

Issue: 18

The

Gladiator Soccer Academy

News



Segev Rabinoviz
Segev.rabinoviz@gmail.com
(647) 981 – 7169

November 1st NEW PROGRAM

- GSA's 2009 and 2010 academy team will now also practice on Sundays. This is an exclusive offer for those players that want to be part of Gladiator's Academy team. Sunday's 11:15 – 12:15

GSA Newsletter

Welcome to Gladiator Soccer Academy's Newsletter.
Parents' number one source for youth soccer information.

Updates and new programs:

U14 Boys and Girls Soccer
on: Saturday 9:00 AM – 10:00 AM

STARTING NOVEMBER 1ST
2009 and 2010 Gladiator
Academy Team
Sunday's 11:15AM-12:15AM



THE LATEST TREND IN SOCCER TOCA

I first learned about TOCA training last November. Both of my Sister-In-Laws separately mentioned their kids have been training weekly at a TOCA facility near their homes in Newport Beach, California.

I had never heard of TOCA, but was intrigued, especially since the Orange County area is a mecca for top soccer clubs and players. Two weeks later, I dragged my friends and their kids and drove nearly ninety minutes to our closet TOCA facility in Torrance, CA.

TOCA was the brain child of Eddie Lewis. When Lewis was playing for UCLA, he discovered the Bruins basketball team often trained by shooting into smaller goals. Although already a top player, Lewis wanted to get even better, so he put the basketball theory to test in soccer. He began using a tennis ball machine to fire tennis balls at himself – the small balls, repeated in mass repetitions, elevated his game quickly.

Lewis eventually went on to play in the MLS and was later chosen for the U.S. National Team. Upon retiring, he created the TOCA Machine and eventually TOCA Training Facilities, taking his small ball training to the next level and making it available to soccer players all over the country.

When we arrived to try out the latest trend in soccer at the TOCA Center in Torrance, we were struck by how massive it was – as they share it with the LA Galaxy Soccer Center. There were several full indoor courts, 4 partitioned TOCA training areas, and a huge gym area that was occupied by a dodge ball tournament that day.

Jr. Gladiator Wednesday 6:00PM - 7:00PM and Friday 5:00PM - 6:00 PM.
ONLY 5 SPOTS LEFT

We had a variety of ages and skill level, but the TOCA manager helped us divide the kids, mostly according to size. This made it more cost effective since we could share the price, even with the additional multi-child charge, it still was more affordable then having a private TOCA lesson.

We booked each session to run simultaneously (*something you have to do early – I recommend at least a week in advance as they fill up quickly*), this made it convenient and easy to compare the training.

Each group was utilizing the TOCA Studio very differently, working on different skills in different ways. All the groups were focused and engaged and worked very hard for the hour. They touched the ball a ton and the rapid fire from the TOCA machine was more intense and efficient than working solely with a trainer. Although one of the sessions was having trouble with the machine and this slowed them down occasionally. Everyone ended the sessions, sweaty and tired.

The kids agreed that it was a great training and that they wanted to return. We have been to that center five more times since then, as well as an indoor gym that just has a TOCA ball machine closer to our home. We love Toca and try to mix it into our training as much as we can manage.



Here's what my friends had to say about TOCA after we went:

"I do like the concept and feel that it's been very helpful for first touch. That being said, much like traditional training, a lot depends on the coach. We've had amazing sessions and we've had average sessions. I would recommend that once you find a great coach, you always request them." -Carrie

"My kids really like TOCA. They feel that it is a nice break from their regular training and that the ball machine makes it fun. They also

like that they get to blast the balls into the net wall! I like that the coaches/trainers really mix it up and keep them moving. My kids are always dripping in sweat when they are done, so it feels like they are having fun and getting a great workout." – Casey

"Great way to improve first touch and short game skills. A little pricey at this point and quality of training really depends on the coach provided at the time which of course varies." – Allison

The best soccer programs find different ways to increase repetition in a competitive fun environment. At Gladiator Soccer Academy, we look for trends and programs such as these to incorporate into the Gladiator Program. It is clear that the more time a player spends touching the ball, at home or in training, the more comfortable a player becomes under pressure.

