



TFC

TECHNICAL FOOTBALL CENTRE

SMART PITCH

Specification

Pitch Dimensions

Length: 16M Width: 8M

Precision Goal (9 Panel)

Height: 1.84M Width: 3.20M

Individual Panel

Height: 610mm Width: 1040mm

Precision Goal (20 Panel)

Height: 2.45M Width: 5.30M

Individual Panel

Height: 610mm Width: 1040mm

Speed Wall (10 Panels - 5 Panels Each Side) (with 4 Press Panels)

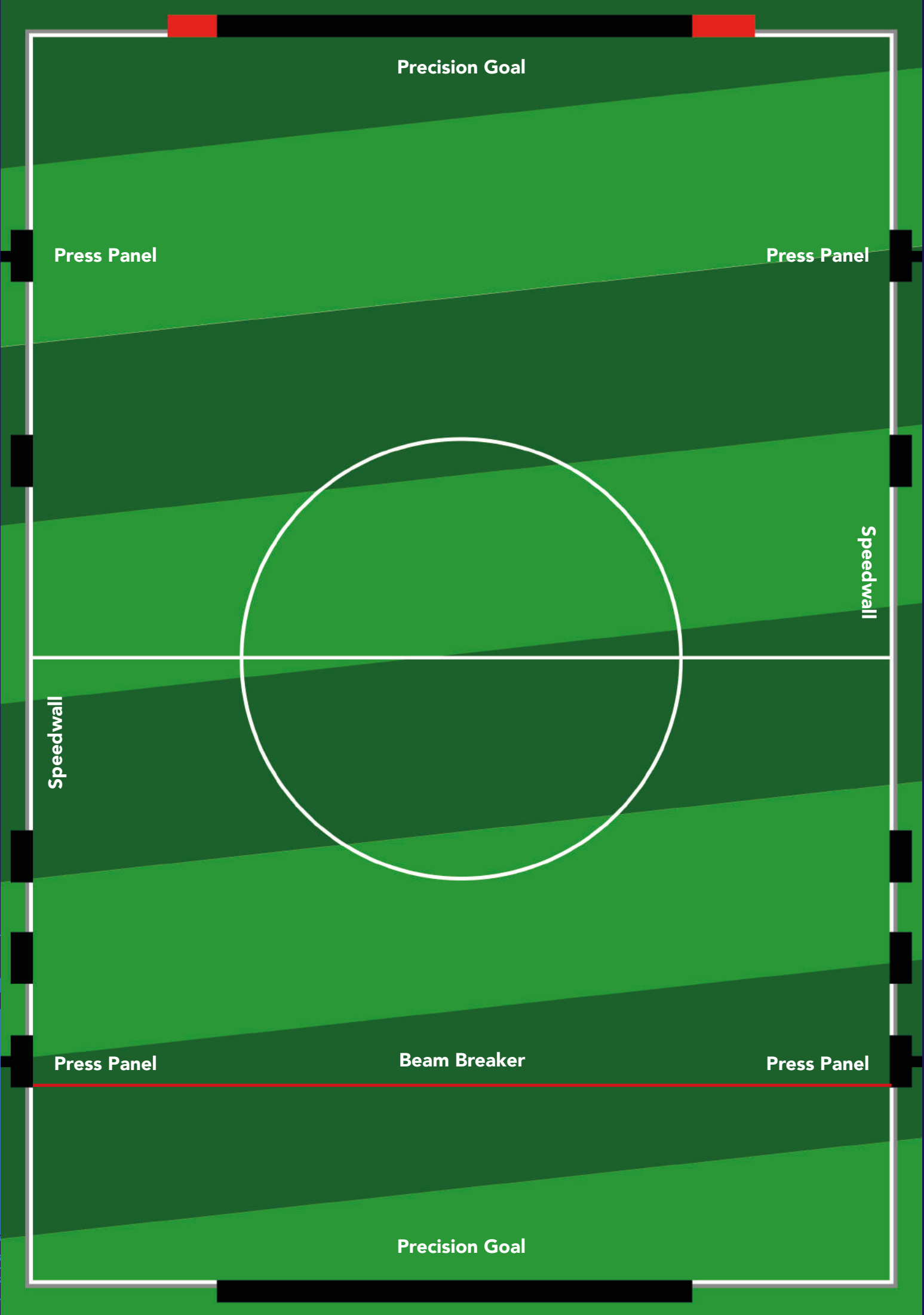
Individual Panel

Height: 610mm Width: 1040mm

Beam Breakers

Benefits of Smart Pitch

- Finishing
- Crossing
- First Touch
- Passing
- Dribbling
- Penalty Taking
- Concentration
- Composure
- Vision
- Work Rate
- Agility
- Fitness



TRANSITIONAL COUNTER ATTACK

Rules

- There will be two teams, which are showed in this diagram as a yellow team and a blue team.
- Each goal will start with 1 green light and the rest of the lights in red.
- Teams can shoot at the goals straight away to try and hit the green target.
- If you hit a red target, all lights on the goal will disappear and the two press panels in your defending half will light up in the corners.
- Defending teams must not purposely hit the red panels on their own goals to make the attacking team have to press the press panels.
- Either one of the two press panels will have to be pressed by a member of your team to make the goal your attacking relight.
- There will also be 4 panels (2 either side on the Speed Walls) lit with your team colour in the attacking half.
- If you hit the 1st panel (either side) in the attacking half, you will add 3 more green targets to your goal to shoot at. When you have hit one of these panels, the panel and the adjacent panel will go out so you cannot keep adding lights to the goal.
- If you hit the 2nd panels on either side, you will add another 3 extra green lights to your goal. Again, when you have hit one of these panels both the panel and the adjacent panel will go out so you cannot keep adding lights to the goal.
- If a goal has been scored, both teams' goals and Speed Wall lights will reset.
- The goal which has been scored in will flash green with cheering crowd noises for a certain number of seconds. During this time, the ball will be placed on the centre spot ready for the team who conceded to kick off.

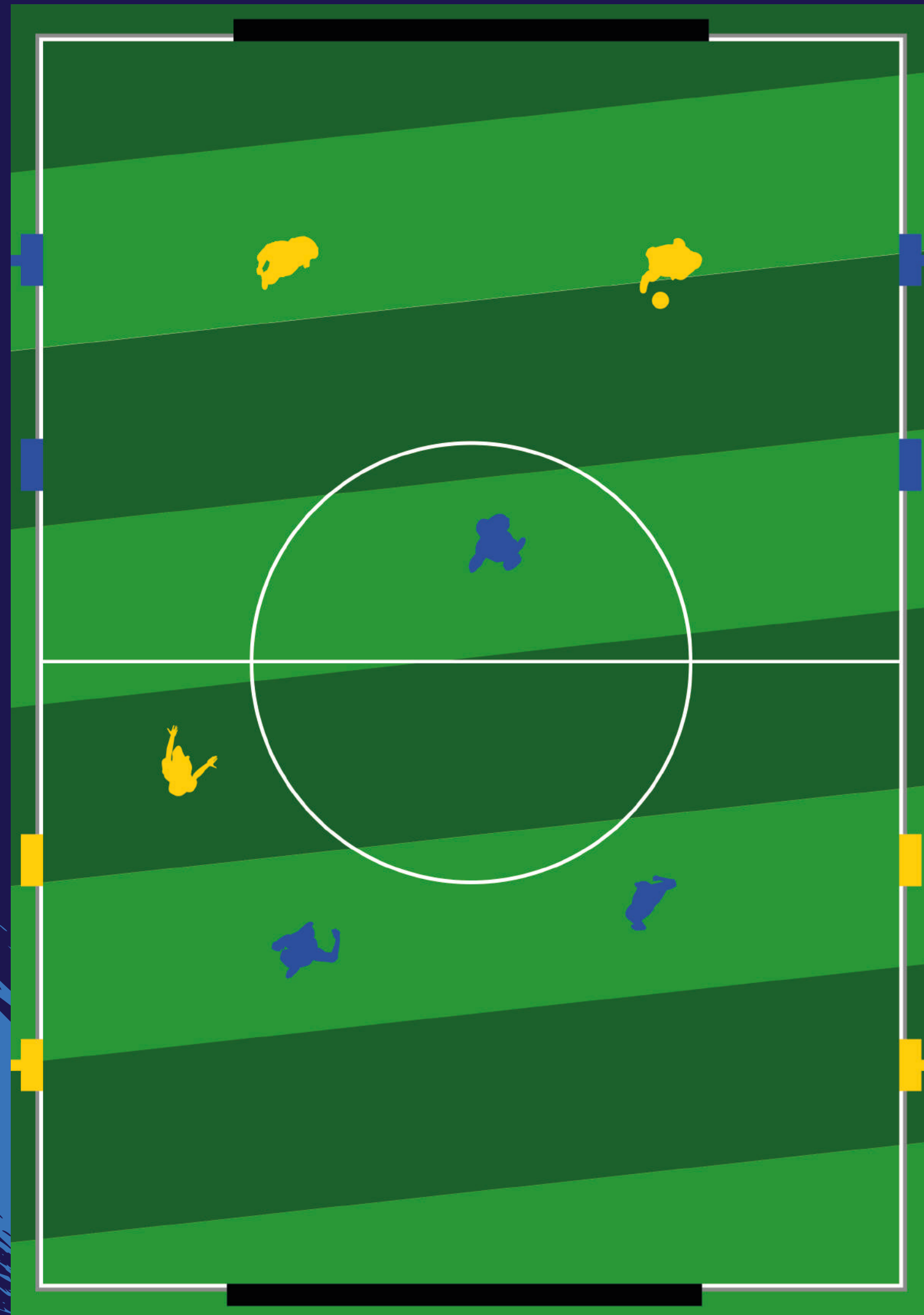
Benefits of this Training Mode

Attacking Team

- Decision making on when to shoot and when to keep the ball to be patient and create a better/clearer opportunity.
- Pass and move the ball quickly and switch the play from left to right.
- A turnover of possession is usually the outcome if a shot has been missed, so we aim for a quick reaction to go and close down the press panels. These also create a recovery run to get back in and help the team defend.

