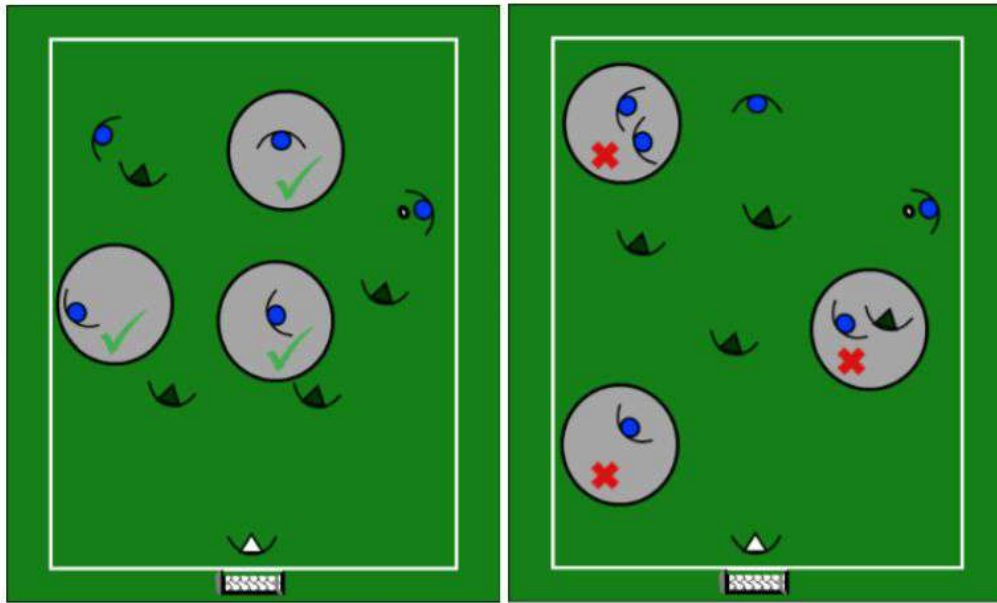


The reasons why it is crucial to master this ability are:

- To help players understand they don't need to follow the ball everywhere.
- To allow the attacking team to move the ball from one side to the other side.
- To be well organized for future defensive transitions.

## ***2. Space: To identifying and use free spots while attacking.***

The free-space ability is the capacity of a player to find a space with no teammates and opponents close to him or her. See some examples below. When one is watching a soccer match, free spaces are easy to identify. However, free spaces are one of the most difficult aspects to find while playing in the field. Soccer players who are able to search for free spots while playing are especially useful for the team and make strategy unpredictable for opponents.

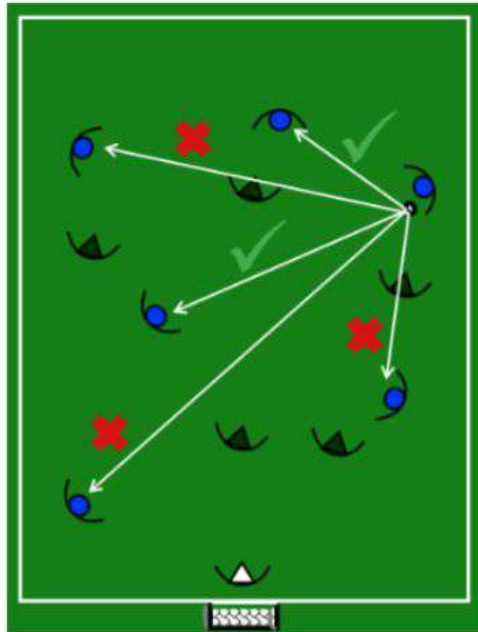


There are several reasons a player should learn this ability:

- Unbalance and surprise the opposing team.
- Keep the ball away from the defenders.
- Allow the team to move the ball across the field.

## ***3. Receive: To find the right place to provide a passing line to the ball possessor.***

A passing line is an imaginary line between the ball possessor and a teammate. The passing line is available when there is no opponent between both players when or any defender is close enough to intercept the ball. It is key to find the right position to help your team but, more importantly, a player has to adjust his position to provide a passing line as well. Those who always try to assist the player with the ball by offering a passing line are outstanding players.



The reasons why this ability is beneficial for a football player are as follows:

- To support the ball possessor.
- To ensure defenders are not comfortable because you are always a threat.
- To help the team not to lose the ball.

## 1.4- How is each ability evaluated?

While completing a training exercise, and every time there is a pass, the software is going to evaluate the user. There are three possible evaluations:

1. **Negative:** The evaluation criteria (see below) for the specific ability is not met.
2. **Positive:** The evaluation criteria for the ability is met, but the resulting action would not give relevant advantage to the team.
3. **Qualitative:** All positives can become qualitative when certain actions add value to the team. Some of these actions are as follows:
  - Bringing the ball into the shooting area
  - Moving substantially closer to the goal
  - Helping the teammate who is under pressure

SoccerDream® takes different criteria into account when evaluating each ability:

**1. Positioning: How to position optimally in the field according to each situation.**



While playing, the player will be evaluated according to his or her position in the field. Every time the player is inside the action area and a teammate passes the ball, the system will give a positive feedback result or a qualitative feedback result, depending on whether the action has added any advantage to the team or not. However, if the player is outside the specified area, he or she will receive negative feedback.

It is important to consider that the area will move according to the position of the ball as well as the player's starting position.

### ***2. Space: Identifying and using free spots while attacking.***

The system evaluates how many teammates and opponents are around the player, if there are any. If the user is the only one in this area, he or she will receive positive feedback. However, in case there are any teammates or opponents close, the player will receive negative feedback.

The visual feedback for this ability will be in the form of a circle defining the evaluated area, which will highlight in green if the feedback is qualitative. If the player was not the only one in that area, and an opponent was close to the player, the circle will be highlighted in red, and the opponent within the area will also have a red circle around his or her feet so that the player can identify which players were too close.

### ***3. Receive: Find the right place to provide a passing line to the ball possessor.***

The criteria used to evaluate this ability considers two aspects:

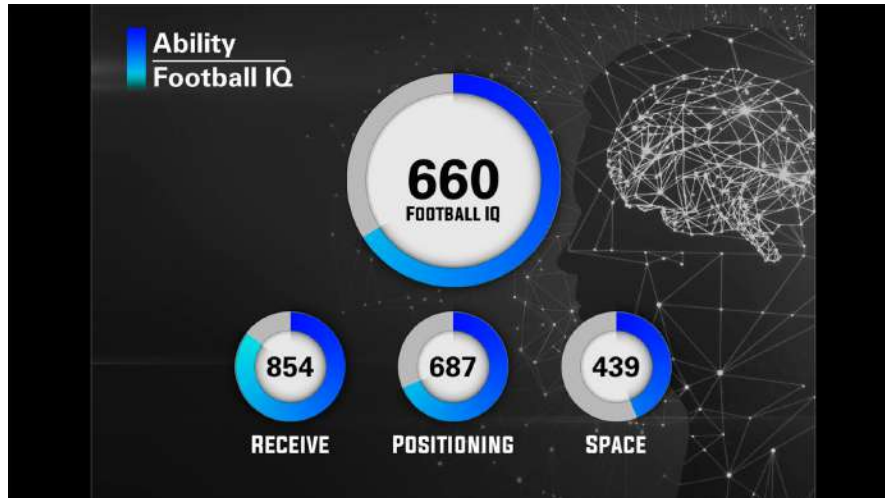
1. Direct player: Is there any defender between the ball possessor and the player?
2. Interception: Could any defender intercept the ball?

If one of these questions has an affirmative answer, the player will get negative feedback. On the other hand, if there is no opponent ready to stop the ball, the player will receive positive or qualitative feedback.

The player will see a green or red line between the ball possessor and him/her. Moreover, in case the line is red, the player will also see which player is breaking the passing line; this will be highlighted in red.

## **1.5- Football IQ**

The Football Intelligence Quotient (IQ) is the measurement unit SoccerDream® uses to quantify the player's decision-making.



Each ability has its own score from 0 to 100, while the Football IQ is the average all of them and is the benchmark number.

Every time the player ends a training exercise, the software will provide a score, which will directly impact the ability number and, consequently, the overall Football IQ. The score obtained after each training is derived from the total amount of evaluations received.

- Negative feedback will have an unfavorable impact on the final score.
- Positive feedback will have a small favorable impact.
- Qualitative feedback scores are the ones that make the biggest impact in increasing IQ.

While training, the player will see a large scoreboard on the top of the stadium. The numbers displayed there are related to the exercises' competitive score.

- Time: Remaining time to finish the exercise
- Score: Goals scored by the attacking team versus balls recovered by the defenders.

## 2- Using SoccerDream®

### 2.1- SoccerDream® VR app

#### 2.1.1- Before starting

Your Oculus Go headset is configured by APFC with their account and is therefore intended to be used solely with the SoccerDream VR app. Nevertheless you will still be able to download and use free apps you will find in the Oculus Store.

Now start the app from your Library folder in your Oculus Go.

