



RASENREICH
REACTION COORDINATION CONCENTRATION

STIMULATIVE

FOOTBALL TRAINING



THE CHALLENGE

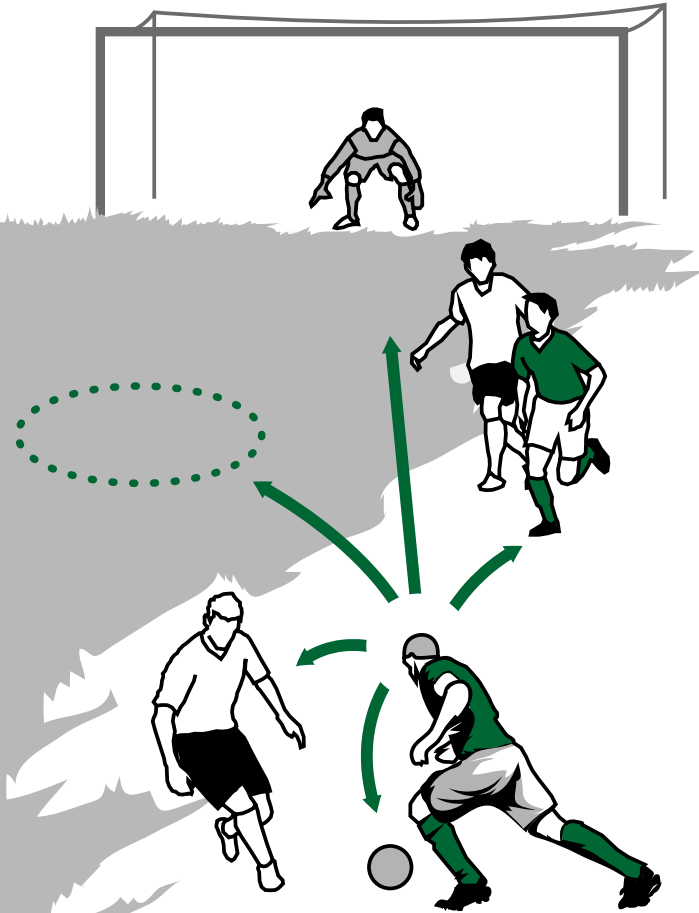
In the game of football situations change in an instant. The most crucial factor that distinguishes great players from good players is their ability to adapt quickly to sudden changes and to find proper solutions for unique situations as they occur constantly throughout a game. Nowadays the game of football is faster than ever, players in ball possession and players receiving a pass are put under enormous pressure by their opponents. **The ability to perceive all relevant details whilst making the right decisions and also executing them** has become more important than ever. In many situations, this may be the deciding factor for the outcome of an entire game.

FIVEFOLD VISION

Within a fraction of a second the athlete has to take into account the

- Position of the ball
- Position of opponents
- Position of teammates
- Orientation to the goal
- Free space

Equipped with this information, the athlete has to find a proper solution and execute it efficiently.



THE TOOL

When using CORPUS, the athlete is forced to execute alternative motions to those he/she would have anticipated in advance, placing high demands on coordination, concentration and reaction skills. This tailor made stimulative football training **increases the number of movement patterns** the athlete can choose from.

All versions of CORPUS are featuring **the desired degree of unpredictability**, generated by the suitable size of the radii and the fact that all radii of the product are the same and distributed symmetrically around the equipment. The precisely designed shape ensures excellent playability in every training drill.



CORPUS I

Shape: Oval
Weight: 446g (equiv. size 5)
Max. circumference: 80cm
Casing: PU 1,2 mm / Hand sewn
Bladder: Latex
For use in all conditions