Defending Team

- Encourage to defend high up the pitch. Stop opposition entering your half of the pitch so that they can't add any additional green targets to the goal to make the chance easier. Also, if you win the ball back, you're closer to your scoring goal.
- If you're defending and the opposition manage to shoot but hit a red target, claiming possession of the ball upon the rebound will be vital.
- If you pick up possession, you will have a chance to counter attack with an overload of 1 extra player, while their player presses the press panels.



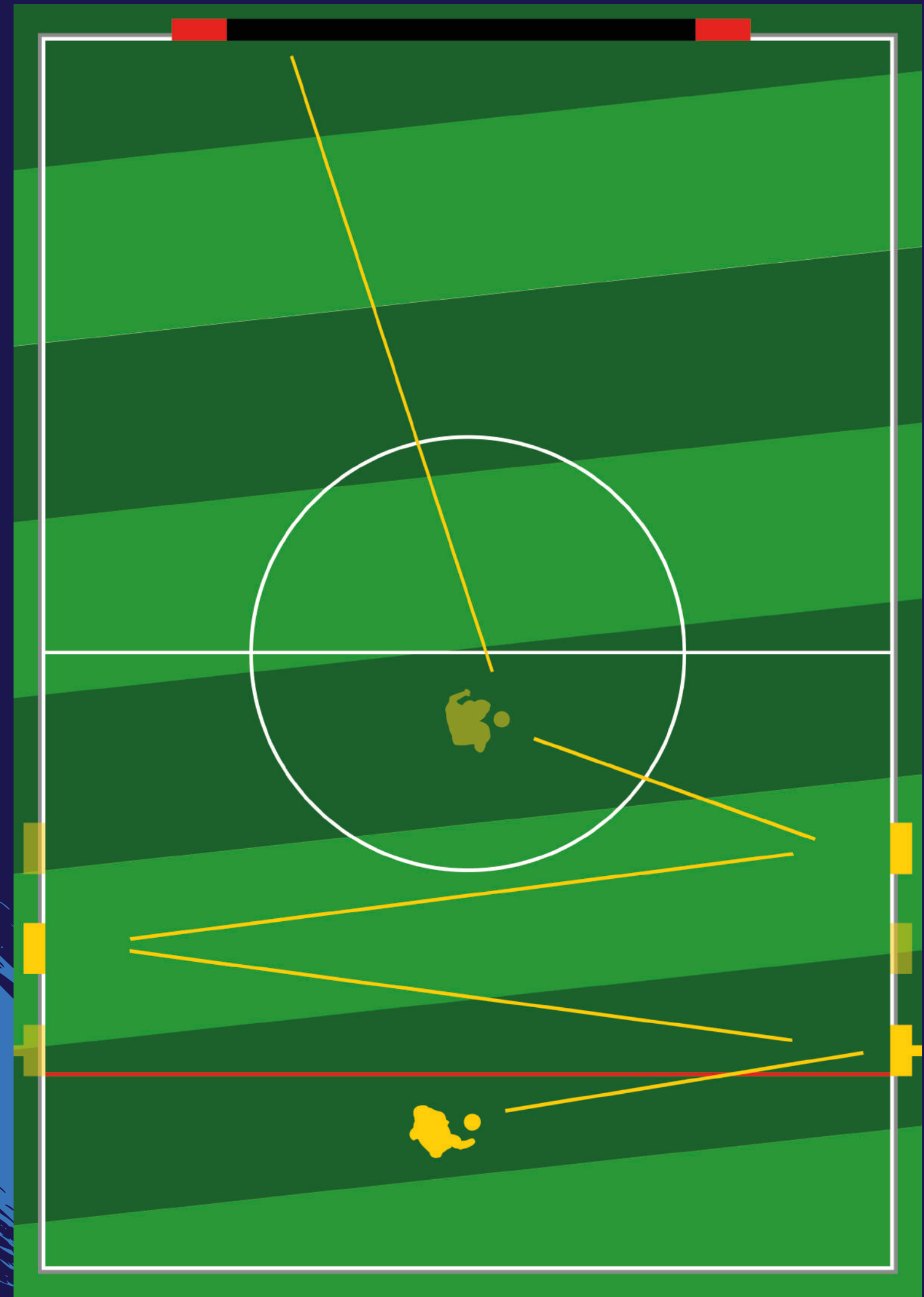
KNOCKOUT STRIKE

Rules

- The player will break the beam at the top of the Speed Walls to start the training mode.
- Once they have dribbled through, 3 panels on each side of the Speed Walls will light up.
- Pass to the first panel which lights up and then open out your body to pass out to the next panel on the opposite Speed Wall.
- Every pass will be on alternate Speed Walls which means you have to turn/be on the half turn every pass.
- Once you have travelled down the pitch and passed to the last panel, a target/targets will light up on the 20 panel Precision Goal for a finish.

Benefits of this Training Mode

- Encourages you to pass with both feet.
- Encourages you to practice turning out with both feet.
- Encourages quick switches of play for match realism.
- The Precision Goal chooses which side the keeper is positioned and lights an area of the goal where the player has most chance of scoring if this was in a real match situation.
- This training mode will be recorded by time scale. If targets are missed, extra seconds will be added onto the time for both the Speed Walls and the Precision Goal.
- Working against the clock will add pressure to your performance.
- Quick efficient passing and turns (switches of play) are needed.



