

# New Soccer Training Method Revitalizes Maitland Soccer Club

by Tristan Russell

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– Maitland Soccer Club has adopted a new soccer training program, Virtual Soccer Trainer, a new method for teaching soccer over the Internet through short video developed by former professional soccer player Kamal de Gregory. Since adopting the program, Maitland Soccer Club has seen dramatic improvements in their team's abilities.

“We are using Virtual Soccer Trainer as an integral tool for reaching our five year goal of being the best soccer club in Orlando, Florida,” said Joe Biber, Director of Coaching for the Maitland Soccer Club. “It allows us to teach exactly what we want every player in the club to learn, while keeping parents and coaches informed and on the same page. It does the work of providing unlimited time and effort in supporting every member of our organization, enabling them in reaching our club's vision.”

Virtual Soccer Trainer is an online soccer training program using the theory of modeling, in which players are shown the correct way to perform a skill then work to mimic it. It consists of hundreds of 1-3 minute soccer training tutorials designed to:

- \* Accelerate beginning and advanced players' skills
- \* Educate parents
- \* Help coaches save time by continuing to train their players off the field

The soccer training tutorials range from the basic themes of proper passing technique to



advanced topics of defending in the midfield. Soccer drills and online tests have also been created to help teach and reinforce these topics, and all are available 24 hours a day, seven days a week at [www.4Skills.com](http://www.4Skills.com).

This soccer training program is available to youth teams for as little as \$2 per player. To receive this soccer training program, visit [www.4Skills.com](http://www.4Skills.com) or call toll-free 1-866-460-3569. The website also has valuable information on health-related soccer training issues, tips from other soccer professionals, and lots of soccer products.

## About Maitland Soccer Club

Maitland Soccer Club's vision is to develop players who play soccer well and grow as individuals and teammates inside a supportive community. Through proper instruction, training, and encouragement, Maitland Soccer Club is coaching players to be champions with character, both on and off the field.

## About 4Skills.com

4Skills.com was created after Kamal de Gregory, a professional soccer player, saw the difference in soccer training techniques around the globe. Some methods worked better than others, but de Gregory became dedicated to providing professional soccer training, which was previously only accessible to elite and professional players, to youth teams around the world.