What To Do At Home

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> ○ 150 Step - On ○ 150 Yo-Yo shuffle ○ 150 push – Pull ○ 150 Side Step ○ 150 Shuffle stop take ○ 150 Scissors ○ 150 Step - over ○ 150 Juggles ○ 150 Pull V ○ 150 Roll Inside Outside 	<ul style="list-style-type: none"> ○ Ari And Cat Video. Do each move 100 times 	<ul style="list-style-type: none"> ○ 150 Step - On ○ 150 Yo-Yo shuffle ○ 150 push – Pull ○ 150 Side Step ○ 150 Shuffle stop take ○ 150 Scissors ○ 150 Step - over ○ 150 Juggles ○ 150 Pull V ○ 150 Roll Inside Outside 	<ul style="list-style-type: none"> ○ Ari And Cat Video. Do each move 100 times 	<ul style="list-style-type: none"> ○ 150 Step - On ○ 150 Yo-Yo shuffle ○ 150 push – Pull ○ 150 Side Step ○ 150 Shuffle stop take ○ 150 Scissors ○ 150 Step - over ○ 150 Juggles ○ 150 Pull V ○ 150 Roll Inside Outside 	<ul style="list-style-type: none"> ○ 150 Step - On ○ 150 Yo-Yo shuffle ○ 150 push – Pull ○ 150 Side Step ○ 150 Shuffle stop take ○ 150 Scissors ○ 150 Step - over ○ 150 Juggles ○ 150 Pull V ○ 150 Roll Inside Outside

Looking For a Challenge?

Street Soccer Moves

1. The Basics → 100 times
2. V-Move Nutmeg → 100 times
3. Zaid Panna Tutorial → 100 Times
4. Dragon Step-over → 100 Times
5. Mouse Trap → 100 Times
6. Air Akka → 50 Times

All moves can be found on our website. <https://www.gladiatorsocceracademy.com/homework>

- Or simply go to <https://www.gladiatorsocceracademy.com/> hover over the resources tab and then click homework

Become a Gladiator

Registration is now open for New Programs. To register sign up online and bring a completed registration form found on the website

<https://www.gladiatorsocceracademy.com/register>



Gladiator Soccer Academy Ages 9-12

Learn Soccer the Gladiator Way!

Gladiator Soccer Academy's revolutionary new training method is the first of its kind in the world. At GSA we want no player to get left behind! To achieve this every player in the academy gets 1 hour a week of semi-private lessons. This is a weekly session which a maximum of 4 players attend the session each week. In doing this we can maximize the attention each player gets from the coach. Each week players get three sessions. Two sessions are with their team. The last sessions is the semi-private session. Throughout the week coaches have a chance to see what part of the exercise a player is struggling with. The Semi-private sessions allows coaches to work with players in smaller environments on what they struggled on during the weeks training session.

Price \$250/ Month

Jr. Gladiator Soccer Academy ages 5-8

Learn Soccer the Gladiator Way!

At GSA we understand that Kids are involved in other activities. As a result we have created our beginners Academy program. This program is for families who are still looking to receive GSA unique semi-private lessons but have other commitments as well. During the week players will receive one team practice session along with one semi-private lesson with a max of 5 players.

Price: \$160/ Month

Beginner Gladiator Soccer Academy Ages 8-12

Learn Soccer the Gladiator Way!

At GSA we understand that Kids are involved in other activities. As a result we have created our beginners Academy program. This program is for families who are still looking to receive GSA unique semi-private lessons but have other commitments as well. During the week players will receive one team practice session along with one semi-private lesson with a max of 4 players. \$200/ Month

- Private Gladiator Wednesday at 6:00PM- 7:00PM and Friday 5:00PM-6:00PM Players . **ONLY 2 SPOTS LEFT**

GSA 2009 +2010 Academy Team

GSA's 2009 and 2010 academy team will now also practice on Sundays. This is an exclusive offer for those players that want to be part of Gladiator's Academy team.

Contact Us

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