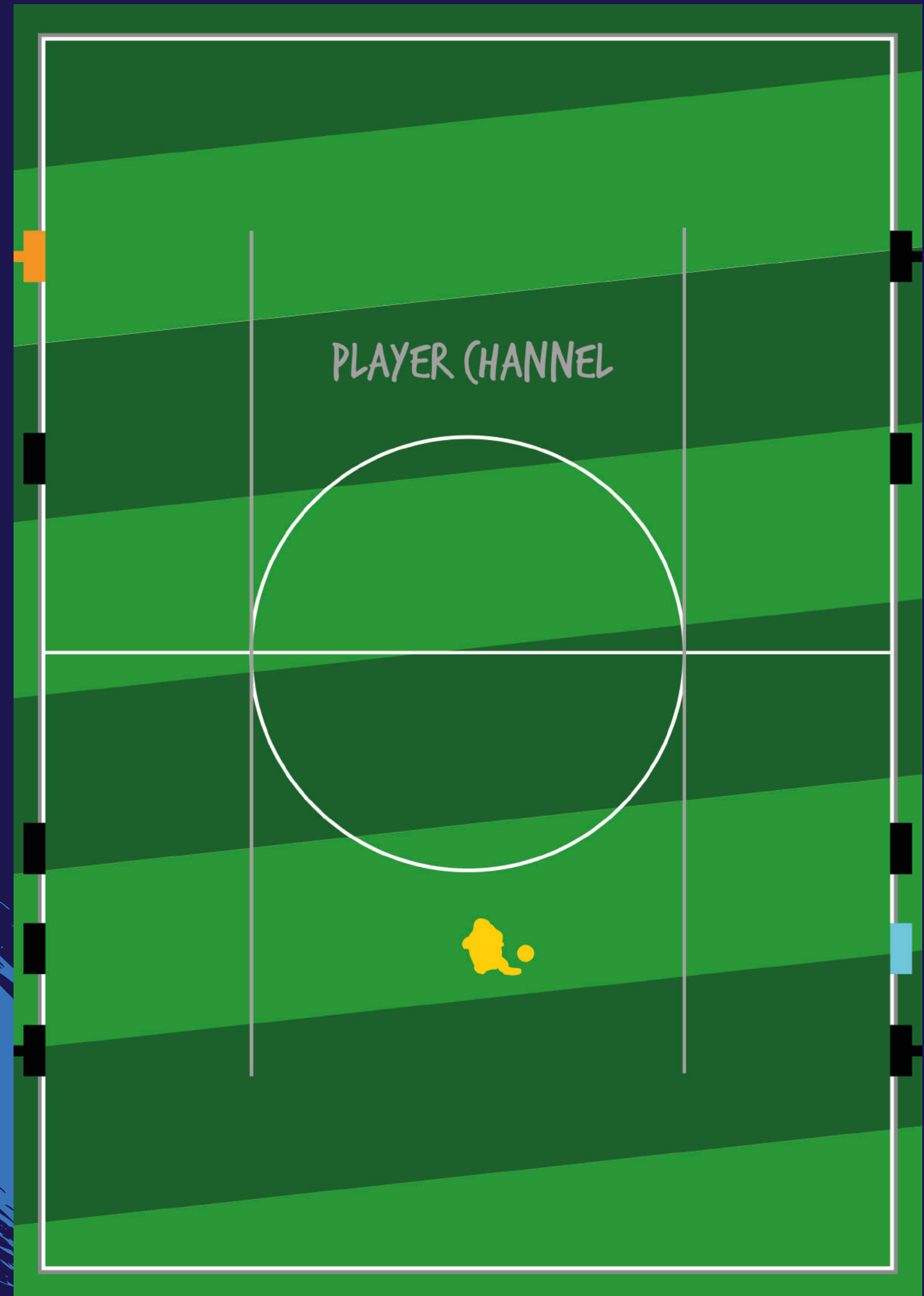
VISION SWITCH

Rules

- There will be 1 blue light and 1 orange light.
- The blue lit panel is the target panel to hit first.
- Once this blue lit panel has been hit, the orange lit panel will turn to blue which means this becomes the next target panel to be passed to.
- Within this training mode, the target pass will always be on alternate Speed Walls.
- The player will receive one point per correct pass in a pre-selected time frame.

Benefits

- Ensures the players have to keep opening their body out to switch play to the other side.
- Checking their shoulders and scanning to see where the next passing target/opportunity will be.
- Forces you to pass with both your left and right foot.
- Passing while on the move to make sure concentration is high.
- Turning with both left and right feet.
- Dribbling and driving forward with the ball.
- Acceleration and deceleration.
- The player will have to recycle possession quickly to earn a good score but accuracy is still the most important element as loose passes will slow the player down.



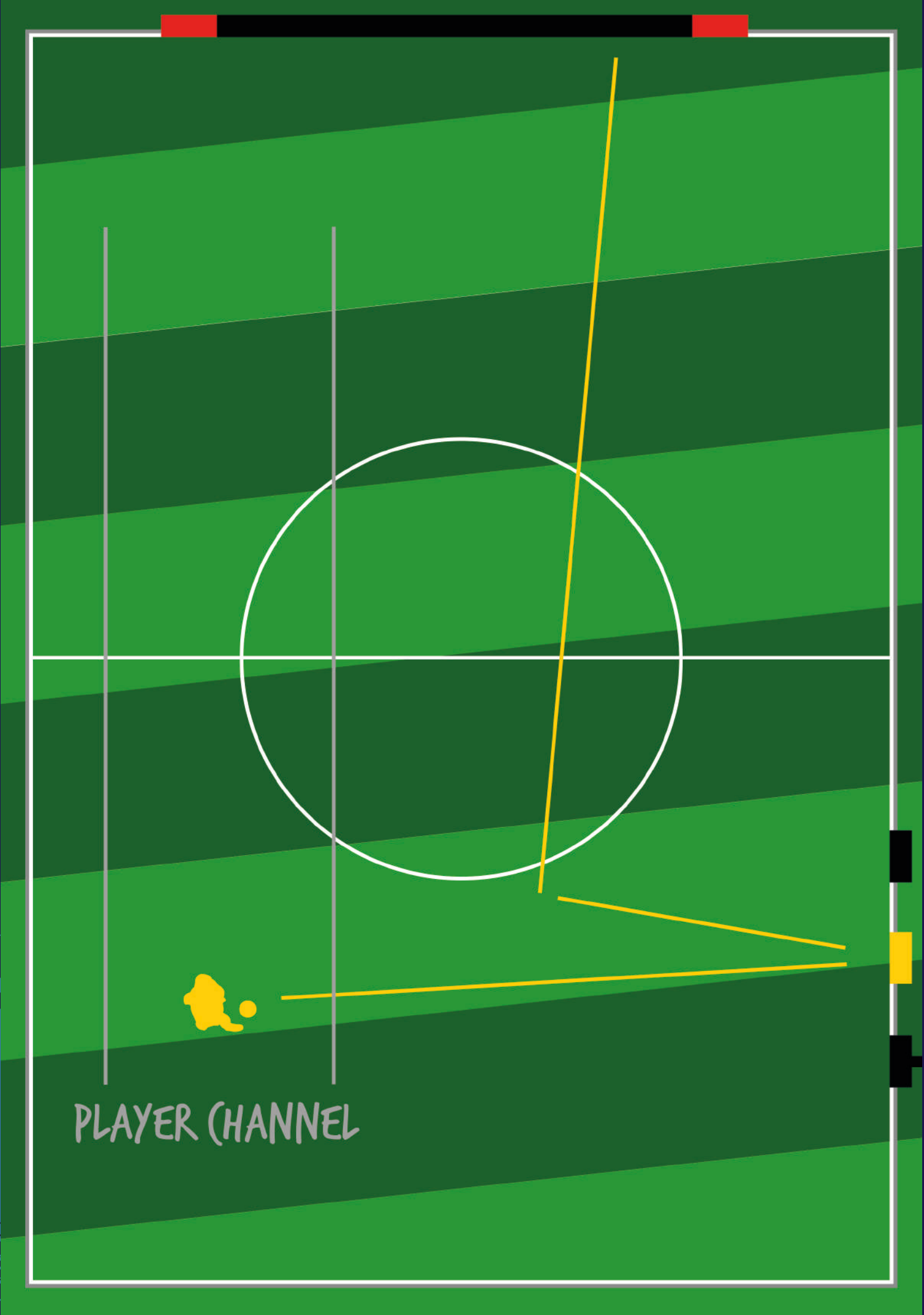
CROSSING

Rules

- 1 light will appear on three panels of the Speed Wall, furthest away from the 20 panel Precision Goal.
- 1 or multiple lights will also appear on the Precision Goal dependant on which panel lights on the Speed Wall.
- The targets on the Precision Goal represent the attacking team mates waiting for the cross in to the box.
- If multiple targets, some may be worth more points than others which represents the best options.

Benefits

- Decision making – before you make the pass to the Speed Wall, you will have to scan which target on the Precision Goal you want to cross to. A first time cross is essential so that a defender doesn't have time to block. Therefore, weight of pass is important.
- If you play a slower pass, you may get the appropriate angle for a disguised cut back which will make this exercise even more match realistic. If you play a firmer pass, it may be to find an angle to whip the ball slightly in front of you.