CORPUS II

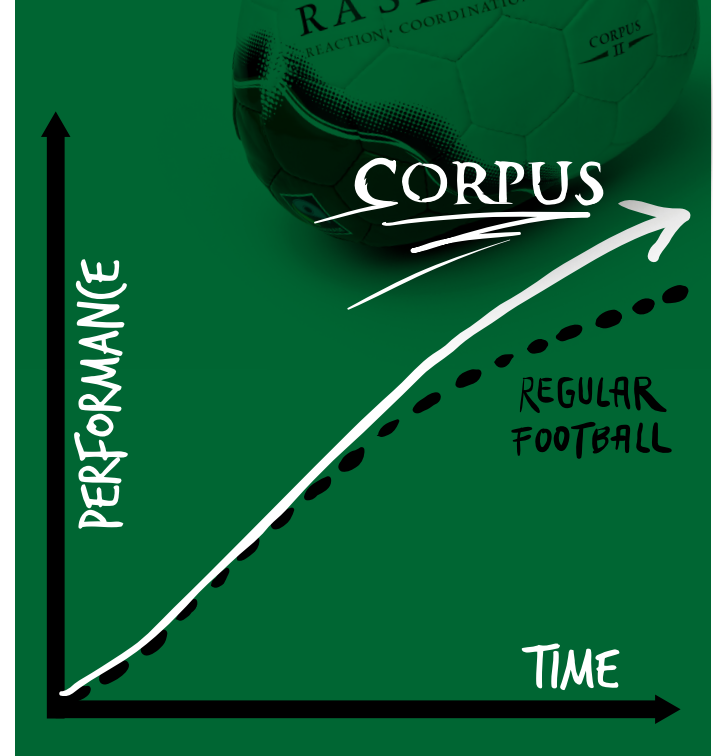
Shape: Triangular
Weight: 439g (equiv. size 5)
Max. circumference: 80cm
Casing: PU 1,2 mm / Hand sewn
Bladder: Latex
For use in all conditions

USAGE

- CORPUS can be used in any training drill, like a regular football.
- Integrate training with CORPUS right after the warm-up or use it during warm-up. Training with CORPUS is most beneficial when carried out before the player is fully exhausted.
- Start the training drill with a regular football for a couple of repetitions (5-10), then switch to CORPUS (5-10 repetitions) and after that switch back to a regular football for another 5-10 repetitions.
- Depending on the training drill, start with a moderate tempo and then increase the tempo steadily.
- Switch between different CORPUS models to ensure the players don't get accustomed to a certain model and to keep a high level of attention.
- Use CORPUS to bring back fun and enjoyment to training drills players are already bored of.

Additional Benefit

CORPUS can be used as a detection tool for shortcomings. The drastic increase in difficulty highlights the players' stress indicators, such as raising their arms or spreading their fingers, and therefore presents a much clearer indicator of individual shortcomings than found in regular training methods. CORPUS helps the coach to determine which areas need to be worked on.



See next pages for CORPUS training drill examples
For detailed information and **training videos** go to:
www.rasenreich.com

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PASSING

This manual shows only a small range of application possibilities - CORPUS can be used in any training drill, like a regular football.

INSTRUCTIONS: Place two cones in a distance of 10 meters. One player stands next to each cone and CORPUS is passed back and forth. Start in a moderate tempo and increase steadily.

VARIATIONS

Receive a pass from the coach by hand (with or without a bounce)

1 on 1
or in a group

With or without
controlling the ball

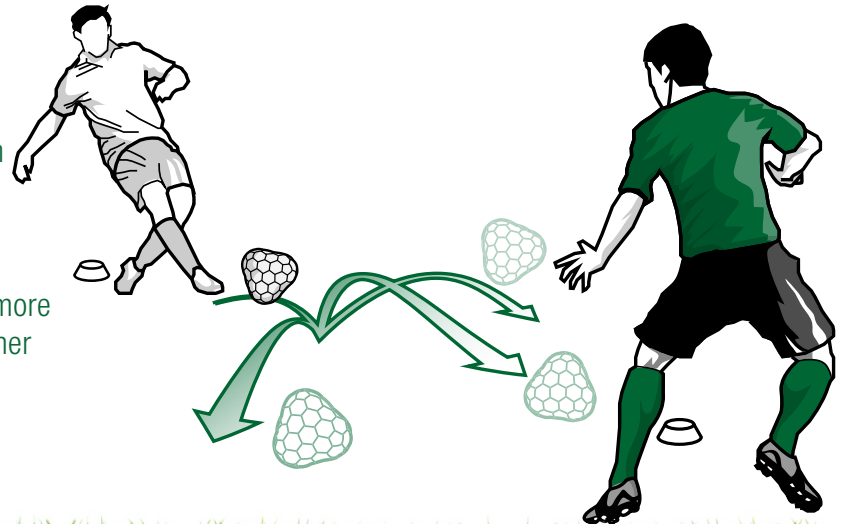
Vary distances between
players or player and
coach

Keep ball
possession
within team while
challenged by other

Use of cones to define
the area a pass should be
played in

TRAINING BENEFITS:

- Enhanced passing precision
- Larger pool of movement patterns to choose from
- More capacities for tactics and better overview
- Enhanced fivefold vision
- Positive psychological effect:
Faster and more direct game since athletes feel more confident and tend to actively aim for the ball rather than waiting for it



DRIBBLING AND TOUCH

This manual shows only a small range of application possibilities - CORPUS can be used in any training drill, like a regular football.

