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05



fending your pole, but also constantly looking for chances to shoot down the poles of your three opponents.

This is the core idea of Pole Soccer®.

#### But Pole Soccer® is so much more . . . "

In this brochure we would like to share with you the spirit and vision of Pole Soccer®. The Pole Soccer® concept has taken us more than 18 months of detailed work to develop. Every time improvements have been made, our vision has been adjusted and Changes and opportunities have been added. On many occasions, these developments have been derived directly from the ideas and comments of talented street football players who, in a way, were born with a ball at their feet.

We are very proud of our Pole Soccer® concept that we now present to you. It has surpassed all of our original hopes and aspirations. The responses we are getting from young and old, from players of varying skill levels, from beginners to professionals, show an overwhelming consensus that Pole Soccer® is something really exciting and unique.

We kindly invite you into the World of Pole Soccer®.

#### Frwin Stolk

Creator of Pole Soccer®

10 meter

## POLE SOCCER® ARENA

07

The Pole Soccer® concept is a patented product.

Pole Soccer® has to be played in specially designed arenas which are easily portable. The playing field is protected by a 1 meter high bounce boarding. Inside the arena there are 4 Pole Soccer® poles up - these are called Gladiators.

The construction of the Pole Soccer® Arena has been done in such a way that it has a modular and mobile concept. The official dimensions of one playing field are  $10 \times 10$  meters, but each field can be customised according to your preference. Each individual element has a length of 2.5 meters.

The Pole Soccer® Arena can be installed on grass, artificial turf, the special Pole Soccer® sports floor, or on any other type of playground/field. When using a grass or artificial turf surface, please make sure to use football boots. On all other surfaces the use of regular sporting shoes is recommended to reduce the possibility of injury.

During the winter months \* when weather conditions are less favourable for playing outside, the Pole Soccer® Arena can easily be disassembled and built up indoors so the football players can improve their skills all year round.



# POLE SOCCER® SPECIFICATIONS

09

- Unique patented product.
- Mobile: standard 10m x 10m, but adjustable in multiples of 2,50 meters.
- For both indoor and outdoor use, fast assembly and dismanting.
- Bounce boardings.
- Diamond plate with antislip profile.
- On all type of surfaces.
- Strong construction.

The main elements of Pole Soccer® are the Gladiators (the football poles). The Gladiator has been specially designed to fall over in all directions; however, it is stable enough to remain upright during the heat of the game when not struck by the ball.

The Pole Soccer® Gladiators are made of robust aluminium and attached in an ingenious way to the aluminum base plate. This base plate acts as a stabilizer and as a counterweight when the Gladiator is hit by a hard shot.

## IMPROVE YOUR SKILLS.

## Color Pole Soccer® is fantastic. Now I understand why Robin van persie is so much better than the rest. >>

Mike Neary, Trainer Manchester United Soccer School.

- One complete Pole Soccer® Arena consists of:
  - an aluminium frame with bounce boarding (dimensions 10x10 meters)
  - 4 aluminium football poles (Gladiators) together with bottom plates, anchoring material and no-stand zones
  - a maintenance box
  - Pole Soccer® "Improve Your Skills" training program by logging on to www.polesoccer.com with unique login code
- Suitable for every surface
  - artificial turf
  - grass
  - Pole Soccer® sporting floor (water permeable profile), to be used with sporting shoes (no studs)
  - squares (Gladiator is integrated in a 30 x 30 cm sidewalk tile)
  - asphalt (mounting bracket will be drilled in)shot.







# POLE SOCCER® PART OF TECHNICAL TRAINING

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During any training, regardless of the age of the football players or their competitive level, Pole Soccer® should be an integral part of the technical training.

All facets of the football techniques and tactics can be practised either individually or in combination. Starting with just some basic technical exercises for the younger player, additional exercises can be added and more skills can be developed depending on the overall competence level of the football player.

Talented young football players can be trained on specific aspects to improve their skills in particular facets, making them even better players in a comparatively short period of time.

