

# TEAM TRAINING GUIDE

## TEAM LACROSSE TRAINING

TOP 5 EXERCISES & ACTIVITIES TO USE IN THE OFFSEASON

PAGE 12

# THE TOTAL ATHLETE EXPERIENCE

**IMG**  
ACADEMIES

CHOOSE SPORT + DATE +  
CUSTOMIZED TRAINING =  
TOTAL ATHLETIC DEVELOPMENT

**PAGE 20 PERFORMANCE TRAINING**

INSIDE: TEAM TRAINING FOR GOLF, TENNIS, BASEBALL, SOCCER, FOOTBALL, BASKETBALL

# IS YOUR TEAM READY TO OUTWORK AND OUTPERFORM THE COMPETITION THIS SEASON?

If so, nowhere else in the world can match the world-class facilities, coaching expertise, cutting-edge training programs and convenience offered at IMG Academies.

With team training available year-round for virtually any men's or women's high school, collegiate, professional or international squad, IMG Academies has the ability and experience to help your team reach its goals this year by helping athletes become stronger and faster, with more skill, confidence and focus. In the past year alone, we've hosted and trained teams ranging from high school football teams to women's collegiate lacrosse teams to multiple Major League Soccer teams to Davis Cup tennis teams and international rugby and cricket teams.

With **two** team training packages that are both fully customizable by adding the IMG Performance Institute (IPI) disciplines or other amenities that your team most needs, teams of all skill levels can find the right fit.



## Team Training Package 1 Train AT IMG

**FOR TEAMS**, it provides full access to campus facilities (fields, courts, driving range, weight room, etc.) and the opportunity to compete against IMG athletes and/or other visiting athletes and teams. It does not include access to IMG coaches and their methodologies. In package one, coaches coach their own teams during practice, competition and training.

**FOR COACHES**, it gives their athletes a chance to get away from the monotony of practicing at the regular training grounds and allows coaches to evaluate players in a different setting. Teams can also use the experience to grow and develop chemistry that translates to success.

**FOR ATHLETES**, they get the excitement and energy of training where so many past champions have trained and within an environment where there is a constant inspiring buzz of energy. The access to new competition not only builds skill and confidence, but provides insight as to what their peers are doing to be successful.

We can create a team training experience to meet your goals. To the right is a sample training schedule used by Toronto FC of MLS that your team could utilize if staying on campus.

As you read through, keep in mind that the logistics of specific times, fields, transportation, etc. would all be planned prior to arrival based on your needs.

## Sample Schedule

<b>Sunday:</b>	Check in
<b>Monday-Friday:</b>	
<b>7:30 a.m. – 8:15 a.m.</b>	On-campus Breakfast/ Training Room
<b>8:30 – 9 a.m.</b>	Dynamic on-field warm-up (supervised by own coaches)
<b>9 – noon</b>	Access to fields/courts/ ranges for skill-specific drills/instruction (supervised by own coaches)
<b>Noon – 1:30</b>	On-campus Lunch/ Training Room
<b>1:30 – 2:30 p.m.</b>	Optional Performance programs
<b>2:45 – 5 p.m.</b>	On-field instruction or scrimmages (Other options available for this time slot)
<b>5:30 – 6:30</b>	On-campus Dinner/ Training Room
<b>6:30 – 8:00</b>	Optional weight room session or off-campus team building trips
<b>Saturday:</b>	Check out (Teams staying multiple weeks often take trips to the beach, local attractions and more. The weekend can be fully customizable.)



**“Everything the IMG Basketball Academy staff did with our student-athletes was in full agreement with what we preach as a program. Hard work, dedication to your craft, commitment to team goals while improving your individual skills. These are all things we hold as core values at our school, and having the IMG Basketball Academy staff reinforce these ideals to our student-athletes is exactly what we needed.”**

## Team Training Package 2 Train WITH IMG

**TEAMS** have full access to facilities, plus the athletes are integrated into IMG programs to receive the full experience of coaching, training and competing that has made IMG’s athletes and teams so successful for more than 30 years.

**COACHES** get first-hand experience alongside IMG’s world-renowned coaches through classroom sessions and on-field observation. Coaches can devote their time to learning new training techniques and watching their players in action. Team-building exercises build are also incorporated to build overall team/player trust and camaraderie.

**ATHLETES** get the chance to train with and against new competition, raising their desire to train and perform. Sport-specific training will increase skill, while physical conditioning and team-building sessions under the tutelage of IMG Performance Institute specialists will build strength, power, speed, agility, endurance, confidence and help them reach their potential and build individual and team success.

We can create a team training experience to meet your goals. Below is a sample training schedule used by the Colombia Davis Cup team that your team could utilize if staying on campus.

As you read through, keep in mind that the logistics of specific times, fields, transportation, etc. would all be planned in conjunction based on your needs prior to arrival.

### Example Schedule

<b>Sunday</b>	Check in
<b>Monday-Friday:</b>	
<b>7:30 a.m. – 8:15 a.m.</b>	On-campus Breakfast/ Training Room
<b>8:30 – 9 a.m.</b>	Dynamic on-field warm-up (supervised by IMG specialists)
<b>9 – noon</b>	Skill-specific drills/ instruction with IMG teams/athletes (supervised by IMG coaches)
<b>Noon – 1:30 p.m.</b>	On-campus Lunch/ Training Room (Coaching clinics available)
<b>1:30 – 2:30</b>	Physical Conditioning (led by IPI specialists. Replaced one day/week with Team Building)
<b>2:45 – 5</b>	On-field instruction or scrimmages with IMG teams/athletes (option to replace with IPI programs)
<b>5:30 – 6:30</b>	On-campus Dinner/ Training Room
<b>6:30 – 8</b>	Optional weight room session or off-campus team building trips
<b>Saturday:</b>	Check out (Teams staying multiple weeks often take trips to the beach, local attractions and more. The weekend can be fully customizable.)