#### 2.1.2- Login

Every time the player puts on the VR headset, he or she will see an Insert PIN screen. The PIN is a four-digit number that allows the current player to log in and be able to play the VR app with his or her own statistics and progression. This PIN will be provided by the club's coach to the player. Get in touch with your club to create your user and receive a PIN to be able to train using SoccerDream®.

The player should select his or her name from the player's list and enter his or her PIN and press OK.

#### 2.1.3- In the Locker Room

Once you have logged in you will find yourself in a virtual locker room. This is where you will be able to analyze your progress, select exercises to train and other options.

After logging in you will always have the option to try the tutorial or to skip it in order to start training.

#### 2.1.4- The Tutorial

The Tutorial is designed for you to get used to the controls. Keep in mind that the exercises from the tutorial do not correspond to actual training but only the actions you perform relate to those. If this is your first time using SoccerDream we highly recommend you to follow the tutorial and to start training once you feel comfortable with the controls.

## 2.1.5- Start training

Inside the locker room, the player will find the main menu. This menu displays two modes you can train SoccerDream. On one side the Train Program and on the other Free Training

Train Program is a training program designed by your club. If you choose this option you will see the next exercise you have to complete in order to follow your club's program. Train Programs are associated to weekdays in order to schedule and organize your trainings. If the weekday you are accessing has no Train Program associated you will not be able to follow the plan.

Free Training on the other hand grants you access to all the different exercises and these are divided into abilities. If you select Free Training you will see that the menu allows you to select between 3 abilities: Space, Positioning and Receive. Each ability has 10 different exercises. In this mode you are free to train whatever exercise you want to.

1. Select the ability you desire.
2. Select one of the available exercises.
3. Press Train.

Next, the player will be led toward the soccer field to start training.

The user plays for the team dressed with the club's gear, and all white players are defenders. In order to start, the player shall target the player with the ball and press the trigger. After that, all players will start playing, and the training exercise will be underway.

The exercises are specially designed to focus the player on key training areas and to create an environment conducive to learning. The player should pass, move, and shoot in the same way he or she would in the real world.

## 3- Important Notes

### 3.1- Support / Contact

If you are experiencing any troubles or if you have questions about how to use SoccerDream® contact your club.



## 3.2- Safety / Warning / Warranty

SoccerDream® passes onto the customer the hardware manufacturer warranty, which includes a warranty of the hardware against defects in materials and workmanship under normal use (the “warranty”) for a period of twelve (12) months from the delivery date (the “warranty period”), on the condition that the hardware has been completely paid for.

Unless as otherwise mandated by local law, the warranty period does not restart if the customer receives a replacement appliance and/or replacement software. SoccerDream® is not responsible for damage arising from failure to follow instructions relating to the hardware’s use. This warranty does not apply: (a) to consumable parts, such as batteries, unless damage has occurred due to a defect in materials or workmanship; (b) to cosmetic damage; (c) to damage caused by accident, abuse, misuse, neglect, or failure to properly maintain (to include but not limited to water damage and/or condensation or improper temperatures during storage), or improper installation; (d) to damage caused by electrical disturbances or acts of God, to include but not limited to civil disturbance, war, flood, fire, rodents, or insects; (e) where manufacturer’s serial numbers have been removed from the hardware; and (f) to damage caused during shipment (due to customer’s improper packaging) from the customer to SoccerDream® in the case of hardware returns for Repair.

SoccerDream® warrants that the software will function in accordance with its specifications, and that any services shall be performed professionally and diligently in accordance with industry standards. SoccerDream® covenants, represents, and warrants that the software provided under the agreement does not and will not violate any applicable law, rule or regulation, breach an agreement with, or infringe the copyright or other intellectual property rights of a third party. Warranties for hardware are given in Section B.

Except as expressly provided herein, to the maximum extent permitted by applicable law, the products are provided “AS IS,” and the customer’s use of the products are at the customer’s sole risk. Except as expressly provided herein, SoccerDream® DISCLAIMS ALL WARRANTIES, EXPRESS OR IMPLIED, INCLUDING BUT NOT LIMITED TO ANY IMPLIED WARRANTIES OF SATISFACTORY QUALITY OR FITNESS FOR A PARTICULAR PURPOSE. SoccerDream® DOES NOT WARRANT THAT THE SOFTWARE AND SERVICES WILL BE ERROR FREE OR UNINTERRUPTED.

**IMPORTANT NOTE:** The customer is responsible for using virtual reality headsets in accordance with the virtual reality headset manufacturer’s instructions and health and safety warnings. Customer agrees that SoccerDream® is not liable for any damages arising out of use of the same (together with the SoccerDream® software) in breach of such recommendations and instructions, except to the extent such liability may not be disclaimed as provided by mandatory applicable law.

### 3.3- Trademarks and copyrights

SoccerDream® grants to the customer a limited, nonexclusive, nontransferable license for the term indicated in the PO (annual or perpetual) to use the software in binary form only (a) for software download to specified customer devices or (b) embedded in the hardware devices in which it is provided by SoccerDream® (jointly, “devices”).

Except as permitted by mandatory applicable law, the software may not be extracted from the devices, nor may the customer provide or transfer to any third party, disassemble, reverse engineer, or otherwise modify the software in any manner. Except for the limited rights expressly granted herein, neither party transfers to the other party any rights in customer data, technology, software, or other intellectual property rights, and all rights remain the sole property of the respective owner.

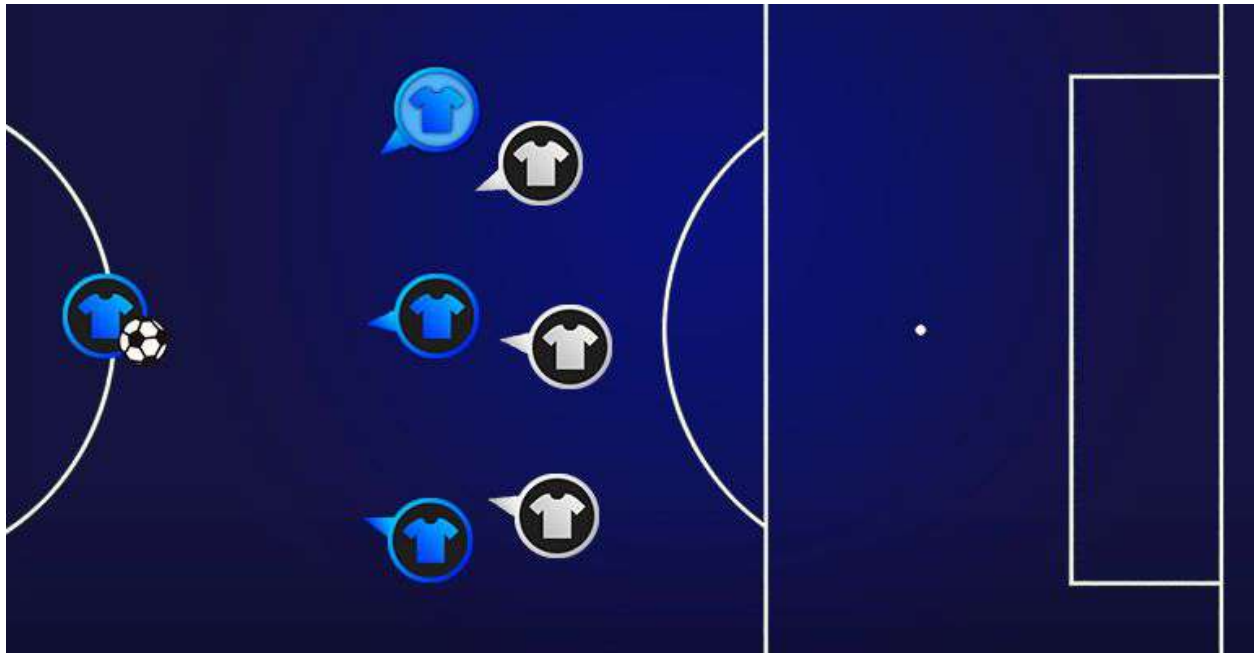
SoccerDream® hardware may not be purchased for resale purposes by customer unless customer is a legal and authorized reseller of SoccerDream® products.

## Appendix 1:

Full list of exercises for training

## POSITIONING:

### Positioning Ex. 1



#### Notes:

From the beginning, the attacking team is organized to move the ball from one side to the other side, play with inner and outside players, and move forward or backward. This type of team organization will allow the attackers to combine many passing options and challenge the defensive team when trying to recover the ball.

The distribution of teammates and opponents will help the player to realize that, when he or she is losing at the position, the team is not able to move the ball properly. Moreover, when moving toward the central zone, the player will face other teammates and/or opponents that will make him or her struggle and, therefore, push the player to come back to the side.

#### Exercise Description:

##### Teams:

- Attackers = 3 (blue) + 1 (VR user, red)
- Defenders = 3 (white)

##### Space:

- 40 meters x 30 meters

##### Objective:

- Attackers must score a goal.
- Defenders must recover the ball.



Dynamic:

- To start, click on the chest of the ball possessor.
- When defenders recover the ball or there is a goal, the exercise starts again from the starting positions.

Rules:

- Attackers' starting positions: 1 midfielder + 3 forwards
- Defenders' starting position: 3 defenders

\*Once the exercise has started, all players can move freely.

