



TECHNE FUTBOL

Player Guide:

The Techne Training System is designed by professional soccer player Yael Averbuch, based on training methods that have allowed her to play at the highest level.

While soccer is a team sport, we all know that to be an elite player, it's vital to spend time outside your team environment mastering the tools of your trade. The app provides players with a blueprint to own their development and become a master of the ball.

Training

Each Sunday, you'll receive an email letting you know a new technical session is available in the app. All the skill work is completely individual and requires minimal space and equipment. Once the session is no longer live, you won't have access to past sessions, but exercises will repeat over time and there will always be new skills introduced. Each exercise has a demo video and written description. You'll notice to the right of the exercise title that some offer a Level Up and/or Level Down option as well.

Tracking

The app will track how much time you've spent training, overall and weekly, as well as allow you to record your scores on various Time Trials. When you start each exercise you'll be timed for one minute of work. At the end of that minute, you'll be prompted to select either "Continue" or "Repeat." Once you do that, the minute will be added to your training log. As you work through the system, you'll be asked to keep and record scores on various Time Trials. These are your chance to measure your technical proficiency and test your improvement over time.

Competition

View the App-Wide Leaderboard as well as your Group Leaderboard. Use these to hold one another accountable and be competitive with how much time you're spending on your individual training. Eventually there will be Leaderboards for the Time Trials as well. You'll notice people from all over the U.S. and the World are using Techne to train!

Gear

For individual subscribers, you'll receive a welcome package with some fun Techne gear. Every player is part of our Training Sock System, similar to the belt system in martial arts. For individual subscribers, your training socks are included and will be mailed to you when you reach a new level. For Group Subscribers, these are not included but soon we'll have a Techne Store where you can buy/redeem any socks you're eligible for.

Support

If you have questions about the training or an issue with the app, please reach out to support@technefutbol.com and we'll be glad to help!