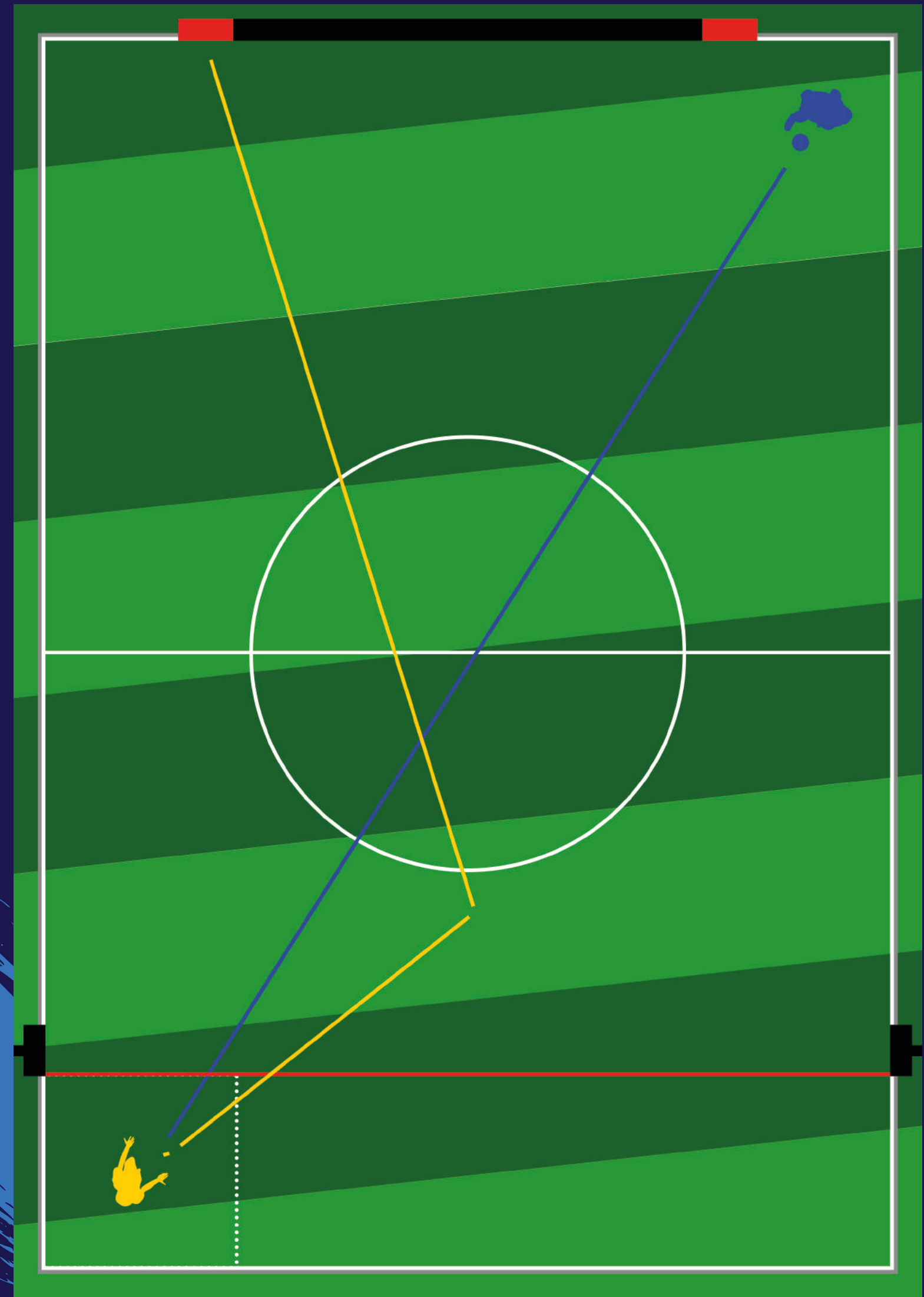
INSTINCT

Benefits

- Ball control and first touch.
- Positive touch forward through the beam breaker but getting in to good habits to set the ball nicely to allow the next touch to be a clean shot at goal.
- Shooting against the clock. If you do not take the shot quick enough, a defender may make a tackle if this was in a match situation.
- Targets on the Precision Goal will light up where the best opportunities will be to score a goal if this situation was during a match with a real goalkeeper.

Rules

- 1 server will play the ball in to the striker who will be inside the box behind the beam breaker.
- The strikers first touch will need to be inside the box under control.
- The second touch should be positive and forward allowing the striker to break the beam.
- Once the beam has been broken, a set of target lights will appear on the 20 panel Precision Goal.
- The striker will have a set number of seconds to hit this panel.



ICON VELOCITY

Specification

Velocity Measurements

Length: 7.2M Width: 4.8M Height: 2.8M

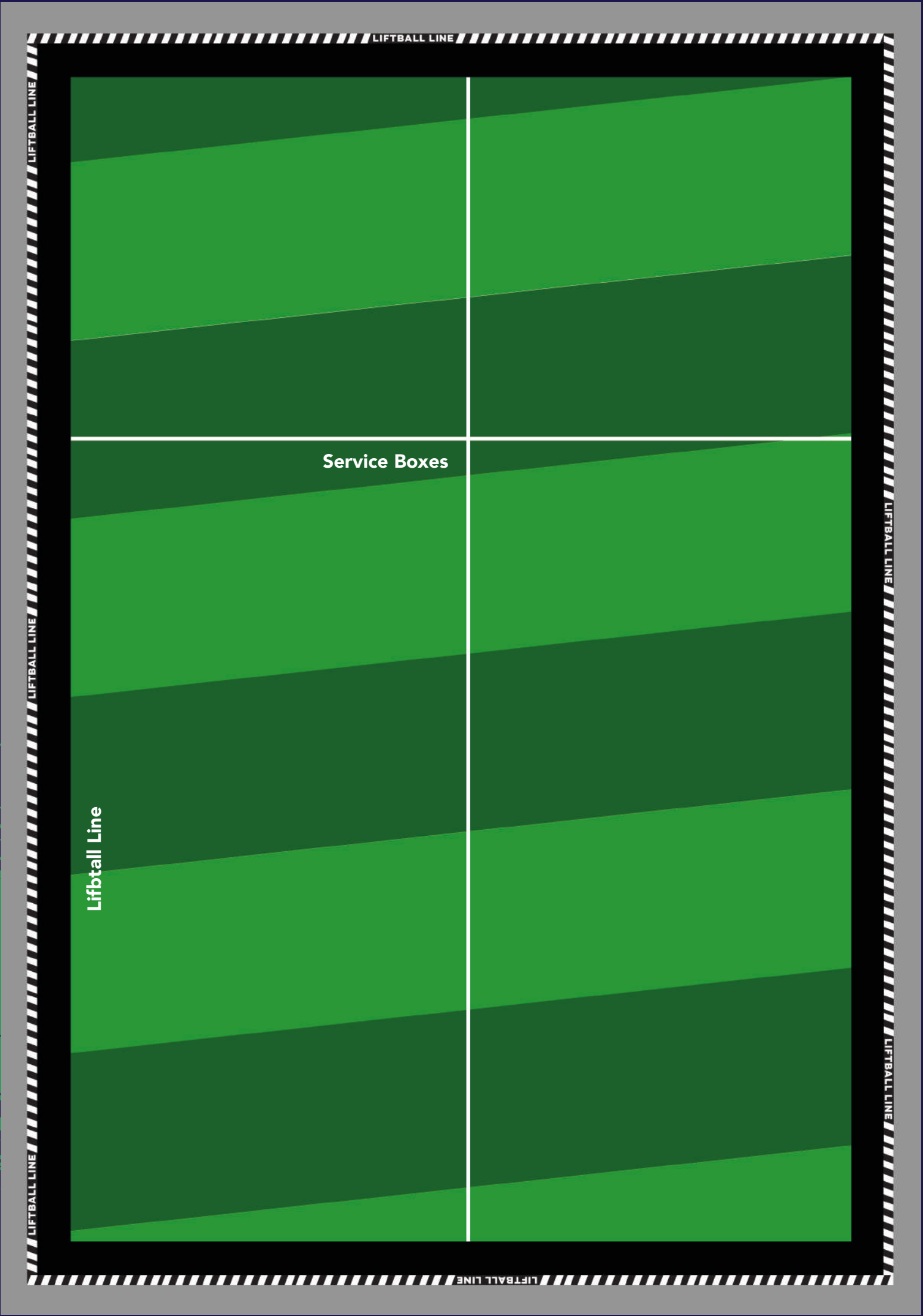
Liftball Line Height: 1.2M

Court Layout

The court will be split in to 4 squares: 2 larger squares at 2.4M x 4.8M and 2 smaller sqaures at 2.4M x 2.4M

Benefits of ICON Velocity

- First Touch
- Technique
- Composure
- Concentration
- Decision Making
- Vision
- Agility
- Fitness