Evaluation:

- When the ball is in the first half, the user shall play inside the red area.
- When the ball is in the second half, the user shall play inside the yellow area.

POSITIONING:

## Positioning Ex. 2



Notes:

In this case, the attacking team starts the exercise with a space-rational occupation. The numerical superiority at the Half 1 (3 vs 2) will give a lot of stability to the exercises. Moreover, when advancing toward the Half 2, the attackers and defenders are only using inner spaces.

In Half 1, this organization is intended to give time for the player to determine where the right position is. Depending on these decisions, the team might lose numerical superiority. Later, when arriving at Half 2, inner spaces will be already crowded; therefore, the exercises pushed the player to identify his or her own zone and help the team from there.

Exercise Description:

Teams:

- Attackers = 4 (blue) + 1 (VR user, red)
- Defenders = 4 (white)

Space:

- 40 meters x 25 meters

Objective:

- Attackers must score a goal.
- Defenders must recover the ball.

Dynamic:

- To start, click on the chest of the ball possessor.
- When defenders recover the ball or there is a goal, the exercise starts again from the starting positions.

Rules:

- Attackers' starting positions: 3 midfielders + 2 forwards
- Defenders' starting positions: 2 defenders + 2 midfielders

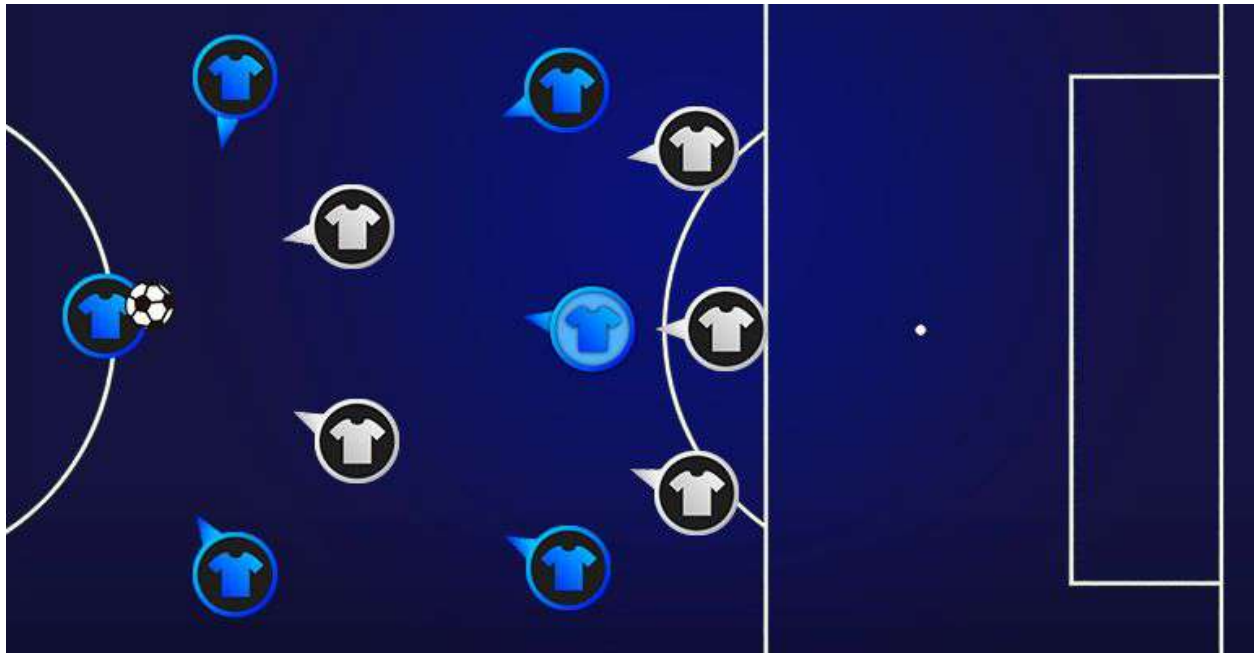
\*Once the exercise has started, all players can move freely.

Evaluation:

- When the ball is in the first half, the user shall play inside the red area.
- When the ball is in the second half, the user shall play inside the yellow area.

POSITIONING:

## Positioning Ex. 3



Notes:

Keeping a central-forward position is going to be key to provide depth to the attacking team as well as spread the defensive team lines. Moreover, once the ball arrives in the end zone, this central position will be crucial to finalize plays and fix the defensive line.

For this reason, the organization of the attacking team is quite wide. This will push the player not to use side zones and help the team from inner positions.

Exercise Description:

Teams:

- Attackers = 5 (blue) + 1 (VR user, red)
- Defenders = 5 (white)

Space:

- 40 meters x 30 meters

Objective:

- Attackers must score a goal.
- Defenders must recover the ball.

Dynamic:

- To start, click on the chest of the ball possessor.
- When defenders recover the ball or there is a goal, the exercise starts again from the starting positions.

Rules:



- Attackers' starting positions: 3 midfielders + 3 forwards
- Defenders' starting positions: 3 defenders + 2 midfielders

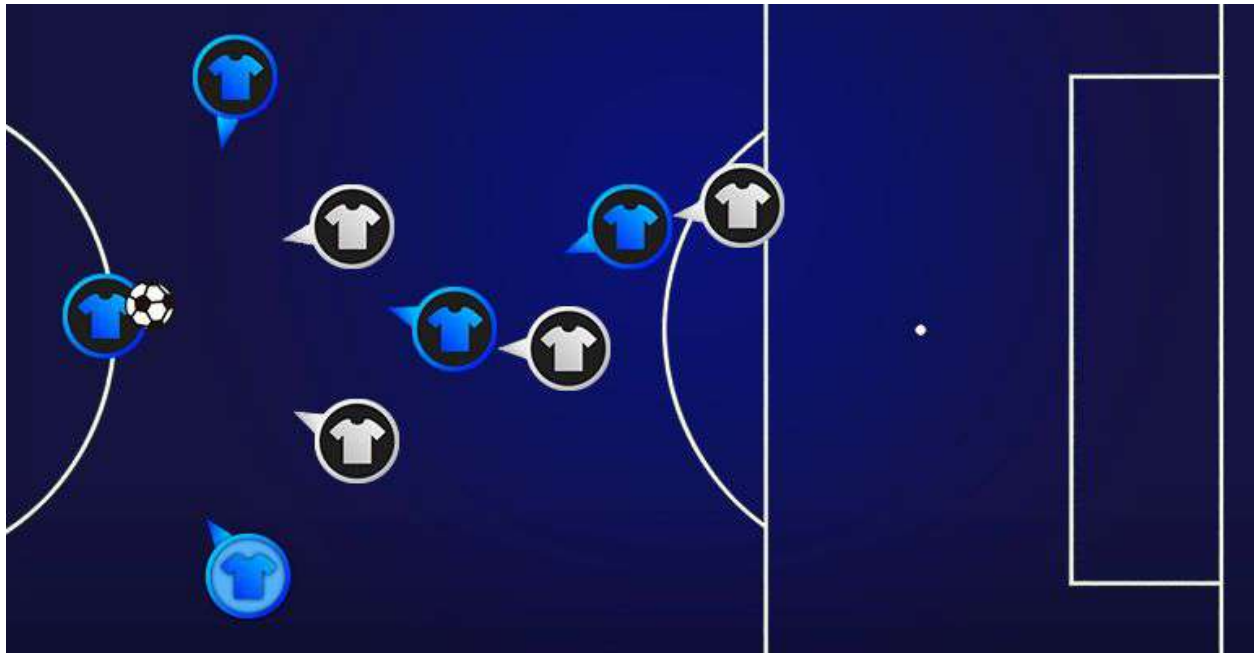
\*Once the exercise has started, all players can move freely.

Evaluation:

- When the ball is in the first half, the user shall play inside the red area.
- When the ball is in the second half, the user shall play inside the yellow area.

POSITIONING:

## Positioning Ex. 4



Notes:

It is very common to find players who like to go to the central part of the field while following the ball. In this exercise, the inner spaces are already full (with opponents and teammates), and for this reason, these are not the best areas to position.

While playing, the user is challenged to look around, identify where teammates and opponents are, and finally understand that using right-side space is much more beneficial for the player and the entire attacking team.

Exercise Description:

Teams:

Teams:

- Attackers = 4 (blue) + 1 (VR user, red)
- Defenders = 4 (white)

Space:

- 40 meters x 25 meters

Objective:

- Attackers must score a goal.
- Defenders must recover the ball.

Dynamic:

- To start, click on the chest of the ball possessor.
- When defenders recover the ball or there is a goal, the exercise starts again from the starting positions.

Rules:

- Attackers' starting positions: 3 midfielders + 2 forwards
- Defenders' starting positions: 2 defenders + 2 midfielders

\*Once the exercise has started, all players can move freely.

Evaluation:

- When the ball is in the first half, the user shall play inside the red area.
- When the ball is in the second half, the user shall play inside the yellow area.

POSITIONING:

## Positioning Ex. 5



Notes:

It is always difficult to play between lines because the player needs to adjust the position to avoid disturbing others.