INSTRUCTIONS: Place ten cones or poles in a direct line or a curve in a distance of 1.5 meters each. Manoeuvre with the ball through the slalom, turn around at the end and dribble back to the beginning.

VARIATIONS

Lead with left foot	Lead with right foot	Control the ball with (inside of the foot, outside of the foot, sole)	Use of acoustic signals to change predefined parameters such as which foot to use or change pace	With or without opponent	Vary cone/pole distances	Juggling (solo or in a group)
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TRAINING BENEFITS:

- Enhanced ball control
- Enhanced eye/foot coordination
- Shorter reaction time
- Larger pool of applicable movement patterns
- Enhanced fivefold vision



SCORING

This manual shows only a small range of application possibilities - CORPUS can be used in any training drill, like a regular football.

INSTRUCTIONS: Receive a pass and shoot onto the goal while jogging or running.

VARIATIONS

With ball under control
or directly

Volley shot

Left or right kick

With or without
opponent

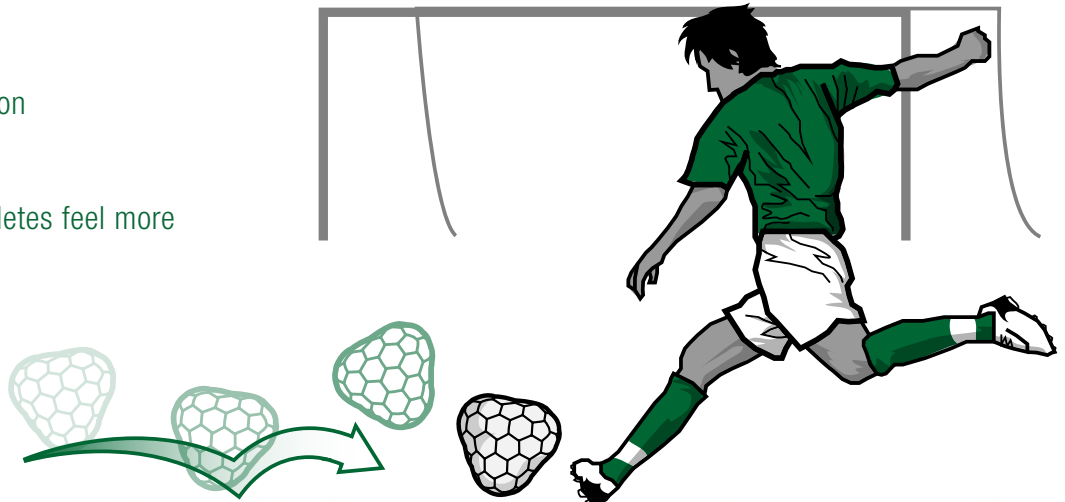
Receive pass
with back to
the goal

Vary the distance
to the goal

Vary goal size

TRAINING BENEFITS:

- Enhanced eye-foot coordination
- Enhanced shooting precision
- Positive psychological effect:
More shots on goal since athletes feel more confident



GOALKEEPING

This manual shows only a small range of application possibilities - CORPUS can be used in any training drill, like a regular football.

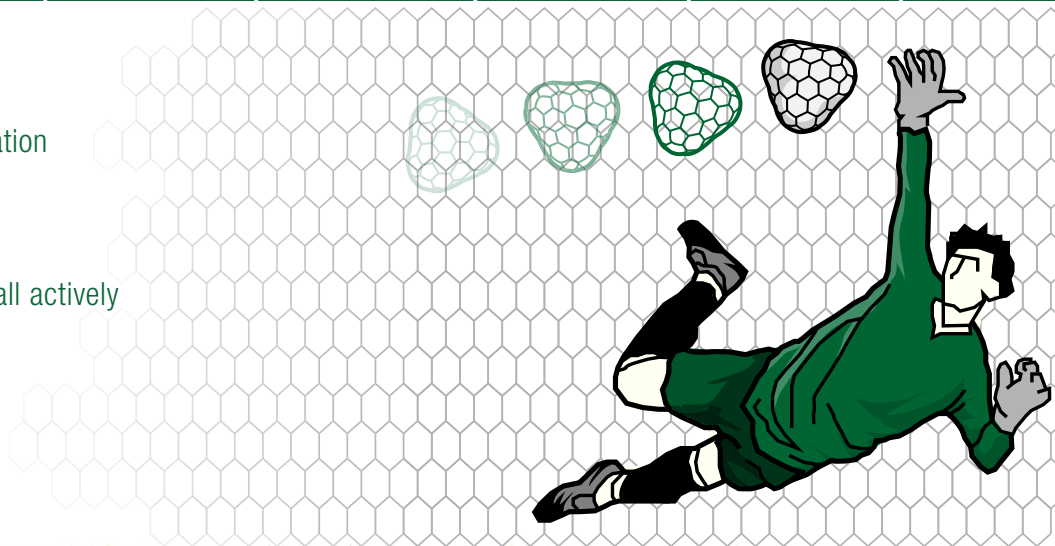
INSTRUCTIONS: Receive the ball from different angles, in different speeds and different heights.
Focus on catching the ball when possible.