LIFTBALL

Service Rules

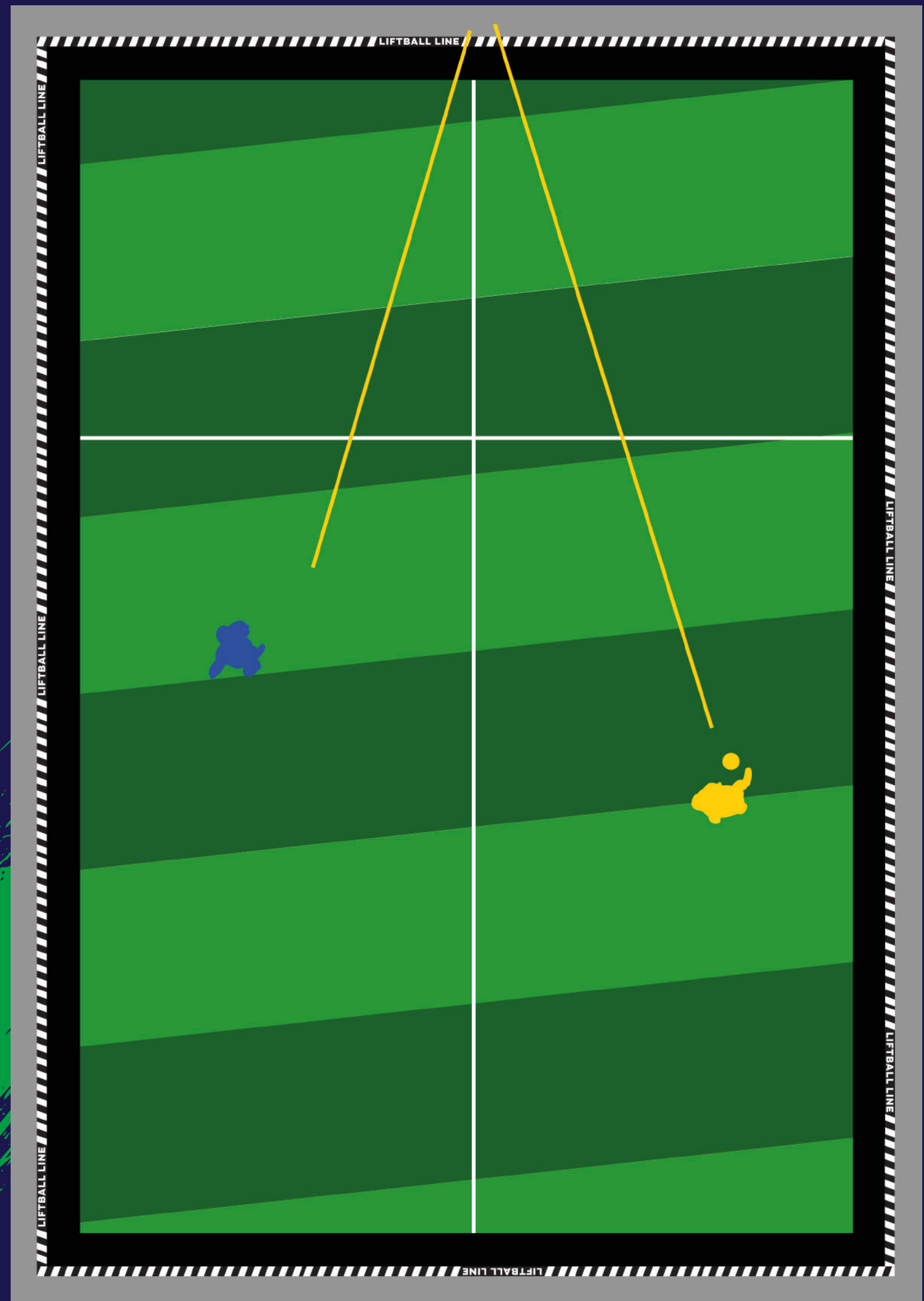
- Serve in one half of the court but not inside the last third.
- Serve must be a volley.
- Serve must land in opposite half to which you served.
- Serve must not hit the side wall before bouncing on the ground in the opposite half.

Rules

- Ball must be played against the Perspex above the lift ball line.
- The ball must bounce once after every shot.
- Your shot must hit the Perspex and then bounce on the ground without hitting another side unless you hit the Perspex which is next to a corner. If a corner Perspex is hit, the ball can hit the Perspex on the other side of the corner but not the wood.
- Ball can be played with any body part with their one touch, apart from the arm/hand.
- At different times throughout the game, there will be panels above the lift ball line which will light for bonus points. There will be a red team and a blue team and if the blue panel lights up, the blue player must try to hit this panel for a bonus point. The red player must try to avoid the panel otherwise they are giving the opponent an extra point. Maybe two adjacent panels light up together, with one red and one blue to make sure your shot has to be extremely accurate and decision making has to be good whether you go for the bonus or leave it until you are more set.
- If you win the rally, you will also claim a point.

Benefits

- Enhances good decision making through the addition of the bonus points. Risk and/or Reward.
- Volley technique.
- Half Volley technique.
- Agility to move around the court.
- Allowing the ball to move across your body, opening out to switch play.
- Positioning.
- Anticipation.
- Disguise when passing.



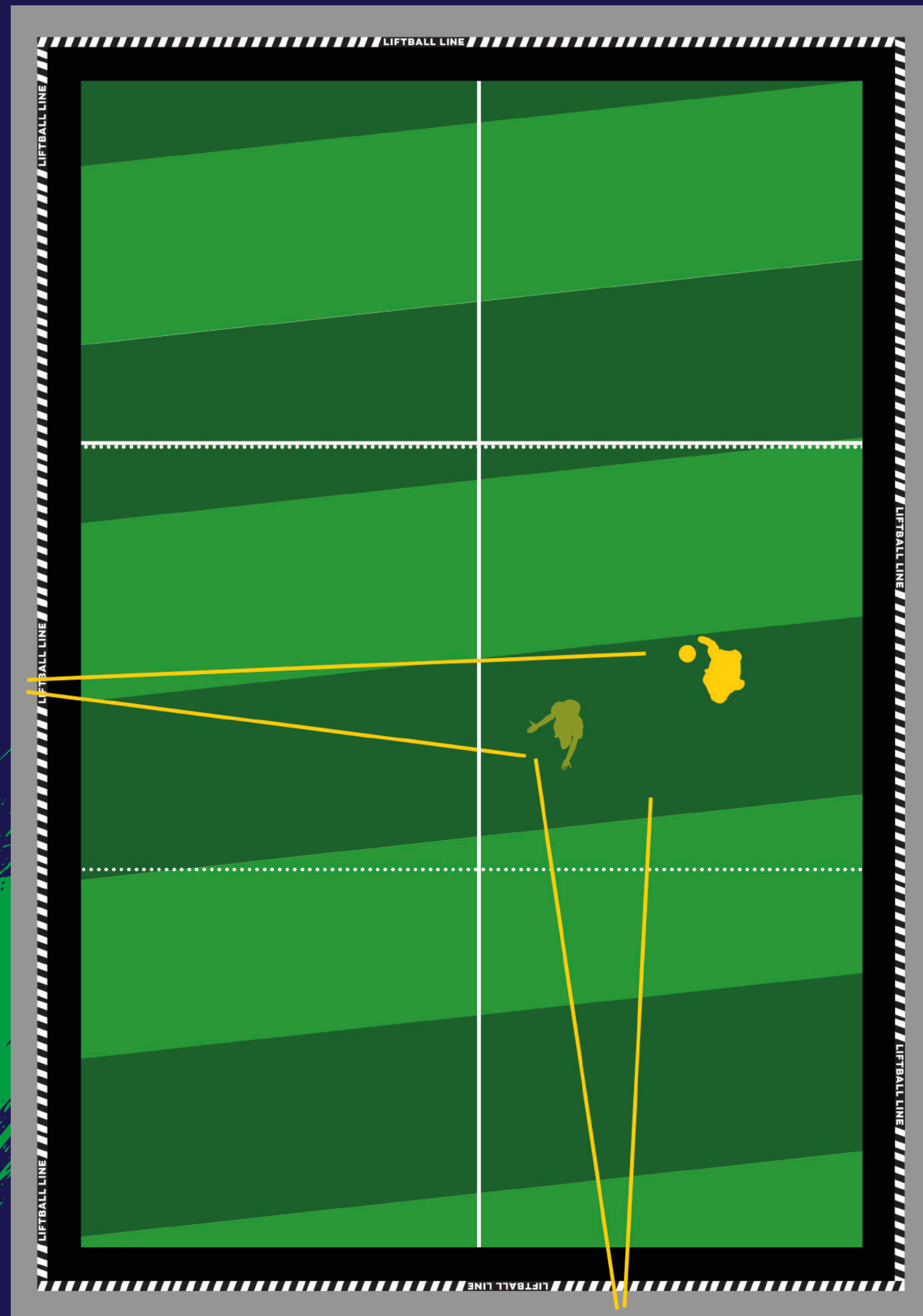
VOLLEY SWITCH

Rules

- Player will start and stay in the centre third at all times.
- 1 touch one bounce if possible, to really test yourself.
- The first volley will be at the lit panel directly in front of the player and must be played above the lift ball line.
- Once hit, two panels on the left side will light up above the lift ball line for a volley to hit these.
- Once hit, the centre panel above the lift ball line will light up again to be hit.
- Once hit, the two panels above the lift ball line on the right side will light up for a volley to be played.
- The routine will continue in this form.
- Hitting a panel below the lift ball line will record in a miss, as will hitting a panel above the lift ball line which is lit red.

Benefits

- Volleys and half volleys.
- Weight of pass.
- Accuracy of pass.
- Should force you to play left and right foot.
- Encourages switching the play from right to left and left to right.
- Encourages forward pass.
- Encourages your body position to be open to allow you to face directions you should want to play in a match to play well and have an impact on the game.



ICON RANGE

Specification

ICON Fast Feet

2.5M diameter with 6 target panels. Panels are 500mm high and can also include perspex on top of the panels making the total height just over 1M.

The Fast Feet is a warm up ICON for all ages and can also allow children of very young age to play in an ICON.

ICON 4 Metre

4M diameter with 12 target panels. Panels are 610mm in height and it is the most common ICON used for marketing purposes.

It is a good size for all ages and allows players to recover during rehabilitation by making short quick passes. The 4M is also a good size for gardens and small spaces.