On one hand, the user should avoid getting too close to the forward line. It already has three well-organized players, and there is no sense on bringing a fourth attacker and defender.

On the other hand, the user will have to consider that there is a teammate playing behind him or her as well; the player should not occupy the same space as this teammate.

This exercise is specially designed to challenge the user to find the right inner position from where the player can help the forward line move the ball but is not blocking the passing line with the teammate behind him or her.

Exercise Description:

Teams:

- Attackers = 4 (blue) + 1 (VR user, red)
- Defenders = 4 (white)

Space:

- 40 meters x 30 meters

Objective:

- Attackers must score a goal.

- Defenders must recover the ball.

Dynamic:

- To start, click on the chest of the ball possessor.
- When defenders recover the ball or there is a goal, the exercise starts again from the starting positions.

Rules:

- Attackers' starting positions: 2 midfielders + 3 forwards
- Defenders' starting positions: 3 defenders + 1 midfielder

\*Once the exercise has started, all players can move freely.

Evaluation:

- When the ball is in the first half, the user shall play inside the red area.
- When the ball is in the second half, the user shall play inside the yellow area.

POSITIONING:

## Positioning Ex. 6



Notes:

The exercise is designed to help the user to identify his or her team structure, as well as keep the space balanced by playing at the proper zone.

Exercise Description:

Teams:

- Attackers = 2 (blue) + 1 (VR user, red)
- Defenders = 2 (white)

Space:

- 40 meters x 25 meters

Objective:

- Attackers must score a goal.
- Defenders must recover the ball.

Dynamic:

- To start, click on the chest of the ball possessor.
- When defenders recover the ball or there is a goal, the exercise starts again from the starting positions.

Rules:

- Attackers' starting positions: 1 midfielder + 2 forwards
- Defenders' starting positions: 2 defenders

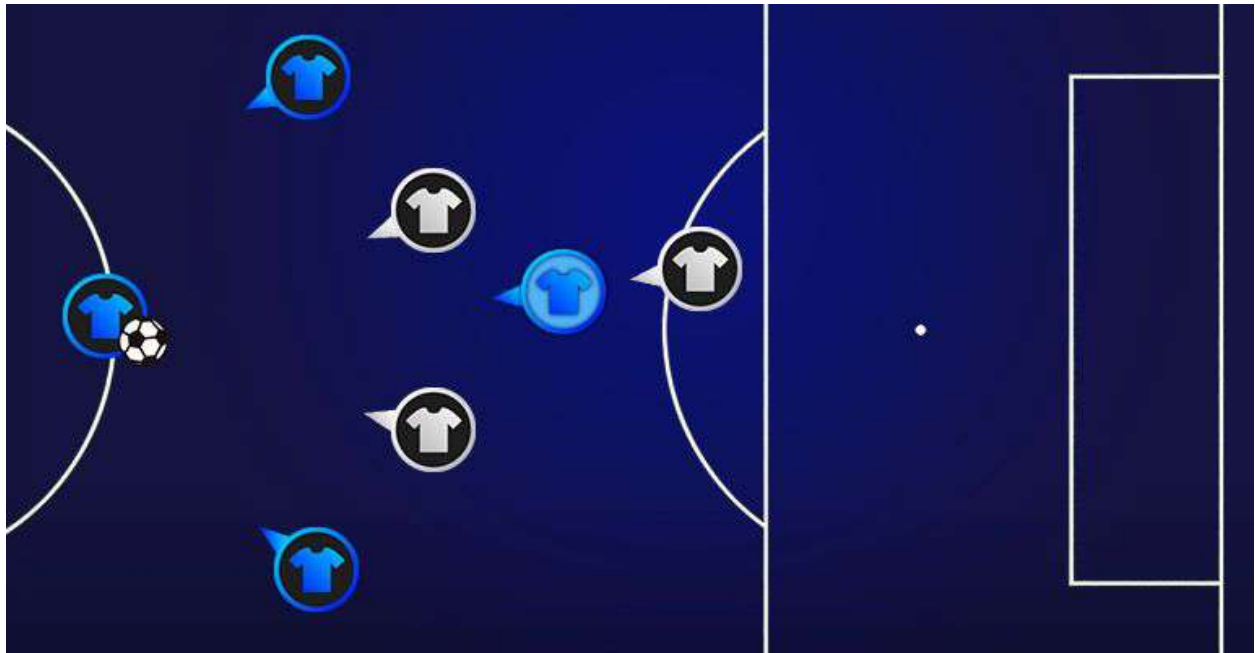
\*Once the exercise has started, all players can move freely.

Evaluation:

- When the ball is in the first half, the user shall play inside the red area.
- When the ball is in the second half, the user shall play inside the yellow area.

POSITIONING:

## Positioning Ex. 7



Notes:

The attacking teammates are going to move the ball in the first half. The user, playing as a forward, should identify what are the proper zones to occupy. It is going to be key, to take into account that first half attackers have numerical superiority.

Exercise Description:

Teams:

- Attackers = 3 (blue) + 1 (VR user, red)
- Defenders = 3 (white)

Space:

- 40 meters x 25 meters

Objective:

- Attackers must score a goal.
- Defenders must recover the ball.

Dynamic:

- To start, click on the chest of the ball possessor.
- When defenders recover the ball or there is a goal, the exercise starts again from the starting positions.

Rules:

- Attackers' starting positions: 3 midfielders + 1 forward
- Defenders' starting positions: 1 defender + 2 midfielders



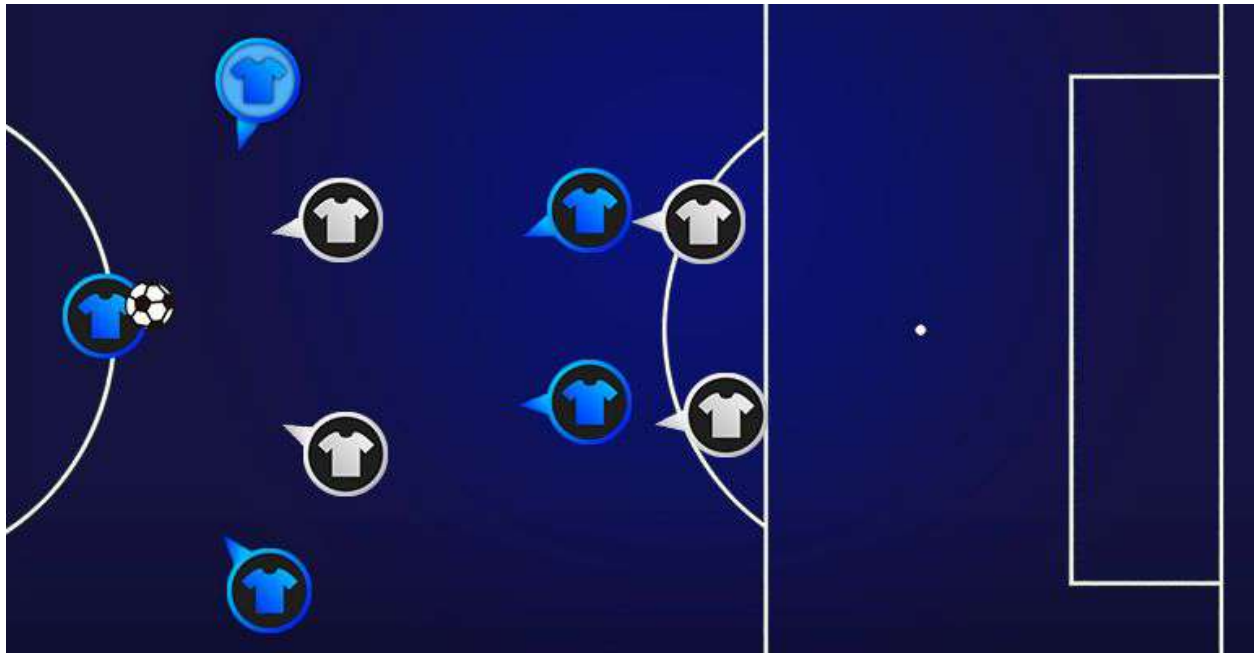
\*Once the exercise has started, all players can move freely.

Evaluation:

- When the ball is in the first half, the user shall play inside the red area.
- When the ball is in the second half, the user shall play inside the yellow area.

POSITIONING:

## Positioning Ex. 8



Notes:

Five players for the attacking team with starting numerical superiority at the first half. The user have to determinate his or her position according to the teammates and opponents position, as well as, according to the ball position.

Exercise Description:

Teams:

- Attackers = 4 (blue) + 1 (VR user, red)
- Defenders = 4 (white)

Space:

- 40 meters x 25 meters

Objective:

- Attackers must score a goal.
- Defenders must recover the ball.

Dynamic:

- To start, click on the chest of the ball possessor.
- When defenders recover the ball or there is a goal, the exercise starts again from the starting positions.

Rules:

- Attackers' starting positions: 3 midfielders + 2 forwards
- Defenders' starting positions: 2 defenders + 2 midfielders

\*Once the exercise has started, all players can move freely.

Evaluation:

- When the ball is in the first half, the user shall play inside the red area.
- When the ball is in the second half, the user shall play inside the yellow area.

