



# THE SPARTANS FC

## YOUTH SECTION

Live Together

Play Together

Win Together

# W A N T E D

**Players Who Can Dribble, Pass, Shoot, Score and Tackle Using Both Feet**



## THE SPARTANS WONDER SOCK

What do Eden Hazard, Neymar and Ronaldo have in common?

They are among few players who are lethal with the ball at both feet. At Spartans we want our young players to use both their feet freely with skill and intent.

### The Wonder Sock - What it is and What the Potential Benefits Are

**What is it?** A white band that each player is given as part of their kit.

**How does it work?** Simply the players put their Spartans wonder band over their normal sock in training & small matches on the foot they want to make "stronger".

**How does this help?** Wearing the band reminds and challenges players to use their less dominant foot, while enabling coaches to keep track of who is using both feet.

**Why?** The ability to play off both feet opens up options like nothing else, players can change direction quickly and can increase the speed of play. It helps a player get out of pressure situations and create more out of every opportunity possible. Two footed players are a nightmare for opposition defences as they can play on either side with equal vigour and effectiveness.

**What does it mean for Players & Parents?** Make sure you bring & wear you "Wonder Sock" to training & matches and encourage your player to develop the potential of both their feet.

### EARN YOUR WONDER SOCK STAR REWARD

Players who demonstrate two footed skills at training & during matches will be nominated by their Head Coach for the reward. Spartans FC Officials will verify skills & award the player a Wonder Sock Star.