## TOP REASONS TO TRAIN AT IMG

### FACILITIES

- » Full access to world-class facilities
- » Convenience of training, eating and living on one campus
- » Safe and secure gated campus

### COACHING

- » Option to learn from world-renowned IMG coaching expertise
- » Discover new training methodology
- » Train with the coaches that train the pros

### PROGRAMS

- » Fully customizable by sport and team needs
- » IMG Performance Institute programs to facilitate your development as THE TOTAL ATHLETE

### ENVIRONMENT

- » Share the same facility with collegiate and pro athletes
- » Dynamic, inspiring campus vibe

### LOCATION

- » Year-round ideal Florida weather
- » Close proximity to beaches and amusement parks

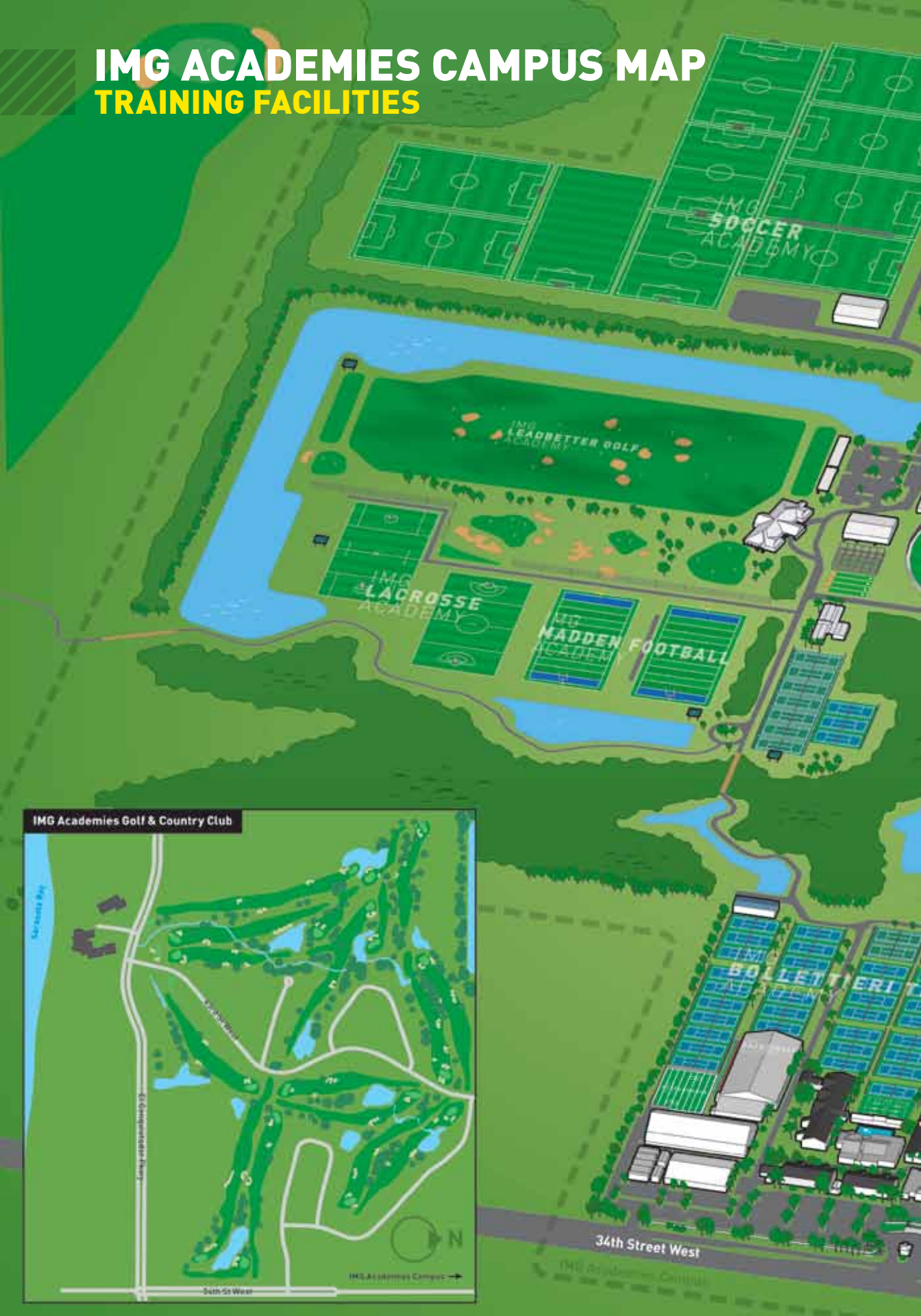
This book shows you all of the ways your team can improve while at the Academy; guides you through the process of building a customized team training program and provides some useful tips and advice.

No matter what your team needs, we can accommodate. Whether your team wants to focus on sport-specific training, competition, increasing performance or building mental strength, we can create the program. This season, choose to train at a location dedicated to helping you improve. It is where the world’s most passionate and driven athletes and teams go for inspiration. It is where the journey to success begins. It is IMG Academies.