POSITIONING:

## Positioning Ex. 9



Notes:

This is a complex exercise with many teammates and opponents on the field. Each of them have own role, and for this reason, is very important to keep the full team balance. The user is going to be challenged to understand the game by being patient and positioning for the benefit of the rest of the team.

Exercise Description:

Teams:

- Attackers = 5 (blue) + 1 (VR user, red)
- Defenders = 5 (white)

Space:

- 40 meters x 30 meters

Objective:

- Attackers must score a goal.
- Defenders must recover the ball.

Dynamic:

- To start, click on the chest of the ball possessor.
- When defenders recover the ball or there is a goal, the exercise starts again from the starting positions.

Rules:

- Attackers' starting positions: 3 midfielders + 3 forwards

- Defenders' starting positions: 3 defenders + 2 midfielders

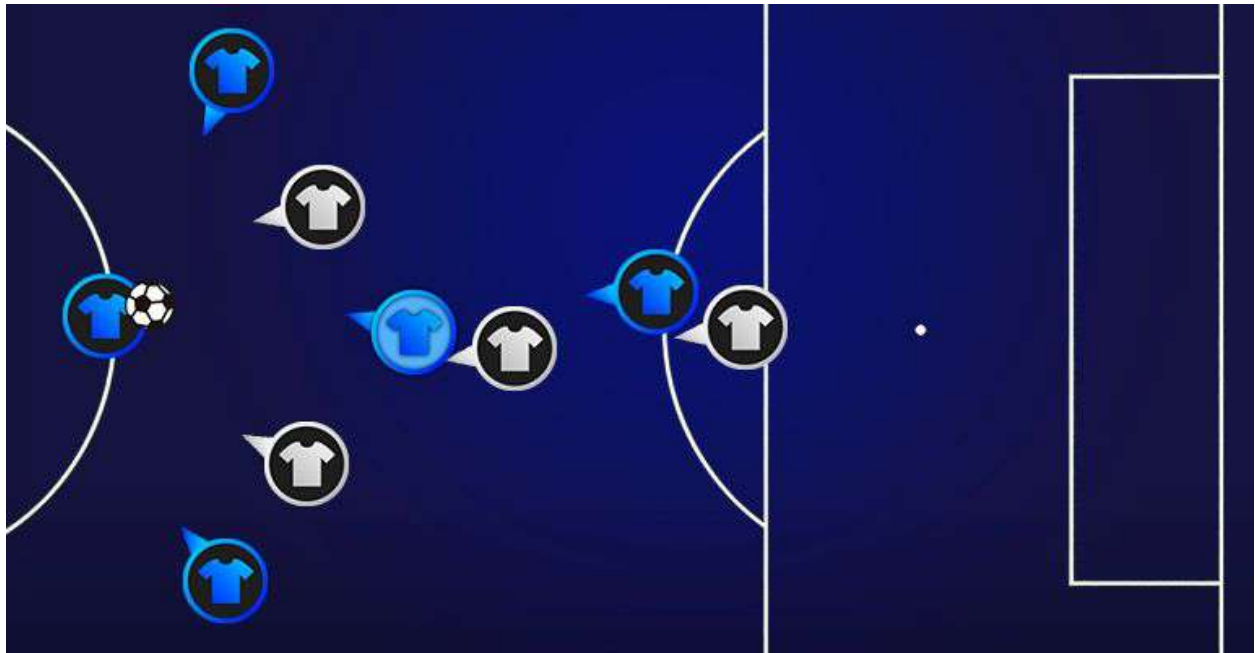
\*Once the exercise has started, all players can move freely.

Evaluation:

- When the ball is in the first half, the user shall play inside the red area.
- When the ball is in the second half, the user shall play inside the yellow area.

POSITIONING:

## Positioning Ex. 10



Notes:

Playing in a central position with players in front and behind it's always difficult. The user shall identify the own team organization and look for the right spot to position. In front, he or she is going to find a numerical superiority, while just behind, there is a 1 vs 1.

Exercise Description:

Teams:

- Attackers = 4 (blue) + 1 (VR user, red)
- Defenders = 4 (white)

Space:

- 40 meters x 25 meters

Objective:

- Attackers must score a goal.
- Defenders must recover the ball.

Dynamic:

- To start, click on the chest of the ball possessor.
- When defenders recover the ball or there is a goal, the exercise starts again from the starting positions.

Rules:

- Attackers' starting positions: 1 defender + 3 midfielders + 1 forward
- Defenders' starting positions: 1 defender + 3 midfielders

\*Once the exercise has started, all players can move freely.

Evaluation:

- When the ball is in the first half, the user shall play inside the red area.
- When the ball is in the second half, the user shall play inside the yellow area.

Receive:

## Receive Ex. 1



Notes:

It is very common to find players who get closer and closer to the ball possessor to receive the ball.

In this exercise, the attacking team has a clear numerical superiority in the first half of the field (3 vs 2), and more importantly, during most of the time, the ball possessor is not under pressure.

This situation will help the player to understand that he or she needs to provide a passing line in a place to help the team move forward. Otherwise, it will be very difficult to move forward.

Exercise Description:

Teams:

- Attackers = 3 (blue) + 1 (VR user, red)
- Defenders = 3 (white)

Space:

- 40 meters x 25 meters

Objective:

- Attackers must score a goal.
- Defenders must recover the ball.

Dynamic:

- To start, click on the chest of the ball possessor.
- When defenders recover the ball or there is a goal, the exercise starts again from the starting positions.



Rules:

- Attackers' starting positions: 3 midfielders + 1 forward
- Defenders' starting positions: 1 defender + 2 midfielders

\*Once the exercise has started, all players can move freely.

Evaluation:

- When a teammate is about to pass the ball, the user shall be in a position where there is no opponent between him or her and the ball possessor.

Receive:

## Receive Ex. 2



Notes:

In this exercise, the attacking team is going to face a line of three defenders plus a central defender behind. Such an organization will request few passes to move the ball and unbalance the defensive team.

It will be very important that the player keeps adjusting position all the time if he or she wants to overtake the defensive line. The defenders will challenge the player by getting closer.

Exercise Description:

- Attackers = 4 (blue) + 1 (VR user, red)
- Defenders = 4 (white)

Space:

- 40 meters x 30 meters

Objective:

- Attackers must score a goal.
- Defenders must recover the ball.

Dynamic:

- To start, click on the chest of the ball possessor.
- When defenders recover the ball or there is a goal, the exercise starts again from the starting positions.

Rules:

- Attackers' starting positions: 4 midfielders + 1 forward

- Defenders' starting positions: 1 defender + 3 midfielders

\*Once the exercise has started, all players can move freely.

Evaluation:

- When a teammate is about to pass the ball, the user shall be in a position where there is no opponent between him or her and the ball possessor.

Receive:

## Receive Ex. 3



Notes:

Receiving the ball in the central space is always much more difficult than at the sides.

This exercise has been prepared to put the player in trouble. The player has to adjust his or her position all the time in order to receive the ball through the defender's gap. The attacking team is organized in a way so it can easily move the ball from one side to the other side to move the defensive team. Moreover, the player has a defender just behind him or her. It will be crucial to position properly to avoid allowing the defender to anticipate.

Exercise Description:

Teams:

- Attackers = 4 (blue) + 1 (VR user, red)
- Defenders = 4 (white)

Space:

- 40 meters x 25 meters

Objective:

- Attackers must score a goal.
- Defenders must recover the ball.

Dynamic:

- To start, click on the chest of the ball possessor.
- When defenders recover the ball or there is a goal, the exercise starts again from the starting positions.

Rules:

- Attackers' starting positions: 3 midfielders + 2 forwards
- Defenders' starting positions: 2 defenders + 2 midfielders

\*Once the exercise has started, all players can move freely.

Evaluation:

- When a teammate is about to pass the ball, the user shall be in a position where there is no opponent between him or her and the ball possessor.

Receive:

## Receive Ex. 4



Notes:

There are several ways to progress toward the goal. One of the most effective is by passing to a deeper player.

In this exercise, the central zone is full of teammates and opponents. Moreover, the starting player has a quite comfortable situation (2 vs 1). This player's organization is going to push the user to receive the ball on the side. If the player wants to help the team progress, he or she should go as deep as possible.

Exercise Description:

Teams:

- Attackers = 4 (blue) + 1 (VR user, red)
- Defenders = 4 (white)

Space:

- 40 meters x 25 meters

Objective:

- Attackers must score a goal.
- Defenders must recover the ball.

Dynamic:

- To start, click on the chest of the ball possessor.
- When defenders recover the ball or there is a goal, the exercise starts again from the starting positions.

Rules:

- Attackers' starting positions: 3 midfielders + 2 forwards
- Defenders' starting positions: 3 defenders + 1 midfielder

\*Once the exercise has started, all players can move freely.

Evaluation:

- When a teammate is about to pass the ball, the user shall be in a position where there is no opponent between him or her and the ball possessor.

Receive:

## Receive Ex. 5



Notes:

Receiving the ball through a defender's gap and, more importantly, closer to the opposite goal is a beneficial option for the attacking team.

