



FTBL ACADEMY
Training Club

The Lab **Session Ethos**

We are building **individual problem-solvers**. Soccer is **space + timing**, and the principles of **offense, defense, and transition** are always on.

Training first. Games prove learning.

Session outcome: every player leaves with one upgraded skill, one upgraded decision, and one boost of confidence.

We train players to solve moments. Soccer is space and timing, and the principles of offense, defense, and transition are always on. In The Lab, we define the game, we repeat the fundamentals with precision, and we discover creativity through massive repetition. Coaches are educators: guided discovery, not joystick coaching. We measure progress with TIPS, track each player's Noticeable Flaw, and fix it through high-rep mastery and competitive proof. We build The Owl (scanning), The Diamond (support), and The Hunter (5-second transition mentality). Training first. Games prove learning.



3-Minute “Lab Talk” (Fire + Education)

(Gather them in. Calm voice. Eye contact. Pause.)

Alright—bring it in. Eyes up.

Welcome to The Lab.

In here, we don’t just run around and hope. **We build players who can solve problems**—in real time. Because soccer is not one long play. Soccer is a chain of **moments**. And every moment is asking you a question:

- Can you keep the ball?
- Can you move it forward?
- Can you win it back?
- Can you attack before they organize?
- Can you defend before they breathe?

So today, we’re training for **offense, defense, and transition**—because those are happening **all the time**.

(Point to head.)

First rule of The Lab: **The Owl**.

Before you touch the ball, you scan. You look over your shoulder. You get information.

If you don’t scan, you’re playing blind. And in this sport, blind players lose time... and time is everything.

So today, I want to hear you say it:

“Owl!”

(Players: “Owl!”)

Good. That means: scan first.

(Point to space around them.)

Second rule: **The Diamond**.

When we have the ball, we don’t stand flat, we don’t hide, we don’t watch. We build angles. We give the ball carrier **solutions**—width, depth, support.

If your teammate is stuck, that’s not their problem—**that’s our shape**.

So today when you move, you’re asking:

“Am I helping? Am I an option? Am I a solution?”

Say it:

“Diamond!”

(Players: “Diamond!”)

Good.

(Step forward, more intensity.)

Third rule: **The Hunter.**

When we lose the ball, we don’t complain. We don’t freeze. We don’t blame.

We follow the **5-Second Rule.**

The moment we lose it, we have **five seconds** to win it back—together.

That’s how we control games. Not with luck—with **mentality and speed.**

So if you lose it, your next job is not to be upset. Your next job is to become the Hunter.

Say it:

“**Hunter!**”

(Players: “Hunter!”)

Yes.

Now here’s what makes The Lab different:

We don’t measure you by the scoreboard today. We measure you by **TIPS:**

- **Technique** — can you execute clean under pressure?
- **Insight** — are you scanning? are you choosing the right action?
- **Personality** — bravery, leadership, grit... are you hiding or hunting?
- **Speed** — speed of body and speed of thought

So today, I’m watching for one thing in each of you—your **Noticeable Flaw.**

Not to judge you. To **help you.**

Because if we can identify it and fix it here, in The Lab... you become dangerous in games.

So here’s the promise:

You bring effort and focus—

I’ll bring clarity and coaching—

And we will build you into a better player **rep by rep.**

Last thing.

In The Lab, we do it the FTBL way:

- We train with discipline.
- We compete with bravery.
- We support teammates with leadership.
- And we learn fast—because mistakes are allowed... but quitting is not.

Alright—today is simple:

Owl. Diamond. Hunter.

Scan. Support. Win your moment.

Lab is open. Let's work.





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The FTBL Learning Loop (run this all session)

DEFINE → REP → DISCOVER → PROVE

1) DEFINE (Clarity) – “What does success look like?”

Give 1–2 simple definitions that the whole session returns to.

- “Offense: keep it, progress it, finish it.”
- “Defense: pressure, cover, balance.”
- “Transition: become The Hunter in 5 seconds.”

2) REP (Repetition) – “Massive touches, clean standards.”

High reps, high focus, high feedback.

- Two clean reps > ten rushed
- Two-foot comfort
- First touch has a purpose

3) DISCOVER (Guided Creativity) – “Show me your solution.”

Creativity is not random – it’s choice built on reps.

- Ask questions. Don’t joystick.
- Let them try. Let them fail. Let them adjust.

4) PROVE (Game-True) – “Now do it under pressure.”

Small-sided games and duels where decisions matter.

- 1v1 / 2v2 / 3v3
- Constraints that force scanning, angles, transitions
- Compete hard, reset fast



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The Lab Non-Negotiables (we coach these every session)

The Owl (Insight) – Scan first

- Scan before receiving
- Head up between touches
- Coach line: “Show me your Owl—what did you see?”

The Diamond (Support) – Always give solutions

- Width + depth + angles
- Don’t hide behind defenders
- Coach line: “Build your Diamond—give the ball carrier answers.”

The Hunter (Personality) – Transition wins games

- On loss: 5-Second Rule
- First step forward: win it back or delay
- Coach line: “Hunter behavior—5 seconds, go.”

Technique under pressure (Technique)

- Body shape
- First touch direction
- Clean strike / clean pass
- Coach line: “Quality first. Speed second. Now prove it.”



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Coach Voice (how we speak in The Lab)

We are elite, calm, direct. No hype. No chaos. Precision + belief.

3 tones we rotate

1. Teacher (Define): “Here’s the moment and the solution.”
2. Trainer (Rep): “Again. Cleaner. Faster. Two-foot.”
3. Competitor (Prove): “Win your moment.”

Guided Discovery Questions (go-to set)

- “What moment is this—offense, defense, or transition?”
- “Where is the space?”
- “What does your first touch solve?”
- “Did you scan? What did you see?”
- “Are you the Hunter or the Hider right now?”



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The Discipline Framework (how we run it)

Standards create confidence.

- Start on time, organize fast
- Clear demo (10 seconds), then reps
- Short coaching moments (10–20 seconds), then play
- Correct one thing at a time
- Effort is expected; bravery is praised

Silent Sideline: parents observe, players solve.



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The “Noticeable Flaw” Rule (IDP on the field)

Every session, each player gets one focus:

- one technical flaw to clean up or
- one decision flaw to improve

Coach job: spot it, name it simply, rep it, then prove it in games.

Coach line: “That’s your Noticeable Flaw today—now we fix it in The Lab.”

Every player leaves with one clear win:

- one corrected detail
- one upgraded decision
- one confidence moment

That’s how The Lab builds individuals.

Our promise:

We will identify your “Noticeable Flaw” and attack it with reps, clarity, and competitive proof — until it becomes a strength.



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Session Flow (FTBL default)

Ball Mastery → 1v1/2v2 → Dribble-to-Finish → Small-Sided Games

(Progress through: formation → eased → competitive)



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End of Session Close (30 seconds)

- “What did you improve today?”
- “What did you learn about space + timing?”
- “What’s your Homework = Habit (10–15 minutes) tonight?”
- “Academic Partners: ask your player one question —‘What did you see?’”