# IMG ACADEMIES CAMPUS MAP

## TRAINING FACILITIES





- » 400-acre campus
- » 10,000 square-foot weight room
- » 56 tennis courts
- » 13 soccer fields
- » 3 full-size baseball fields and 4 practice fields
- » 3 football fields
- » 3 lacrosse fields
- » 2 basketball courts
- » Turf training field and four-lane track
- » 18-hole, championship-level golf course
- » Double-sided driving range, chipping/pitching stations and putting greens

# Camaraderie. Dedication. Trust. Unity.

Throughout the history of sport, the best teams have displayed these qualities. But what does it take for a collection of individuals to transform into one cohesive unit capable of achieving anything? It starts with a sacrifice of personal egos. It starts with a common goal. It starts with a bond formed over sweat and hard work.

It starts in the off-season. It starts in the preseason.  
It starts... at IMG Academies.



For more than 30 years, many of the world's top athletes and teams have chosen IMG Academies as their off-season training home. From the year-round beautiful weather to the professional-class facilities and the easy availability to any needed amenities, the Bradenton, Fla.-based Academy is a passionate athlete's dream training facility.



**Some IMG Academies  
on-campus highlights:**

- » 400 acres devoted to athletic development provides inspiration and motivation
- » State-of-the-art and perfectly maintained facilities
- » Gated entries and student service staff provide a safe and supervised environment
- » Housing available from one-bedroom lodges to five-bedroom houses
- » Multiple dining options
- » Close proximity to multiple airports and Florida's top vacation destinations
- » Two pools and a game room
- » Wellness Spa with a full assortment of services
- » IMG Sports Shop for apparel and supplies

## RISE TO THE NEXT LEVEL THIS SEASON WITH HELP FROM IMG ACADEMIES!

With multiple fields to accommodate any training needs and IMG Performance Institute specialists to help any athlete become stronger, faster and healthier, IMG Academies is the ultimate destination for boys' and girls' teams of all ages. Whether a team simply needs a field to train or requires a fully customized schedule, IMG Academies can tailor the right program. From hosting multiple events annually to IMG's

reputation as one of the world's leaders in event management, we can assure that your time at IMG Academies will run smoothly and effectively.

For a day, a weekend, a week or even longer, IMG Academies can provide the location for your team. Get a jump on your competition this year, as the off-season is where the journey to team success begins.

# BUILD YOUR CUSTOMIZED TEAM TRAINING EXPERIENCE

We thank you for your interest in team training at IMG Academies! As the world's largest and most advanced multi-sport training facility, we have the facilities and programs to accommodate any men's or women's high school, college or professional team. Whether you are looking for sport-specific training (we have hosted a variety of teams ranging from varsity baseball teams to MLS soccer teams to international cricket squads!), or want to focus strictly on getting bigger, stronger, faster and more confident with our Performance Team Training programs, we have an option for you.

## Step 1 Select a sport:

(Contact us for other sport availability)

Golf	Tennis	Baseball	Lacrosse	Soccer	Football	Basketball	Performance
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## Step 2 Select a team training program:

### TRAIN AT IMG TEAM TRAINING PROGRAM NO.1

- » Utilize IMG training facilities (e.g.: fields, courts, driving range and weight room).
- » Compete against IMG teams, individuals and/or visiting teams and players.
- » All training and instruction led by your own coaches

» 10-player minimum » 3-day minimum stay » Team coaches receive free lodging and meals with access to IMG training methodology (up to two coaches and one additional coach for every 10 additional players)

### TRAIN WITH IMG TEAM TRAINING PROGRAM NO.2

- » Full integration into IMG's world-renowned training programs, with instruction and training led by IMG coaches and performance specialists.
- » Includes sport-specific training, competition, physical conditioning, mental conditioning and more.
- » Coaches gain first-hand experience through classroom sessions and on-field observation

## Step 3 Customize your team training program:

Utilize any of the upgrades below to customize your experience. All of the upgrades will be delivered in a team format.

### PERFORMANCE PROGRAMS

- » Physical Conditioning
- » Mental Conditioning
- » Team Building
- » Communication Training
- » Nutrition Consultation
- » Vision Training
- » Athletic Regeneration
- » Recruiting Education

### OTHER SERVICES

- » BOD POD Testing
- » Dartfish/V1 Video Analysis\*  
\*Available for tennis players, golfers and specific aspects of team sports
- » Sports Massage
- » Athletic Trainer(s)
- » Transportation (to/from airport)
- » Organized nightly activities/trips

## Step 4 Choose accommodations:

**BOARDING** INCLUDES: Apartment-style dorms that accommodate two students per room, three meals per day, and 24-hour on-campus supervision

**NON-BOARDING** INCLUDES: Lunch

**Questions?** Call **800-872-6425**, or email [teams@imgacademies.com](mailto:teams@imgacademies.com)  
For more information or to register for a program, go to [imgacademies.com](http://imgacademies.com)

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## TEAM TRAINING PROGRAMS



08 Golf



09 Tennis



10 Baseball



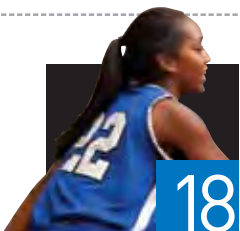
12 Lacrosse



14 Soccer



16 Football



18 Basketball



20 Performance

# GOLF TEAM TRAINING

- » Full-size, double-sided driving range
- » Short-game range with target greens, chipping/pitching stations and putting greens
- » 18-hole, championship-level golf course
- » V1 video swing analysis and TrackMan club-fitting technology
- » More than 25 full-time, Leadbetter-certified coaches who have developed or trained some of the top pros and junior golfers in the world
- » Training available for men's and women's teams

**"It's one of the best decisions my family and I ever made to go to the Academy. To me, it's a wonderful place to be around so many other great athletes and coaches."**