In this exercise, the user starts as a striker, and the teammate's organization pushes him or her to not get closer to the ball (there is already a numerical superiority of 3 vs 2). In this case, the most effective way to help the team move forward is to provide passing lines to the starting players and overtake as many defenders as possible.

Exercise Description:

Teams:

- Attackers = 5 (blue) + 1 (VR user, red)
- Defenders = 5 (white)

Space:

- 40 meters x 25 meters

Objective:

- Attackers must score a goal.
- Defenders must recover the ball.

Dynamic:

- To start, click on the chest of the ball possessor.
- When defenders recover the ball or there is a goal, the exercise starts again from the starting positions.



Rules:

- Attackers' starting positions: 4 midfielders + 2 forwards
- Defenders' starting positions: 2 defenders + 3 midfielders

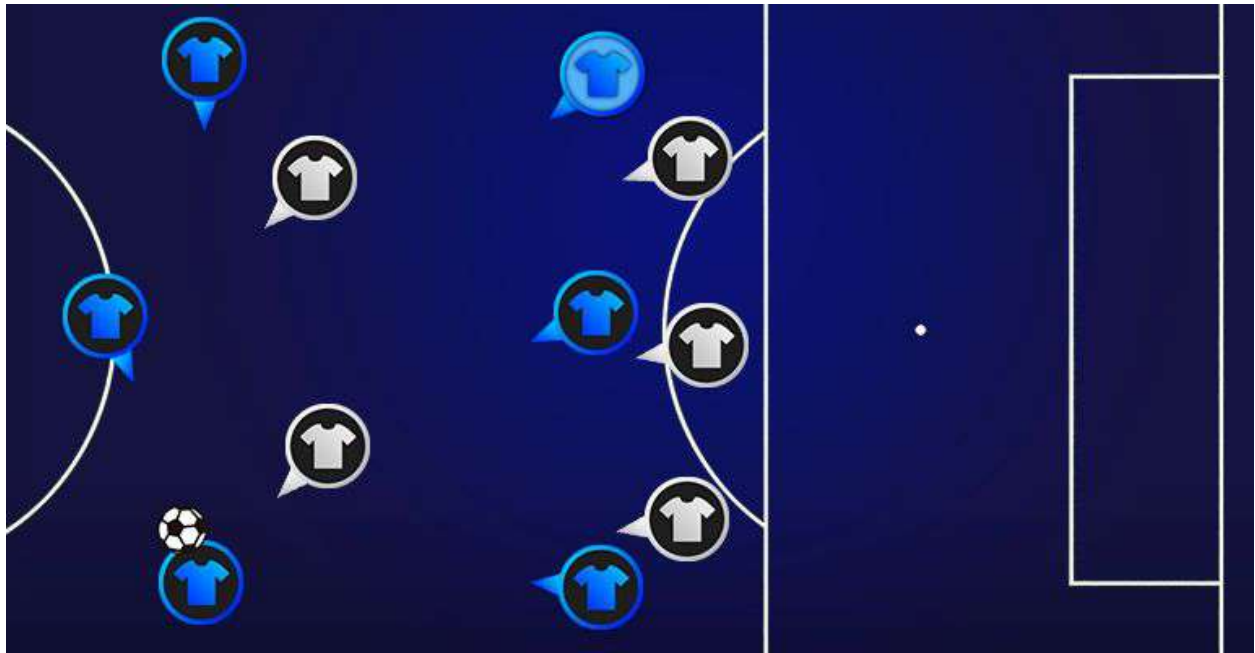
\*Once the exercise has started, all players can move freely.

Evaluation:

- When a teammate is about to pass the ball, the user shall be in a position where there is no opponent between him or her and the ball possessor.

Receive:

## Receive Ex. 6



Notes:

When the exercise starts the ball is at the opposite side of the field. Then, once the exercise kicks off, the user is challenged to help teammates to progress in the game while he or she has a defender very close.

Exercise Description:

Teams:

- Attackers = 5 (blue) + 1 (VR user, red)
- Defenders = 5 (white)

Space:

- 40 meters x 30 meters

Objective:

- Attackers must score a goal.
- Defenders must recover the ball.

Dynamic:

- To start, click on the chest of the ball possessor.
- When defenders recover the ball or there is a goal, the exercise starts again from the starting positions.

Rules:

- Attackers' starting positions: 3 midfielders + 3 forwards
- Defenders' starting positions: 3 defenders + 2 midfielders

\*Once the exercise has started, all players can move freely.

Evaluation:

- When a teammate is about to pass the ball, the user shall be in a position where there is no opponent between him or her and the ball possessor.

Receive:

## Receive Ex. 7



Notes:

In this exercise, the user is going to start as a forward. In the first half of field there is a numerical superiority for the attacking team. While playing as forward, the user shall move in order to provide inner passing lines and allow the full team to move to the second half.

Exercise Description:

Teams:

- Attackers = 3 (blue) + 1 (VR user, red)
- Defenders = 3 (white)

Space:

- 40 meters x 25 meters

Objective:

- Attackers must score a goal.
- Defenders must recover the ball.

Dynamic:

- To start, click on the chest of the ball possessor.
- When defenders recover the ball or there is a goal, the exercise starts again from the starting positions.

Rules:

- Attackers' starting positions: 3 midfielders + 1 forward
- Defenders' starting positions: 1 defender + 2 midfielders

\*Once the exercise has started, all players can move freely.

Evaluation:

- When a teammate is about to pass the ball, the user shall be in a position where there is no opponent between him or her and the ball possessor.

Receive:

## Receive Ex. 8



Notes:

The exercise is specially designed to challenge the player to generate profitable passing lines in the second half of the field. The attacking team suppose to reach the second half easily but, once they get there, the space is going to become crowded and smart passing lines are going to make the difference.

Exercise Description:

Teams:

- Attackers = 4 (blue) + 1 (VR user, red)
- Defenders = 4 (white)

Space:

- 40 meters x 25 meters

Objective:

- Attackers must score a goal.
- Defenders must recover the ball.

Dynamic:

- To start, click on the chest of the ball possessor.
- When defenders recover the ball or there is a goal, the exercise starts again from the starting positions.

Rules:

- Attackers' starting positions: 2 defenders + 1 midfielder + 2 forwards

- Defenders' starting positions: 2 defenders + 1 midfielder + 1 forward

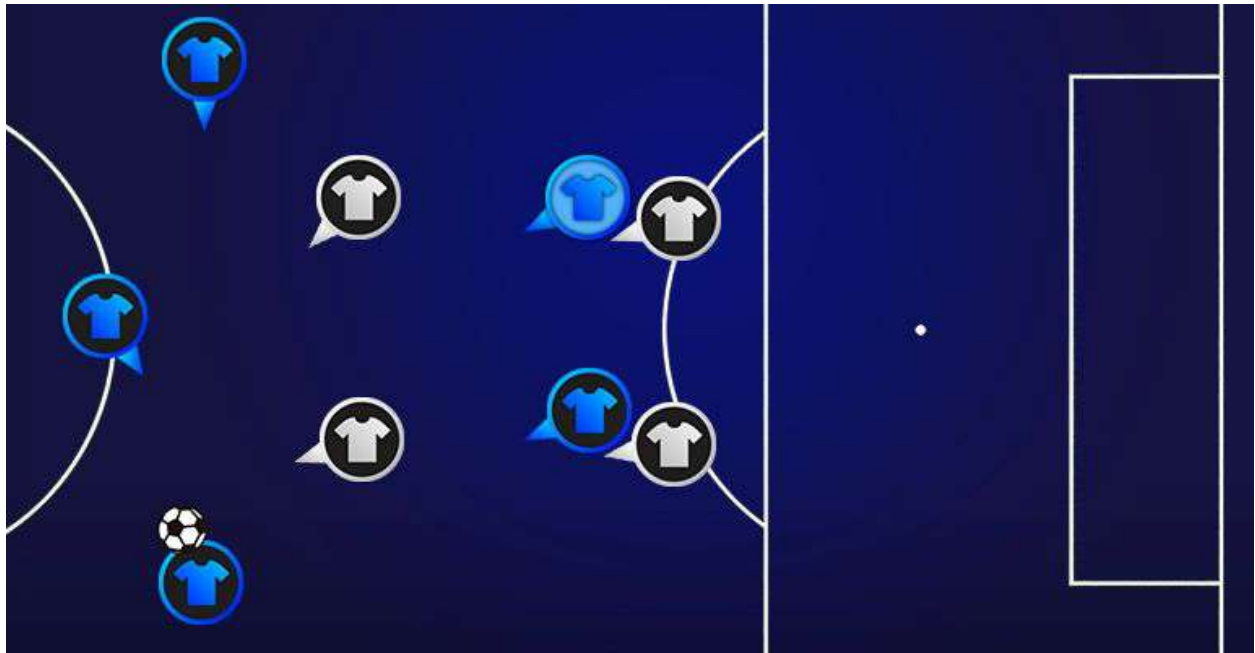
\*Once the exercise has started, all players can move freely.

Evaluation:

- When a teammate is about to pass the ball, the user shall be in a position where there is no opponent between him or her and the ball possessor.