ICON 6 Metre

6M diameter with 16 target panels. Panels are 610mm in height and it is the most commonly sold ICON all around the world

It is a good size for elite players to use and some of the games best and biggest players have used the 6M. It is the smallest ICON which gives you match realistic motions and can allow for 1v1 matches.

Benefits

- Aerobic endurance
- Agility
- Anaerobic endurance
- Awareness
- Ball control
- Communication
- Co-ordination
- Decision making
- Passing accuracy
- Passing technique
- Speed of thought
- Vision
- Weight of pass



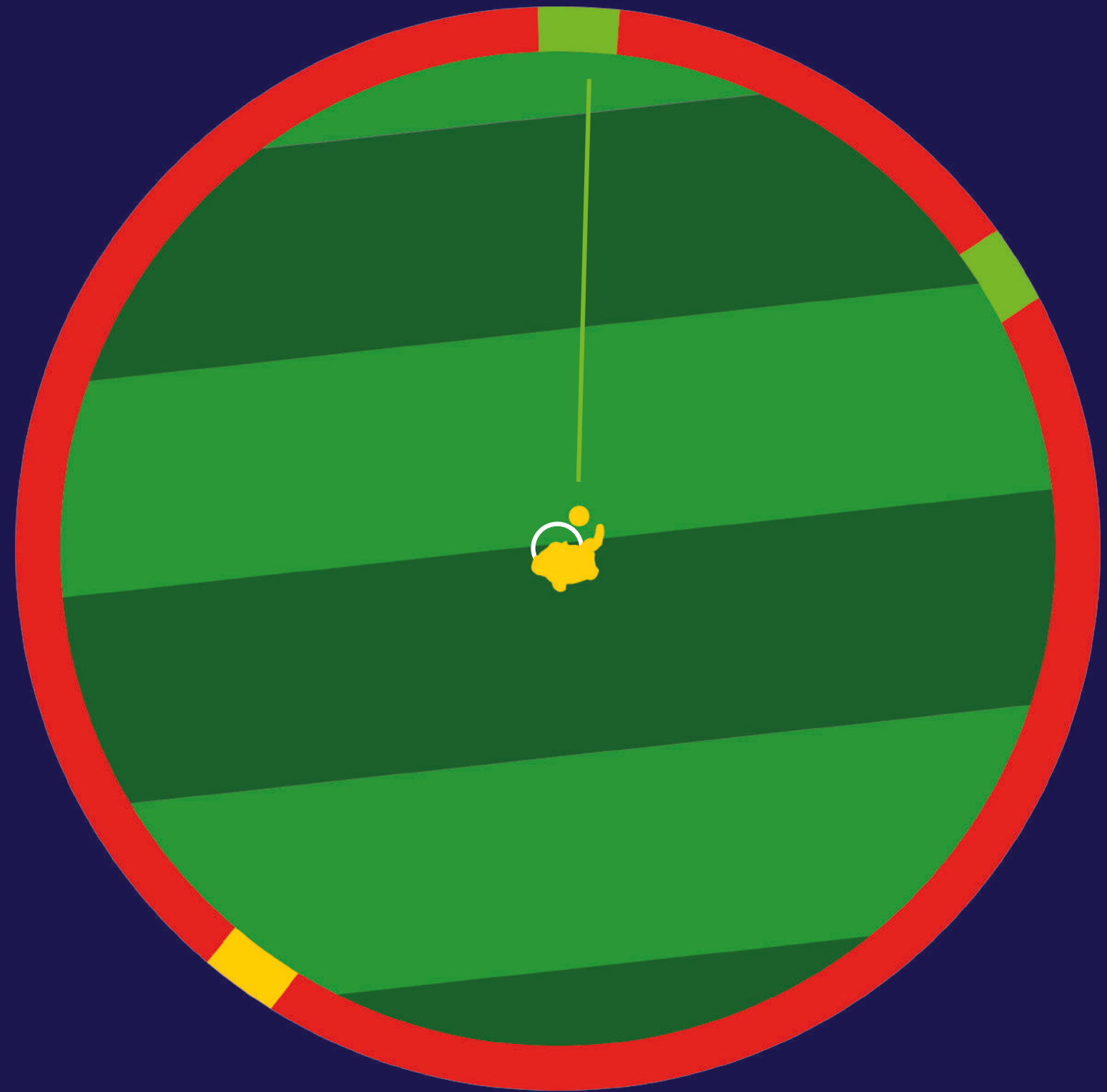
MAESTRO

Rules

- The player will start in the centre of the ICON with the ball at their feet.
- Once the Maestro training mode starts, the player will scan for any green or yellow lights and play a pass into those targets to score points.
- A successful green pass will score the player 3 points and a successful yellow pass will score the player 1 point.
- If the player misses either a green or a yellow and hits a red light, then they will receive -1 point to their score.
- Every time a player makes a successful pass, the light they have just hit will move to somewhere else on the ICON.
- Continue to score points until the time finishes. At the end the player will be given a score in green with their misses in red. The misses will act as a 'goal difference' when comparing scores.

Benefits

- Decision making under pressure; *the green lights represent key passes in a game, whereas the yellow lights represent recycling possession. When the opportunity arises make the key pass.*
- Weight of pass.
- Accuracy of pass; *you are against the clock as well as losing points for every missed pass, it is better to be accurate than fast.*
- Body position; *encourages your body to be open to allow you to face directions you should want to play in a match to play well and have an impact on the game.*



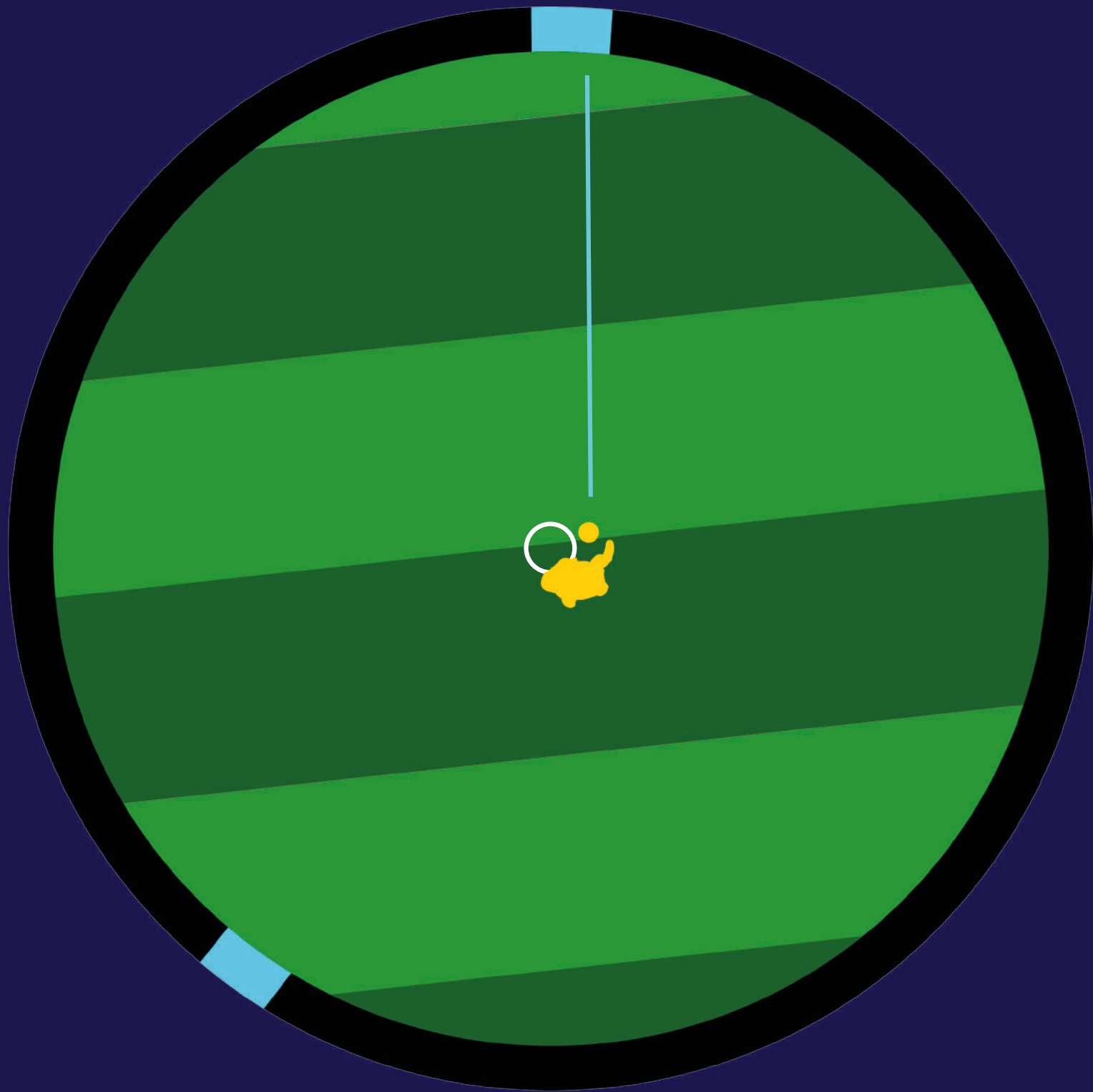
PASS FINDER

Rules

- The player will start in the centre of the ICON with the ball at their feet.
- Once the Pass Finder training mode starts, the player will scan for any blue lights and play a pass into those targets to score points.
- Judging on what the player selected, there will be either 1, 2 or 3 blue lights to hit.
- A successful blue pass will score the player 1 point.
- Every time a player makes a successful pass, the light they have just hit will move to somewhere else on the ICON.
- Continue to score points until the time finishes. At the end the player will be given a score of hits and misses. The misses act a goal difference when comparing scores.