**PAULA CREAMER,**  
IMG Leadbetter alum and  
nine-time LPGA winner

## NOTABLE ALUMS:

**Paula Creamer » David Gossett  
» Julieta Granada » Sean O'Hair  
» Victoria Tanco » Peter Uihlein**



# TENNIS TEAM TRAINING

- » 56 tennis courts (US Open-grade hard, clay, outdoor and indoor)
- » Courts equipped with Dartfish video for match/technical analysis
- » “Nick’s War Room” offers inspiration during match strategy sessions
- » Competition for all skill levels available
- » More than 50 coaches schooled in Bollettieri philosophy who have developed some of the icons of the game
- » Training available for men’s and women’s teams



**“The Academy is filled with countless kids all chasing a dream and pushing themselves to reach their goals by using the energy that envelops the Academy every day. It’s an inspiring place to be and helped me realize my dreams.”**

**JIM COURIER**, IMG Bollettieri alum and four-time Grand Slam winner

## NOTABLE ALUMS:

**Andre Agassi » Jim Courier »  
Tommy Hass » Maria Sharapova  
» Jelena Jankovic » Serena and  
Venus Williams**



# BASEBALL TEAM TRAINING

- » Three flawless, full-size fields
- » Four infield training diamonds
- » 15 practice mounds and 12 batting cage stations
- » ProBatter pitching simulation machine
- » Coaches with MLB playing and coaching experience
- » Dartfish video analysis

**"It's like family here – everyone's working hard and you get what you put in. You'll be in the best shape of your life."**

**IAN DESMOND**, who in 2010 earned the starting shortstop position for the Washington Nationals after winter training at IMG Academies



## NOTABLE ALUMNI & TEAMS:

Mark Buehrle » Josh Hamilton » Jamie Moyer » Joey Votto » Vernon Wells »  
Ryan Zimmerman » University of Illinois » Indiana University »  
University of Kansas » Ohio State University » University of Connecticut



## Top 5 drills to improve your skill

A “five-tool player” is a term widely used in baseball to describe a position player who is proficient in all key areas: hitting for average, hitting for power, fielding, throwing and running. Here are five drills to help each of those areas.

**HITTING FOR AVERAGE.** Because a strike zone is a three-dimensional space (height, width and depth), use a tee to place balls at various locations in the strike zone. Concentrate on pulling balls on the inside 1/3 of the plate, going opposite field with balls on the outside 1/3 and making solid line drive contact from gap to gap with balls in the middle.

**HITTING FOR POWER.** Notice how most power hitters don't look like they are over-swinging? That's because they rely on balance, full-body power and basic physics of a ball hitting a bat. During batting practice, focus on hard-hit balls, not distance. Be especially aware of rotating your hips and shoulders, moving your hands in a straight path through the ball (rather than with a severe uppercut) and transferring weight from the back leg to the front.

**FIELDING.** Proper footwork is just as necessary as glove work to the best fielders. Form an approximately 30-foot circle with 8 cones and designate one thrower and one fielder. From the outside of the circle, the thrower designates a cone and throws the ball to it. The fielder, using crossover steps for cones to the sides and drop steps for those behind, goes at the appropriate speed to field each ball to work on first-step direction, foot speed and body control.

**RUNNING.** A batter who can beat out some infield hits and steal bases can be a huge weapon for a team. During batting practice, work on hitting ground balls and quickly getting out of the box toward first base. The first few acceleration steps should include the chest over the knees with short, rapid high-knee steps before increasing to your proper sprint stride. The hands should pump from shoulder height to the side, without crossing over, and the stride should take you through the bag, not stopping at it.

**THROWING.** Weight training can help, but the best way to increase arm strength (and accuracy) is by throwing often at multiple distances. When playing catch, start at a distance of 45 feet until fully accurate, then move to 60, 90 and finally 120. Concentrate on keeping your fingers behind the ball with a four-seam grip. Throw from the ground up to use full-body power and continue momentum toward the target.

## CUSTOMIZE YOUR PROGRAM

[See inside cover for more info]

## Vision Training

- » **Hand-eye coordination.** Make better contact at the plate and increase fielding percentage.
- » **Peripheral vision.** See when a runner is breaking to steal a base.
- » **Reaction time.** Identify the kind of pitch and whether or not it will be a strike.
- » **Depth perception.** React accordingly to sharply hit balls.
- » **Concentration.** Improve performance during long games and clutch situations.

# 3 QUESTIONS WITH KEN BOLEK

IMG Baseball Academy Director



1) **Over your coaching career, what is the most common trait the best players have possessed?**

The most common trait of the best players has been their desire to succeed. There are many personal characteristics that comprise that type of makeup – confidence, work ethic, focus, attention to detail – and all contribute to seeing and realizing a lifetime objective.

2) **How important is chemistry to a baseball team?** A team creates and adopts a personality. When a group strives toward a common goal, only positive results occur. Chemistry between teammates is based on everyone adhering to that goal. The “no ‘I’ in team” encapsulates the message.

3) **What do you most remember about the best player you've ever seen play in person?** I met and had lunch one day with Derek Jeter on the IMG Academies' campus. Obviously, most everyone in the room recognized him. He was very relaxed and gave me the impression that our brief time together meant something. Maybe the respect he gives to people, regardless of who they are, is also why he is one of the most respected players in all of professional sports.