Receive:

## Receive Ex. 9



Notes:

The user shall provide inner passing lines to help the attacking team to progress through the sides. However, he or she shall take into account the other forward paying next to help to keep the team properly organized.

Exercise Description:

Teams:

- Attackers = 4 (blue) + 1 (VR user, red)
- Defenders = 4 (white)

Space:

- 40 meters x 25 meters

Objective:

- Attackers must score a goal.
- Defenders must recover the ball.

Dynamic:

- To start, click on the chest of the ball possessor.
- When defenders recover the ball or there is a goal, the exercise starts again from the starting positions.

Rules:

- Attackers' starting positions: 3 midfielders + 2 forwards
- Defenders' starting positions: 2 defenders + 2 midfielders



\*Once the exercise has started, all players can move freely.

Evaluation:

- When a teammate is about to pass the ball, the user shall be in a position where there is no opponent between him or her and the ball possessor.

Receive:

## Receive Ex. 10



Notes:

The attacking team is expected to reach the second half quite fast. However, once there and, because of the amount of players, the space will become tight. The user shall provide passing lines in the right side to allow the team to switch the ball and unbalance the defenders.

Exercise Description:

Teams:

- Attackers = 4 (blue) + 1 (VR user, red)
- Defenders = 4 (white)

Space:

- 40 meters x 25 meters

Objective:

- Attackers must score a goal.
- Defenders must recover the ball.

Dynamic:

- To start, click on the chest of the ball possessor.
- When defenders recover the ball or there is a goal, the exercise starts again from the starting positions.

Rules:

- Attackers' starting positions: 3 midfielders + 2 forwards
- Defenders' starting positions: 2 defenders + 2 midfielders

\*Once the exercise has started, all players can move freely.

Evaluation:

- When a teammate is about to pass the ball, the user shall be in a position where there is no opponent between him or her and the ball possessor.

Space:

## Space Ex. 1



Notes:

Identifying and using free spaces are very powerful abilities for the attacking team. This exercise has been prepared to help the user to understand where the most profitable free spaces are.

The player starts in an offside position, from where he or she should move to find the proper free space and try to receive the ball. There is already a 3 vs 2 situation in Half 1, and for this reason, it is important that the player finds the free space behind the defenders' line and helps the team to progress. Otherwise, there will be too many players together, and the whole attacking team will be in trouble and unable to progress.

Exercise Description:

Teams:

- Attackers = 3 (blue) + 1 (VR user, red)
- Defenders = 3 (white)

Space:

- 40 meters x 25 meters

Objective:

- Attackers must score a goal.
- Defenders must recover the ball.

Dynamic:

- To start, click on the chest of the ball possessor.
- When defenders recover the ball or there is a goal, the exercise starts again from the starting positions.

Rules:

- Attackers' starting positions: 3 midfielders + 1 forward
- Defenders' starting positions: 1 defender + 2 midfielders

\*Once the exercise has started, all players can move freely.

Evaluation:

- When a teammate is about to pass the ball, the user shall not have defenders closer than 3 meters.
- Moreover, when the ball is in the first half, the user shall play inside the red area, and when the ball is in the second half, the user shall play inside the yellow area.

Space:

## Space Ex. 2



Notes:

The player behind is responsible to support the teammates and switch the game from one side to the other in order to unbalance the defensive team.

In this exercise, the central and forward zones are already crowded. Moreover, sides are already occupied by other teammates. For this reason, the player shall identify and use the free spaces that are outside.

Exercise Description:

- Attackers = 4 (blue) + 1 (VR user, red)
- Defenders = 4 (white)

Space:

- 40 meters x 25 meters

Objective:

- Attackers must score a goal.
- Defenders must recover the ball.

Dynamic:

- To start, click on the chest of the ball possessor.
- When defenders recover the ball or there is a goal, the exercise starts again from the starting positions.

Rules:

- Attackers' starting positions: 3 midfielders + 2 forwards

- Defenders' starting positions: 2 defenders + 2 midfielders

\*Once the exercise has started, all players can move freely.

Evaluation:

- When a teammate is about to pass the ball, the user shall not have defenders closer than 3 meters.

- Moreover, when the ball is in the first half, the user shall play inside the red area, and when the ball is in the second half, the user shall play inside the yellow area.

Space:

## Space Ex. 3



Notes:

Identifying and using free spaces when playing in the central part of the game is very challenging.

In this exercise, the user will not have any defender in front of him or her, but there will be two just behind. It will allow the user to play very easily with the two starting players, but when trying to move forward, it will be quite difficult to find the right free space to receive the ball.

Exercise Description:

- Attackers = 4 (blue) + 1 (VR user, red)
- Defenders = 4 (white)

Space:

- 40 meters x 25 meters

Objective:

- Attackers must score a goal.
- Defenders must recover the ball.

Dynamic:

- To start, click on the chest of the ball possessor.
- When defenders recover the ball or there is a goal, the exercise starts again from the starting positions.

Rules:

- Attackers' starting positions: 3 midfielders + 2 forwards



- Defenders' starting positions: 2 defenders + 2 midfielders

\*Once the exercise has started, all players can move freely.

Evaluation:

- When a teammate is about to pass the ball, the user shall not have defenders closer than 3 meters.

- Moreover, when the ball is in the first half, the user shall play inside the red area, and when the ball is in the second half, the user shall play inside the yellow area.

Space:

## Space Ex. 4



Notes:

When playing in the side, many players tend to go to the center of the field to receive the ball.

This exercise has been specially designed, putting many players in the central part of the field. If the user decides to move there, he or she will face many difficulties to find a proper free space. However, if the user decides to abide by team organization and use the left side, there will be many more chances to find and use appropriate free spaces.

Exercise Description:

- Attackers = 4 (blue) + 1 (VR user, red)
- Defenders = 4 (white)

Space:

- 40 meters x 25 meters

Objective:

- Attackers must score a goal.
- Defenders must recover the ball.

Dynamic:

- To start, click on the chest of the ball possessor.
- When defenders recover the ball or there is a goal, the exercise starts again from the starting positions.

Rules:

- Attackers' starting positions: 3 midfielders + 2 forwards

- Defenders' starting positions: 2 defenders + 2 midfielders

\*Once the exercise has started, all players can move freely.

Evaluation:

- When a teammate is about to pass the ball, the user shall not have defenders closer than 3 meters.

- Moreover, when the ball is in the first half, the user shall play inside the red area, and when the ball is in the second half, the user shall play inside the yellow area.

Space:

## Space Ex. 5



Notes:

The most difficult place to identify and use free spaces is between the lines. Defenders in front and behind make it very challenging.

The organization of the attacking and defensive team is going to push the player to check around himself or herself at all times and adjust the position in order to take advantage of the free space. Moreover, the red and yellow areas are specially designed to ensure that the user helps the team from inner positions. Those areas will make this exercise very beneficial in focusing players to play between lines.

Exercise Description:

- Attackers = 5 (blue) + 1 (VR user, red)
- Defenders = 5 (white)

Space:

- 40 meters x 30 meters

Objective:

- Attackers must score a goal.
- Defenders must recover the ball.

Dynamic:

- To start, click on the chest of the ball possessor.
- When defenders recover the ball or there is a goal, the exercise starts again from the starting positions.

Rules:

- Attackers' starting positions: 3 midfielders + 3 forwards
- Defenders' starting positions: 3 defenders + 2 midfielders

\*Once the exercise has started, all players can move freely.

Evaluation:

- When a teammate is about to pass the ball, the user shall not have defenders closer than 3 meters.
- Moreover, when the ball is in the first half, the user shall play inside the red area, and when the ball is in the second half, the user shall play inside the yellow area.

Space:

## Space Ex. 6



Notes:

In a 3 vs 2 situation, managing the space properly is crucial to progress in the game. Once the offense is under control, the next challenge for the user is to identify free spaces in the side to unbalance the defenders and move forward.

Exercise Description:

Teams:

- Attackers = 2 (blue) + 1 (VR user, red)
- Defenders = 2 (white)

Space:

- 30 meters x 25 meters

Objective:

- Attackers must score a goal.
- Defenders must recover the ball.

Dynamic:

- To start, click on the chest of the ball possessor.
- When defenders recover the ball or there is a goal, the exercise starts again from the starting positions.