Benefits

- Recycling of possession; *the blue lights represent passes on the pitch. A passed miss may make a player work harder to regain shape similar to the effect of losing the ball in a game.*
- Weight of pass.
- Accuracy of pass.
- Should force you to play left and right foot.
- Decision making; *if playing Pass Finder 2/3, you will be given options as to where you play your next pass. Pick the pass which is favourable to make and a pass which you can make quickly to gain a better score.*
- Encourages forward pass.
- Communication; *if playing with another team mate, communication is the key ingredient to a good score.*



Pass Finder 2 (2 target lights) is being shown above

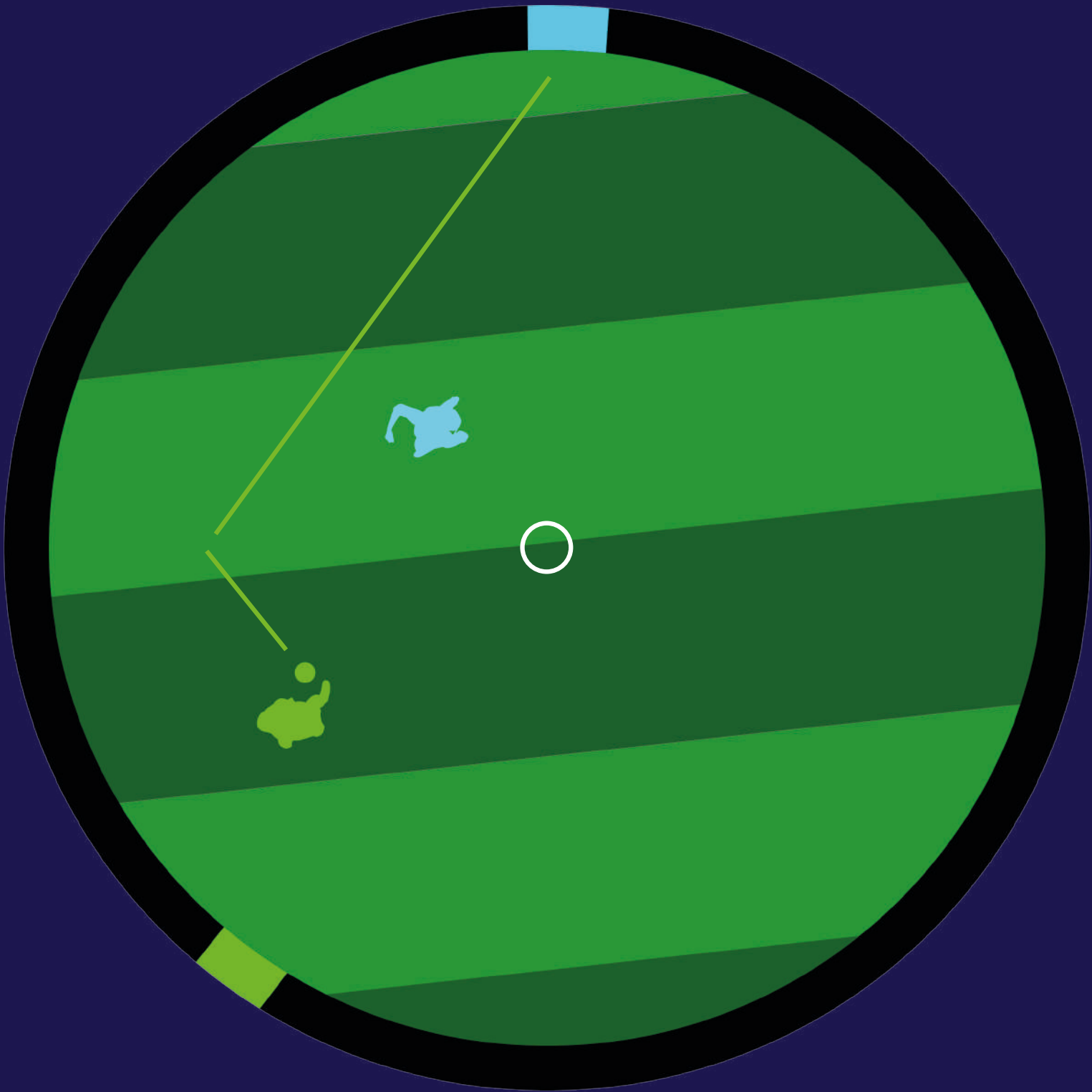
KING OF THE RING

Rules

- King of the Ring is a team game so must be played 1v1, 2v2 or 3v3.
- Either the green team or the blue team will start in the centre with the ball, depending on which teams lights show on the panels, and the starting team must hit one of their own panels to start the round.
- Once hit the round will begin and both teams will be given a target light of their opposition colour to try and hit (green team aiming for the blue goals).
- The game will stop when one team successfully hits the other teams light or when the round time is up.
- Rounds will continue until one team has won the best of series and their coloured lights will show around the ICON.
- Round times and the amount of games played is all up to the players, as well as self refereeing with any potential foul during play.

Benefits

- 1v1 Attacking and Defending scenarios; *beat your marker and you will score a point. Defending out a round which your opposition started with the ball could become crucial to the match score.*
- Agility
- Weight of pass; *if playing with a team mate allowing them to have more time with the ball by playing them a good pass could win you the round.*
- Accuracy of pass/shot into the target.
- Imagination; *King of the Ring testes your flair as a player and you will need to use a range of skills to beat the opposition.*
- Encourages forward thinking when attacking; get on the ball quickly and try beat your marker to catch him of guard.
- Fitness; *even 30-second rounds will give you an intense match where there is little time for a breather. Save energy when defending with good body positioning.*