# LACROSSE TEAM TRAINING

- » Multiple professional-quality lacrosse fields
- » Training aids to help in all phases of the game
- » Game strategy/film room
- » Dartfish video analysis
- » Training available for men's and women's teams
- » IMG Lacrosse Academy directed by eight-time MLL/NLL world champion Kevin Finneran

From the physical training to the mental aspect, vision, nutrition – it's a holistic approach to becoming a better athlete. For me, I don't just want to be a lacrosse player, I want to be a total athlete and that's exactly what you become here."

**MAX SEIBALD**, Team USA gold medalist, MLL/NLL star and 2009 Tewaaraton Trophy winner



## NOTABLE ALUMNI & COACHES:

Kevin Finneran, Director of the IMG Lacrosse Academy and eight-time MLL/NLL champion » Ted Garber, MLL coach » Matt Kerwick, U of Jacksonville head coach » Hannah Nielsen, two-time Tewaaraton Trophy winner » Mike Pressler, Team USA head coach » Paul Rabil, 2009 MLL MVP and Offensive Player of the Year » Max Seibald, U of Florida head coach » Chazz Woodson, one of most dynamic players in MLL



## CUSTOMIZE YOUR PROGRAM

[See inside cover for more info]

## NUTRITION

- » **Personal profile.** Measure body composition, projected growth status and current fitness level to determine the correct diet.
- » **Dietary intake.** Address current diet, eating patterns and fluid balance.
- » **Personal plan.** Choose the correct foods and when to eat them to perform at a peak level.
- » **Education.** Determine whether additional vitamins or legal supplements are needed.

## Top 5 exercises and activities to utilize in the off-season

**From technical work to strength and speed training to observing the attributes of great players, incorporate these activities into your off-season training regimen to help prepare for the season.**

**STICK-HANDLING.** You should have your stick in your hands at least 3-4 times a week during the off-season. Spend at least a half-hour playing wall ball or catch with a friend. Dedicate 15 minutes to each hand! Also, if you have access to a goal, spend a fair amount of time shooting, with an emphasis on hitting all four corners of the goal.

**PHYSICAL TRAINING.** The best stick work in the world won't help you if you can't create open space for yourself. Work with your school's fitness coach or a strength and conditioning expert to formulate a plan that incorporates strength, agility and endurance training. Playing other active sports will also add elements that translate well to lacrosse.

**OBSERVING.** Go online and watch NCAA or World Championship lacrosse games, but don't just watch for entertainment. Focus on a player, watch their moves and plan to add it to your practice routine. There's a reason they play at such a high level and by repeatedly practicing their moves, you can add to your game.

**GROUND BALLS.** Ground balls win games. Period. To become a human vacuum, you need the proper technique. Keep your body low to the ground and in between the ball and your opponent. Keep your hand nearest the butt end of your stick down, explode through the ball and immediately cradle and tuck your stick. Look to pass right away or run away from pressure.

**SHOOTING.** Shoot, shoot, shoot! Grab a bucket of balls and shoot until you rip a hole in the net. The best shooters often don't have the fastest shot, but the most accurate. That comes from taking thousands of shots for all situations: lefty and righty, stationary, on the run and off a cut.

## 3 QUESTIONS WITH KEVIN FINNERAN IMG Lacrosse Academy Director



### 1) When did you realize that you were good enough to play professionally?

My senior year in college is when I knew I had what it took to be a successful professional lacrosse player. Since I didn't start playing

lacrosse until my sophomore year in high school, it took me a few years to catch up to the competition. By my senior year, my confidence, skill and drive were high and I knew I could take my game to the next level and beyond.

### 2) What was the hardest part about making it to the pros?

The hardest part about making it to the pro's was that I came from a small school, Ohio Wesleyan. I had to prove to the management and coaching staff that I could compete against Division I lacrosse players who were accustomed to playing against the strongest, fastest and most skilled players. After being named an All-Star in my rookie year, that doubt in my abilities was completely erased.

### 3) What's the toughest obstacle you had to overcome during your athletic career?

Whenever I have a chance to speak in front of youth, high school and collegiate athletes, I remind them that sports are full of ups and downs. For me, the biggest obstacle I overcame was being named a member of the United States National Lacrosse team in 1998 after being the last player cut four years earlier in '94. I kept my focus on what really mattered, trained harder than ever, and was rewarded with a gold medal.

# SOCCER TEAM TRAINING

- » 13 professional-quality soccer fields
- » Varying levels of competition available for scrimmages
- » Game strategy/film room
- » Dartfish video analysis
- » Winter training home of multiple MLS teams
- » Coaches with professional playing and coaching experience who have placed more than 40 players into professional soccer
- » Training available for men's and women's teams

**"It's the perfect environment for a young player or a pro player to come and spend time and concentrate on their sport. You don't get any better than this."**

**JUAN PABLO ANGEL**, who did winter training with the New York Red Bulls at IMG Academies and formerly played for Aston Villa in the Barclays Premier League



» Training home of the U.S. Soccer U-17 Residency Program, which has produced players like Jozy Altidore, Michael Bradley, Landon Donovan, Tim Howard and many of the nation's top players.

## NOTABLE ALUMNI & TEAMS:

» **MLS TEAMS** Chicago Fire, Colorado Rapids, Columbus Crew, D.C. United, Kansas City Wizards, New York Red Bulls, Toronto FC

Blair Gavin » Tim Howard » Kyle Martino » Kurt Morsink » Heath Pearce

» **WOMEN'S COLLEGIATE & INT'L TEAMS** Canada Women's National and U-16 Teams, China Women's Olympic Team, Germany U-16 Girls' Team, Texas A&M Women's Team

» **MEN'S INT'L TEAMS** Australia Olympic Team, Brazil U-17s, Canada U-17s, Chile U-17s, England U-17s, Germany U-18s, Paraguay U-17s, U.S. National Team

## Top 5 formations in today's game

**There's no magic formation for every team. Depending on your team's strengths, one of the below formations may help your team this season.**

### 3-4-3

(THREE DEFENDERS, FOUR MIDS, THREE FORWARDS)

Most notably used by: Chile in the 2010 World Cup

**PROS:** Geared toward an attacking-minded team. With seven players ready to attack, the formation creates goal-scoring opportunities. Doesn't require a well-conceived buildup through the midfield. Fun to watch and play.