Rules:

- Attackers' starting positions: 3 midfielders
- Defenders' starting positions: 2 defenders

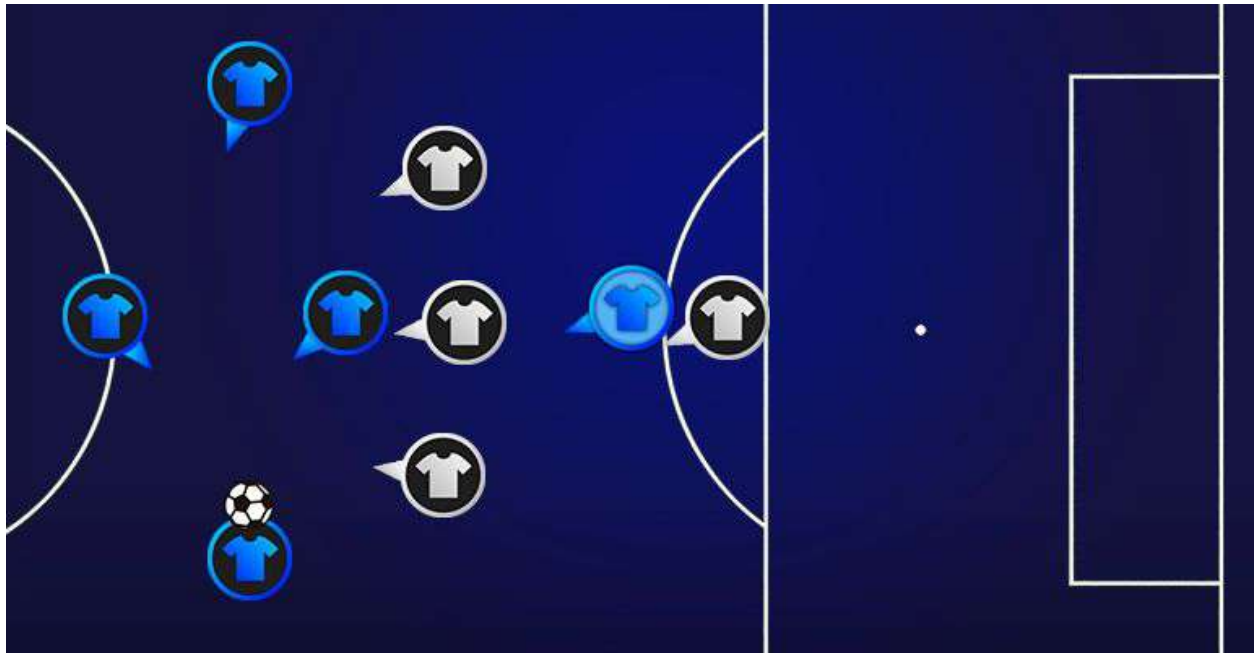
\*Once the exercise has started, all players can move freely.

Evaluation:

- When a teammate is about to pass the ball, the user shall not have defenders closer than 3 meters.
- Moreover, when the ball is in the first half, the user shall play inside the red area, and when the ball is in the second half, the user shall play inside the yellow area.

Space:

## Space Ex. 7



Notes:

The attacking team has a numerical superiority in the first half but with a line of 3 opponents. The user, starting from the second half, shall find a free space behind the line of 3 to receive the ball and allow the teammates to progress.

Exercise Description:

Teams:

- Attackers = 4 (blue) + 1 (VR user, red)
- Defenders = 4 (white)

Space:

- 40 meters x 30 meters

Objective:

- Attackers must score a goal.
- Defenders must recover the ball.

Dynamic:

- To start, click on the chest of the ball possessor.
- When defenders recover the ball or there is a goal, the exercise starts again from the starting positions.

Rules:

- Attackers' starting positions: 1 defender + 3 midfielders + 1 forward
- Defenders' starting positions: 1 defender + 3 midfielders



\*Once the exercise has started, all players can move freely.

Evaluation:

- When a teammate is about to pass the ball, the user shall not have defenders closer than 3 meters.
- Moreover, when the ball is in the first half, the user shall play inside the red area, and when the ball is in the second half, the user shall play inside the yellow area.

Space:

## Space Ex. 8



Notes:

The attacking team is expected to reach the second half easily. However, once the ball is close to the box, and because there are two forwards, the chance to identify and properly use free spaces is going to be difficult.

Exercise Description:

Teams:

- Attackers = 4 (blue) + 1 (VR user, red)
- Defenders = 4 (white)

Space:

- 40 meters x 25 meters

Objective:

- Attackers must score a goal.
- Defenders must recover the ball.

Dynamic:

- To start, click on the chest of the ball possessor.
- When defenders recover the ball or there is a goal, the exercise starts again from the starting positions.

Rules:

- Attackers' starting positions: 3 midfielders + 2 forwards
- Defenders' starting positions: 2 defenders + 2 midfielders

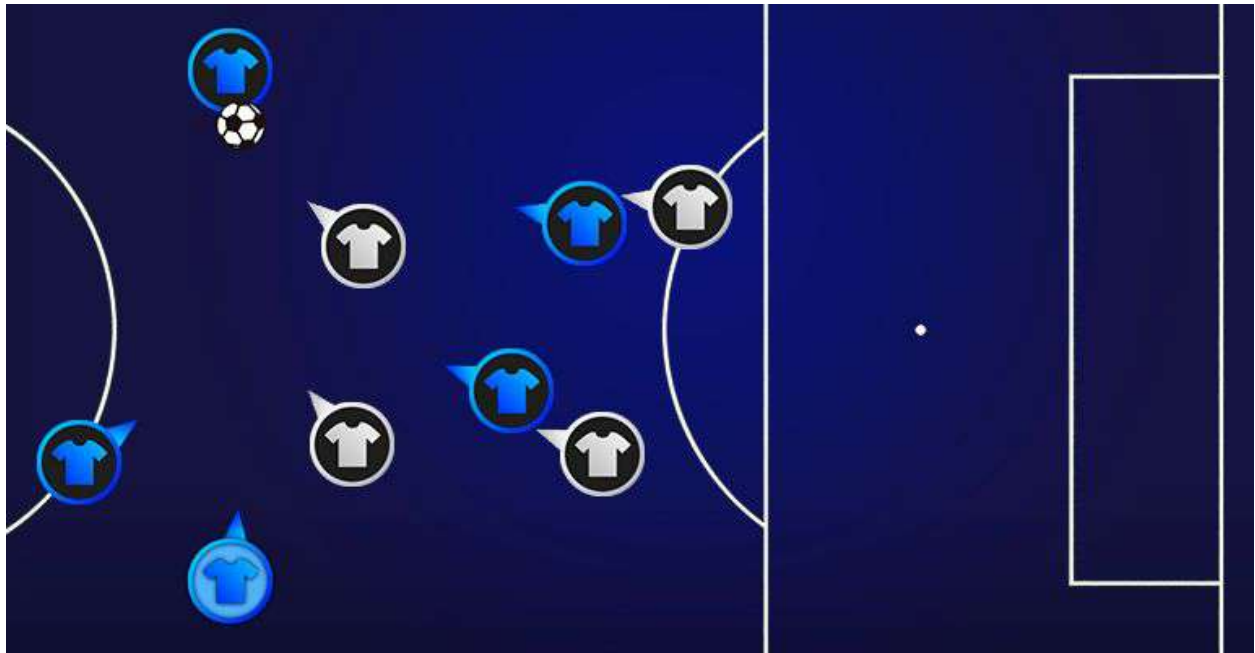
\*Once the exercise has started, all players can move freely.

Evaluation:

- When a teammate is about to pass the ball, the user shall not have defenders closer than 3 meters.
- Moreover, when the ball is in the first half, the user shall play inside the red area, and when the ball is in the second half, the user shall play inside the yellow area.

Space:

## Space Ex. 9



Notes:

This exercise is specially designed to challenge the player to identify and use free spaces in the second half of the field. At the beginning, he or she is going to be part of a numerical superiority at first half. But, later, the user shall understand how to take advantage of side spaces in the benefit of the team.

Exercise Description:

Teams:

- Attackers = 4 (blue) + 1 (VR user, red)
- Defenders = 4 (white)

Space:

- 40 meters x 25 meters

Objective:

- Attackers must score a goal.
- Defenders must recover the ball.

Dynamic:

- To start, click on the chest of the ball possessor.
- When defenders recover the ball or there is a goal, the exercise starts again from the starting positions.

Rules:

- Attackers' starting positions: 3 midfielders + 2 forwards

- Defenders' starting positions: 2 defenders + 2 midfielders

\*Once the exercise has started, all players can move freely.

Evaluation:

- When a teammate is about to pass the ball, the user shall not have defenders closer than 3 meters.

- Moreover, when the ball is in the first half, the user shall play inside the red area, and when the ball is in the second half, the user shall play inside the yellow area.

Space:

## Space Ex. 10



Notes:

Be patient and support the team from the back is one of the most important things to take into account when attacking collectively. In this exercise, the user is going to face a situation where the team is in troubles to progress. His or her job is to identify and use free spaces to ensure teammates do not lose the ball. Moreover, while the team is progressing towards the goal, the user shall balance the free spaces with the closes teammate.

Exercise Description:

Teams:

- Attackers = 4 (blue) + 1 (VR user, red)
- Defenders = 4 (white)

Space:

- 40 meters x 30 meters

Objective:

- Attackers must score a goal.
- Defenders must recover the ball.

Dynamic:

- To start, click on the chest of the ball possessor.
- When defenders recover the ball or there is a goal, the exercise starts again from the starting positions.

Rules:

- Attackers' starting positions: 2 midfielders + 3 forwards
- Defenders' starting positions: 3 defenders + 1 midfielder

\*Once the exercise has started, all players can move freely.

Evaluation:

- When a teammate is about to pass the ball, the user shall not have defenders closer than 3 meters.
- Moreover, when the ball is in the first half, the user shall play inside the red area, and when the ball is in the second half, the user shall play inside the yellow area.