When coming back from injury, Pole Soccer® is a very useful tool in the recovery training -regaining ball control, improving handling speed, etcetera - all in a competitive environment whilst avoiding direct physical contact with other players.

Furthermore, Pole Soccer® is an excellent tool during selection procedures. In the relatively small arena there is no place to hide. Every player is challenged to give the best they can. It will be much easier for training coordinators to spot the outstanding players \* because the arena really lives up to the meaning of 'survival of the fittest'.

## IMPROVE YOUR SKILLS.

#### **TRAINING**

- An unique training program "Improve Your Skills," specially developed for Pole Soccer®
- Using the following key values
  - operation speed
  - 1 on 1 duels
  - attacking/defending in the smaller space (positional football)
  - ball control, fast footwork, the perfect bounce, feint and trick movements
  - improving starting speed, mobility, functional coordination, and conditional aspects
  - increased alertness (reaction)
  - making well-thought-out actions and game insight situations
  - playing under mental pressure (one little mistake, your pole falls down and you are out)
- Exercises routines will be accessible by logging on the website www.polesoccer.com
- Every club buying a Pole Soccer® Arena gets its own login code
- Every year an update will become available and additional exercises will be added

#### INSTRUCTIONAL VIDEOS

- For every exercise, an instructional video will be available that will show you how to get the best results from the training exercise
- These videos can only be viewed by logging on to the website www.polesoccer.com and using the special login code



### FOR ALL AGES

#### YOUNG PLAYERS

Kids just should have fun. Playing Pole Soccer® for them is just like playing any other sporty game \* and they will keep on playing Pole Soccer® because they enjoy it so much. Through playing \* they will learn and develop their technical and tactical skills. In no other game with a ball at their feet do they get constant feedback from the results of their own actions. The reward is immediate when they do something well, but also mistakes 'in this game' will have an instant and disappointing result for the player in question. This immediate and constant feedback is a valuable learning opportunity for all players.

#### JUNIOR PLAYERS

As players reach junior level their competitiveness will grow. Men are separated from the boys; Only the winners will survive. The real gladiators will stand up and will stand out. By playing Pole Soccer®, players will improve their technical skills and tactics will be naturally integrated into their game. The importance of positioning and timing will be the focus during every moment of action in the Arena.

#### SENIOR PLAYERS

When playing Pole Soccer® \* adults become kids again. Their enthusiasm will lead them to do almost anything to kick down the poles of the others. However, physical contact by using arms and the body will not be the deciding factor. Technical skills, ball handling speed \* and fast footwork will be much more important. Even for professional players \* Pole Soccer® will help them to improve their ball control, their technical skills, fast decision making, etc. The use of different settings (e.g. 1 on 1, 1 on 2, 2 on 2) will also enhance the effectiveness of the technical training.



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## POLE SOCCER® TOURNAMENTS & CHAMPIONSHIPS

Pole Soccer is a huge crowd puller and, because of the game and team aspect, it is a perfect tool for organizing tournaments according to the "Last One Standing" rule.

Clubs are encouraged to organize Pole Soccer® tournaments on a regular basis to offer their players different types of competitive football activities,

responding to the increasing demand of todays' youngsters who like to be constantly challenged in many different ways.

During winter or summer break a Pole Soccer® tournament give clubs the opportunity to organize additional activities for their players.

A future ambition of the Pole Soccer® organization is to be able to establish National Pole Soccer® Championship Tournaments in every country in Europe.

The Pole Soccer Championship is an unique product.

- great multi-day events with many other activities (create WOW experience)
- finals with playoff winners (sporting battle, different age pools)
- promo village of football and entertainment (sponsoring, branding & exposure)
- booster (sports promotion, talent development and integration)

The national winners in each age category will be invited to join the European Pole Soccer Championship.

## IMPROVE YOUR SKILLS.



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WWW.EDELGRASS.NL

fonds pehandicaptensport

WWW.FONDSGEHANDICAPTENSPORT.NL



overtref jezelf

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