**CONS:** Very susceptible to counterattack if only three remain in defense. Requires a high degree of fitness for players to cover much of the field. Players need experience in how to transition from defense to offense and vice versa.

### 4-3-3

(FOUR DEFENDERS, FOUR MIDS, THREE FORWARDS)

Most notably used by: Spain, Brazil, Netherlands

**PROS:** Attacking wingers can stretch the defense wide, creating mismatches and opening the middle. Can create confusion for the defense. Allows players to easily slip into other similar formations more conducive to attacking or defending, depending on the situation.

**CONS:** Requires a highly skilled team. Susceptible to counterattacks if the backs get forward. At least two of the forwards often have to drop back and defend.

### 3-5-2

(THREE DEFENDERS, FIVE MIDS, TWO FORWARDS)

Most notably used by: Argentina during the 1980s

**PROS:** Perfect for an attacking team with strong distributors in the midfield. Can attack from multiple angles, as well as covering opponent's attacking wings.

**CONS:** Defenders need to zone mark, instead of man mark, which can create confusion if playing an opponent with three forwards. Forwards need to be in sync and spaced, with one running off the ball and one holding the ball to distribute in counters.

### 4-4-2

(FOUR DEFENDERS, FOUR MIDS, TWO FORWARDS)

Most notably used by: USA, England

**PROS:** When typically played with two defensive mids and two attacking mids, allows for six behind the ball. Very possession-oriented and helps stifle an attack-heavy opponent. Can be played by a team with a lower fitness level than an opponent.

**CONS:** Lacks flair, as it is often used to grind out 1-0 wins or draws. Most attacking is done with four, creating very few opportunities.

### 4-5-1

(FOUR DEFENDERS, FIVE MIDS, ONE FORWARD)

Most notably used by: Italy in 2006

**PROS:** Highly defensive. Often baits another team into repeated attacks before springing a counter. Helps protect a lead. Simplifies the role for defenders. Can create mismatches in the midfield.

**CONS:** Requires a sturdy striker who can hold the ball and wait for help or produce with their back to the goal. Time spent defending will inevitably lead to chance for opponent. Players need to know when to attack and when to stay in defense.

## CUSTOMIZE YOUR PROGRAM

[See inside cover for more info]

## MENTAL CONDITIONING

- » **Awareness management.** Increase motivation, desire and readiness.
- » **Energy management.** Learn how to properly activate positive emotions.
- » **Thought management.** Boost levels of confidence, concentration and positive attitude.
- » **Relationship management.** Improve group/interactive dynamics.
- » **Application management.** Transfer positive elements from sport into life and vice versa.

# 3 QUESTIONS WITH KEITH FULK

IMG Soccer Head Boys Coach



1) **How important is it for development to have athletes train with other skilled and dedicated athletes?** To be in a challenging environment on a daily basis is one of the most important aspects for success. It's the basis for how the U.S. Soccer U-17 Residency Program works. The more you train with other talented players, the more it pushes you to improve.

2) **What is the most common trait that separates the top players?** Technical development. Desire. A lot of time inner will carries you more than

pure talent. The National Team's Michael Bradley is a perfect example. He's not the fastest kid. He's not the strongest. He's not the most technical. But his willingness to learn and compete took over and willed him. He would ask questions and do everything he could to improve. His mentality was second to none.

3) **What skills help make a high school player desirable to a college coach?** Focus. Athleticism. Technical ability. Professionalism. The kids who grasp onto teaching, are willing to learn and apply aspects to their game look great to a coach. Those who take care of their mind and body through exercise, eating right and resting will shine.

# FOOTBALL TEAM TRAINING

- » Multiple professional-quality fields
- » Training aids to help in all phases of the game
- » Game strategy/film room
- » Dartfish video analysis
- » IMG Madden Football Academy endorsed by legendary coach/analyst John Madden and directed by Heisman/National Championship winner Chris Weinke

**“Training at IMG Academies is the best. I know when I come here that I’m going to get the best workout possible. I wouldn’t want to go anywhere else.”**

**DEXTER MCCLUSTER**, one of the NFL’s top rookies for the Kansas City Chiefs



## NOTABLE COACHES:

**Chris Weinke** » **Dan Morgan**, first NCAA player to win Butkus, Bednarik and Nagurski awards in same season » **Tom Nutten**, Super Bowl champion played 8 seasons in NFL as an OL » **Tom Pratt**, Super Bowl champion has worked with Mathias Kiwanuka, Warren Sapp, Derrick Thomas and others » **John Robinson**, former USC coach is a College Football Hall of Fame member » **George Sefcik**, has coached Anquan Boldin, Darren McFadden, Tony Romo and others » **Terry Shea**, QB guru has worked with Sam Bradford, Josh Freeman, Matthew Stafford, Brady Quinn and others



## Top 5 tips to scout an opponent

**The difference between a win and a loss often comes down to the tiniest details. Whether you're watching football on television, viewing game footage, attending in person or playing on the field, use these keys to get a read on the tendencies of your opponent.**

**QUARTERBACKS.** Key on the safeties, as they will most often give away the defensive coverage before the snap. If a safety rotates down towards the line of scrimmage, the middle of the field is likely closed. If both safeties stay deep and two across, consider the middle of the field open. When making a decision on where to throw the football, if the middle of the field is closed, start outside. If the middle of the field is open, start inside. When in doubt, throw to a receiver going from inside out.