ICON V2

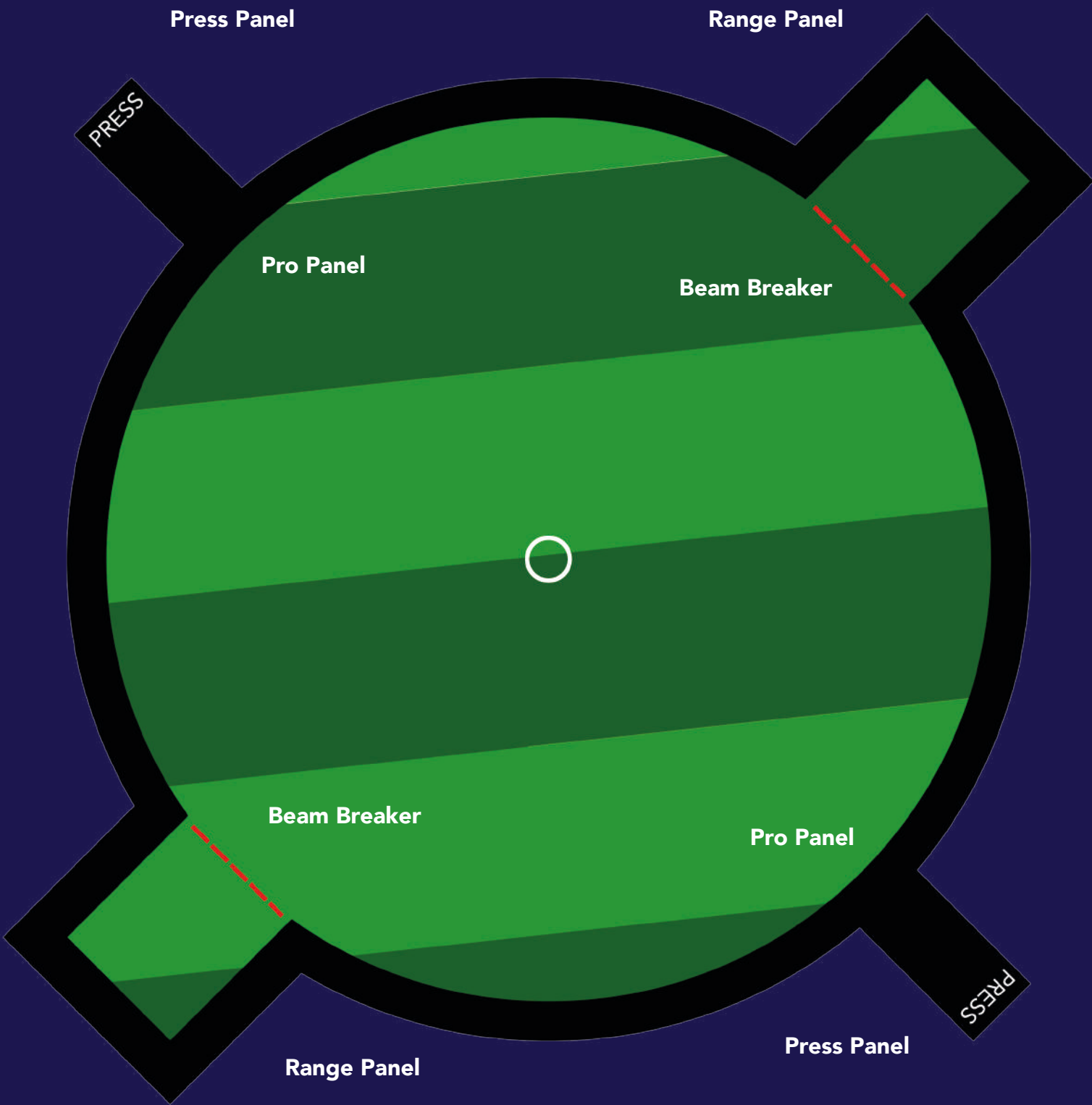
Specification

Same as the ICON with a 6M diameter which extends to just over 7M with the Range Panels. There are 24 panels to use and the V2 features our latest technology.

Has four additional features compared to the ICON. These are the Range Panels (extended passes), Press Panel (touch panels to press when possession is lost), Pro Panel (half the size of the normal panel for harder pass) and the Beam Breaker (which forces players to dribbling through a gate away from the centre).

Benefits

- Aerobic endurance
- Agility
- Anaerobic endurance
- Awareness
- Ball control
- Communication
- Concentration
- Decision making
- Dribbling
- Pressing
- Passing accuracy
- Passing technique
- Range of pass
- Speed of thought
- Turning
- Vision
- Weight of Pass



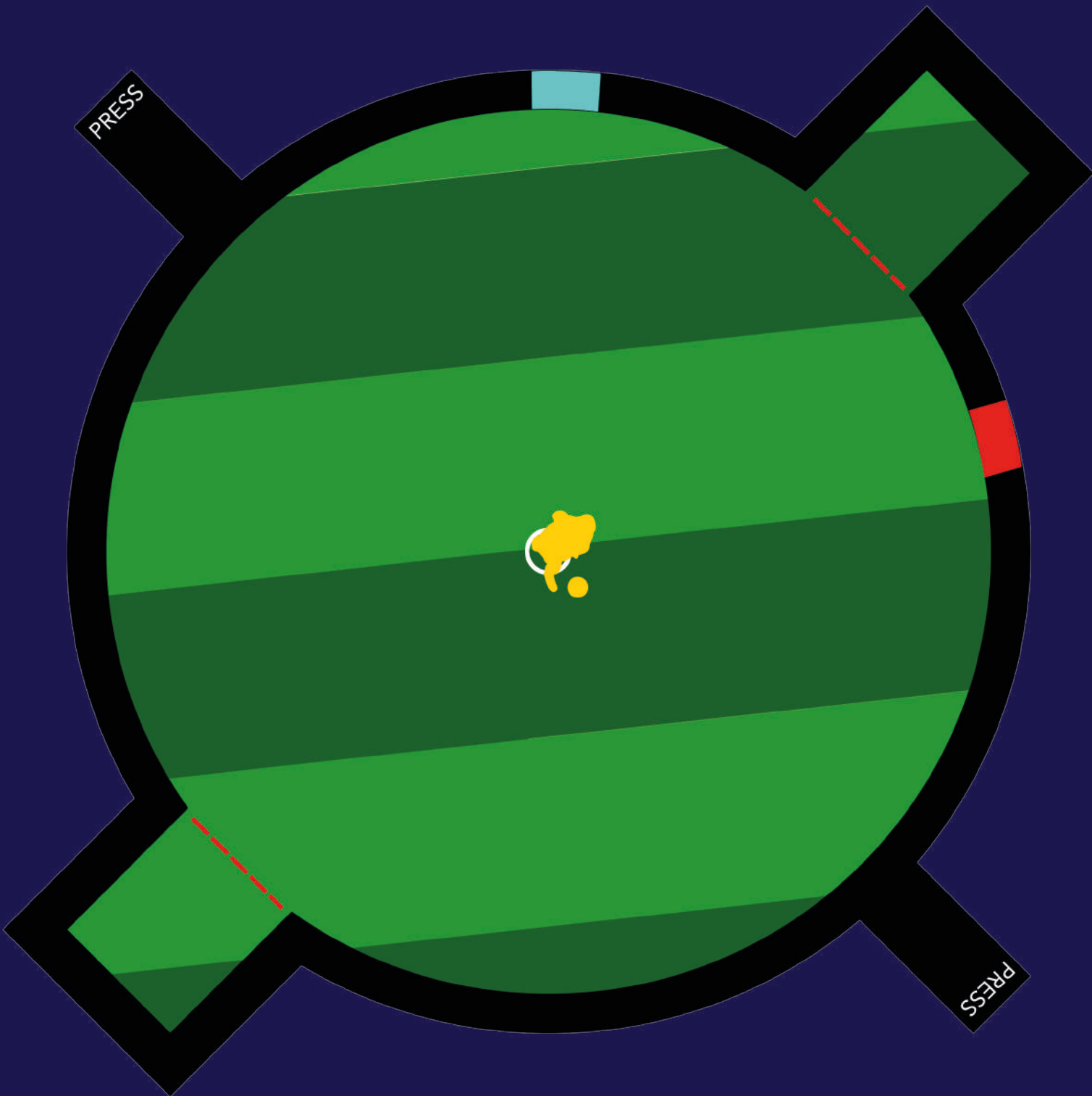
DYNAMIC

Rules

- The player will start in the centre of the ICON with the ball at their feet.
- Once the Dynamic training mode starts, the player will scan for the different lights which could be available to start scoring points.
- The target options are a blue light, a red light on the pro panel which will change to blue after a set number of seconds or an orange light which will change to blue after the player has dribbled the ball through the beam breaker. Once the beam has been broken, pass to the panel now the light has changed to blue.
- A successful pass to a red light will score the player 3 points.
- A successful pass to a blue light will score the player 1 point.
- Every time the player makes a successful pass, the light they have just hit will move to somewhere else on the V2.
- An unsuccessful pass will result in the game stopping until the player has hit both press panels which will appear one at a time.
- Continue to score points until the time finishes. At the end, the player will see their score in green with a tally of unsuccessful passes in red.

Benefits

- Game Simulating Training Mode; Dyanmic is our most game realistic training mode. It features msot aspects of a match during a short 60-second round. Passing, Pressing and Dribbling all fetaure heavily.
- Control; A good score can easily get away from the player if the ball is not controlled. Play from the centre and concentrate on the first touch.
- Speed; Good general speed is needed, whether this be to dribble through the Beam Breaker or close down the Press Panel.
- Passing Accuracy; A missed target in this training mode will destroy any good score. This teaches players to look after the ball in game.
- Agility; There is a lot of attributes needed for Dynamic but to be agile in a small space is key. A great drill for the players with low centre of gravity.



BEAM REPETITION

Rules

- The player will start in the centre of the ICON with the ball at their feet.
- Once the Beam Repetition training mode starts, the player will be looking for an orange light on one of the Range Panels.
- The player will dribble through the beam breaker causing the light to change from orange to blue.
- When the blue light has been passed to, the player will look for another blue light towards the middle panels on each side of the V2.
- Once the player has passed to this target, the cycle will restart with another orange light.
- A successful pass to a blue light will score the player 1 point.
- Continue to score points until the time finishes. At the end, the player will see their score in green with a tally of unsuccessful passes in red.

Benefits

- Fitness; *This training mode is a tough fitness drill where a player will find themselves out of breath. Repetition of this mdoe will improve a players overall fitness.*
- Decision Making.
- Passing Under Pressure; *Missing a target will make a player work even harder. This can translate in a game by teaching players that a loose pass and loss of possession can make the whole team work hard to win the ball back.*
- Technique; *Set yourself up with a good pass to recieve off the panel. A tired, bad weighted pass can have reproussions.*
- Awareness; *Scan for the targets as soon as you can to give yourself more time to set up the pass. Relates to checking your shoulder during a match.*