**RUNNING BACKS.** If pass blocking, check the linebackers and defensive ends. If a linebacker starts creeping to the line of scrimmage, he could be giving away a blitz. A defensive end split wide may mean he has contain and signaling a possible inside blitz by the linebacker.

**WIDE RECEIVERS.** Watch whether the defensive back has inside or outside leverage. Inside leverage means he likely doesn't have help inside or is in man coverage and is using the sideline as an extra defender.

**DEFENSIVE BACKS.** The alignment of a receiver often gives away the route. A shortened split often signals an out-breaking route, with a wide split likely meaning a vertical or in-breaking route. It's dangerous, but watching the feet of a quarterback can help with a read – the deeper the drop, the deeper the route.

**DEFENSIVE ENDS/LINEBACKERS.** Quarterbacks often have tendencies. Many who wiggle their fingers under center will stop immediately before the ball is snapped. When scanning the field, many quarterbacks have a tendency to drop their head immediately before the ball is snapped. This will allow defensive ends to get a jump on the snap count.

## CUSTOMIZE YOUR PROGRAM

[See inside cover for more info]

## PHYSICAL CONDITIONING

- » **Strength and power.** Develop stability and propulsion, force rate, and range of motion.
- » **Movement.** Utilize plyometrics, multidimensional movement and technical mechanics.
- » **Core posture.** Establish proper firing patterns and activate stabilizers.
- » **Mobility/flexibility.** Learn dynamic warm-ups and isolated stretching.
- » **Energy system development.** Enhance using metabolic training and specific training zones.

## 3 QUESTIONS WITH CHRIS WEINKE IMG Madden Football Academy Director



**1) What do you most remember about your national championship season at Florida State?** Definitely how hard everyone worked in the off-season. Every player

completely dedicated themselves to the team and the single goal that we had – to win a national championship. We had the perfect mix of talent and leadership.

**2) How do the individual accolades (Heisman) compare to team success (national championship)?** As an athlete who has played team sports my whole life, there is no better achievement than winning a championship. It should be the goal of every athlete that plays a team sport. Individual awards, while being a great honor, are truly a reflection of your supporting cast and pale in comparison to team success.

**3) What is the best piece of advice you ever received?** "Stay true to yourself and don't try to be someone else. At the end of the day, your best will be good enough." I've tried to live my whole life by that philosophy.

# BASKETBALL TEAM TRAINING

- » Multiple full-size basketball courts
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**RICK BARRY**, Member of NBA's 50 Greatest Players  
and Basketball Hall of Fame



## NOTABLE ALUMNI & TEAMS:

Chauncey Billups » Dejuan Blair  
» Corey Brewer » Vince Carter »  
Jrue Holliday » Courtney Lee »  
Kevin Martin » Tayshaun Prince

» TEAMS Florida State University  
Women's Basketball Team » Great Britain  
Men's National Team » Ateneo de Manila  
University Men's Team (Philippines)

## Top 5 all-around drills

Every team covets a player who is proficient in all vital areas of the game. Here are five drills to raise your skill level in each.

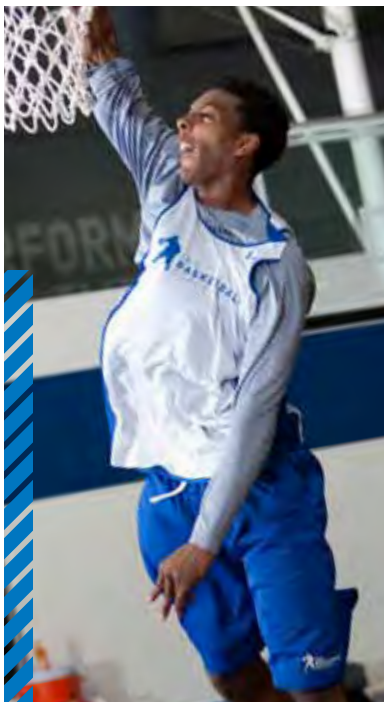
**SHOOTING.** The key is constant repetition. Start simple and build from your foundation. Make sure to focus on keeping your feet stationary and follow through straight through the front of the rim. Start at five feet and work your way back to the free throw line. Start with stationary shooting, then rotating in, stepping into your shot with both a left-right step and a right-left step. Once you have built your foundation, you can start working on your shooting off the dribble.

**BALL HANDLING.** The world's best ball handlers are able to control the ball without staring at it. Start with dribbling in a stationary position without looking at the ball. To increase difficulty, add another ball and work with both hands simultaneously. Once you can dribble two balls standing still, work on changing directions and adding a variety of moves (crossovers, between the legs, behind the back, spin dribble).

**PASSING.** As with ball handling, you should be able to pass with both hands. Tape a 2'x2' box on a wall and work on throwing right-handed, left-handed and two-handed passes into that box from 15 feet. Try to hit 19 out of 20 passes. Then add the ball handling drills and see if you can hit the box with the same accuracy on the dribble. Do the same at full speed to simulate game situations.

**DEFENSE/CONDITIONING.** Any player who can defend and consistently shut down an opponent will always find their way onto a roster and eventually onto the court. Research agility drills and focus on foot speed and lateral quickness as you prepare for the season ahead. Do your footwork drills in 30-second intervals with a constant change of speed, which will prepare you for the change of pace required in the upcoming season.

**REBOUNDING.** Standing about halfway between the backboard and free throw line, throw the ball softly off the backboard. Explode up to the ball with your arms straight up to snatch the ball out of the air. Focus on landing with a strong and balanced base with the ball protected, then pivot to outlet to the point guard. Work straight-on from both sides of the lane, then toss to the other side of the rim and rebound on the opposite side of the paint.



## CUSTOMIZE YOUR PROGRAM

[See inside cover for more info]

## ATHLETIC REGENERATION

- » **Biomechanical assessment.** Identifies movement patterns and areas possibly prone to injury.
- » **Dynamic warm-up program.** Prepare the body for an intense workout.
- » **Hot/cold contrasts.** Recover more quickly from chronic/acute injuries.
- » **Sports massage.** Restore your body and overall energy level.

## 3 QUESTIONS WITH ANDY BORMAN IMG Basketball Academy Director



1) **As a member of Duke's 2001 national championship team, how did the players handle the lofty expectations given before the season began?**

We entered that season with the hunger and desire to improve every day. We never looked past the week of practice ahead or the next opponent. The most important part of that team is that we were held accountable by our coaches, our captain, and each other to get better every day.

2) **With five future NBA players on that team, how important was team chemistry?** It was unlike anything that I've ever experienced in the game of basketball. We were together all the time and it was by choice. We were already good teammates, but we became great friends as well. We all stay in touch to this day, and I don't see that changing 10 or 20 years from now.

3) **As a member of the Duke men's soccer team, how did you balance playing two sports, while still focusing on academics?** Time management. Playing both basketball and soccer was extremely demanding and didn't leave me with any down time until the beginning of the summer. Even then, it was time to train for the year ahead. The most important thing is that I loved playing both sports and didn't mind putting the time in to contribute to both teams to the best of my abilities.

# PERFORMANCE TEAM TRAINING

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**MARIA SHARAPOVA**, three-time Grand Slam winner



## NOTABLE ALUMNI, CORPORATIONS & TEAMS:

Starbucks » Under Armour » University of Alabama » Florida State University » University of Southern California

Jozy Altidore » Anquan Boldin » Drew Brees »  
Kobe Bryant » Paula Creamer » Eli Manning »  
Tony Romo » Maria Sharapova » LaDainian Tomlinson »  
Serena Williams » Discover Card » Gatorade » NASA »

## Top 5 tips to perform to your potential



Preparation for a season requires an all-around development plan. Utilize the following training tips for strength and conditioning, mental strength, nutrition, vision and athletic regeneration to jumpstart your journey to maximum performance.

**PHYSICAL CONDITIONING.** No one exercise will replace a varied program that isolates strength vs. agility training, but the exercise that comes closest? The Power Snatch. This exercise initiates a response from nearly every muscle group, directly benefiting strength, power and speed. Work with a specialist when first trying the exercise to ensure correct form and minimizing the chance of injury.

**MENTAL CONDITIONING.** The “controllables” vs. “uncontrollables.” You cannot control certain elements of competition, such as the officials, opposition or weather. If an “uncontrollable” doesn’t go your way, why waste energy on it? Focus on “controllables” like preparation, confidence and reactions, and you’ll be able to better stay focused.

**NUTRITION.** Protein shakes are sometimes listed as the answer to all nutrition questions. However, two extra protein shakes a day for 10 days can add 1 pound of body fat rather than muscle. Work with a registered nutrition to develop a correct plan for your body type.

**VISION.** Eye muscles move approximately 15 times faster than neck muscles, and they can be trained to work stronger and faster, just as a “normal” muscle. One of the most overlooked training elements, vision exercises (search the Internet) can greatly improve reaction time and focus speed.

**REGENERATION.** Most injuries are directly related to an improper warm-up. Using a dynamic stretching program that consists of at least 15 minutes of jogging, jumping and other mildly strenuous exercises that rise in intensity will help prepare the body for competition. A cool-down with static stretching of each major muscle group will also help with recovery.

## CUSTOMIZE YOUR PROGRAM

[See inside cover for more info]

## TEAM BUILDING

- » **Improve communication.** Helps reduce conflicts between teammates, teammates/coaches and child/parent.
- » **Body language.** Your body language often says more than your words do.
- » **Building self-confidence.** Feel comfortable being a leader and expressing yourself.
- » **Self-awareness.** Learn more about who you are and how to highlight your attributes.
- » **Conversational skills.** Talk to parents, coaches, teachers, bosses or anyone without feeling uncomfortable.

# 3 QUESTIONS WITH TREVOR MOAWAD IMG Performance Institute Director



### 1) What does it mean to be a complete athlete?

At some point in an athletic career you start to recognize the difference between you and the other guy is what he will do and what you won't do.

It's a series of simple things done consistently that keep the best competitors on top. You can make it more complex than that – politics, personalities, opportunities – but the reality is, if you're not getting something or somewhere, it's usually because you haven't earned it.

### 2) How big of a role does mental strength play in the success of an athlete?

An athlete's mind is like a steering wheel. It guides the direction and purpose for any competitor. Understanding that, the right thoughts and internal processes can significantly impact performance.

### 3) What attributes would you use to create the perfect athlete?

The perfect athlete would certainly be talented with athletic aptitude, but also a competitor who has perspective and has experience with difficulty and expectation. They would see pressure as a reflection of ambition and be engaged in the right habits – nutrition, pre-hab, film study, recovery.

# SUCCESS TAKES PLANNING...



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