VARIATIONS

Ball is thrown by hand	Ball is kicked (volley or from the ground)	Ball shot with or without bounce	Ball coming from the front	Ball coming from behind	Ball coming from the side	Train back passes
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TRAINING BENEFITS:

- Enhanced eye-hand coordination
- Shorter reaction time
- Enhanced catching skills
- Positive psychological effect:
Goalkeepers approach the ball actively





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REACTION · COORDINATION · CONCENTRATION

STIMULATIVE FOOTBALL TRAINING

THE CHALLENGE

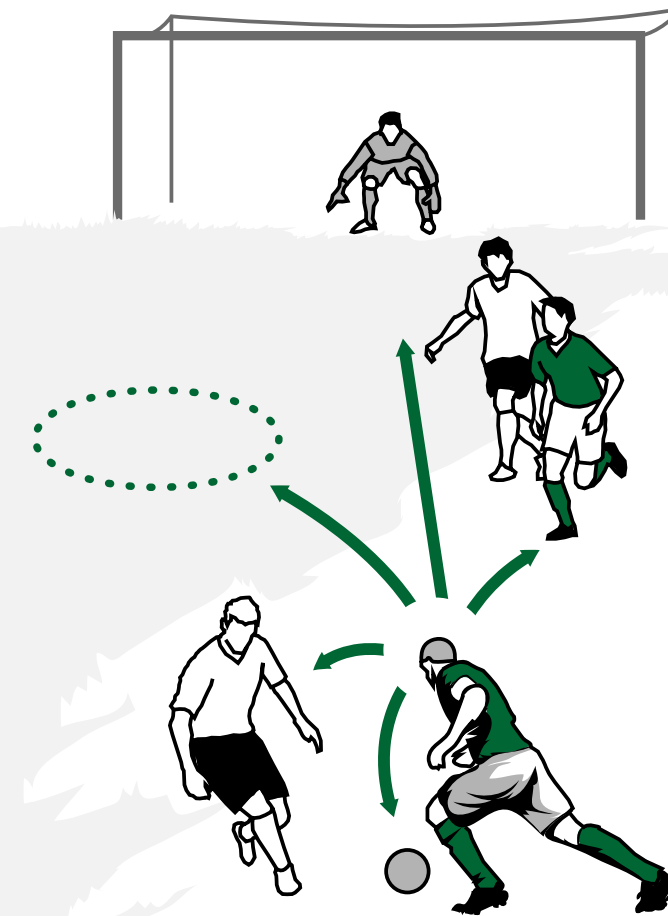
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Fivefold Vision

Within a fraction of a second the athlete has to take into account the

- Position of teammates
- Position of opponents
- Position of the ball
- Free space
- Orientation to the goal

Equipped with this information the athlete has to find a proper solution and execute it efficiently.



THE TOOL

When using CORPUS, the athlete is forced to execute alternative motions to those he/she would have anticipated in advance, placing high demands on coordination, concentration and reaction skills. This tailor made stimulative football training is expanding the number of movement patterns the athlete can choose from.

Corpus I

Shape: Oval
Weight: 446g (equiv. size 5)
Max. circumference: 80cm
Casing: PU 1,2 mm / Hand sewn
Bladder: Latex
For use in all conditions



Corpus II

Shape: Triangular
Weight: 439g (equiv. size 5)
Max. circumference: 80cm
Casing: PU 1,2 mm / Hand sewn
Bladder: Latex
For use in all conditions

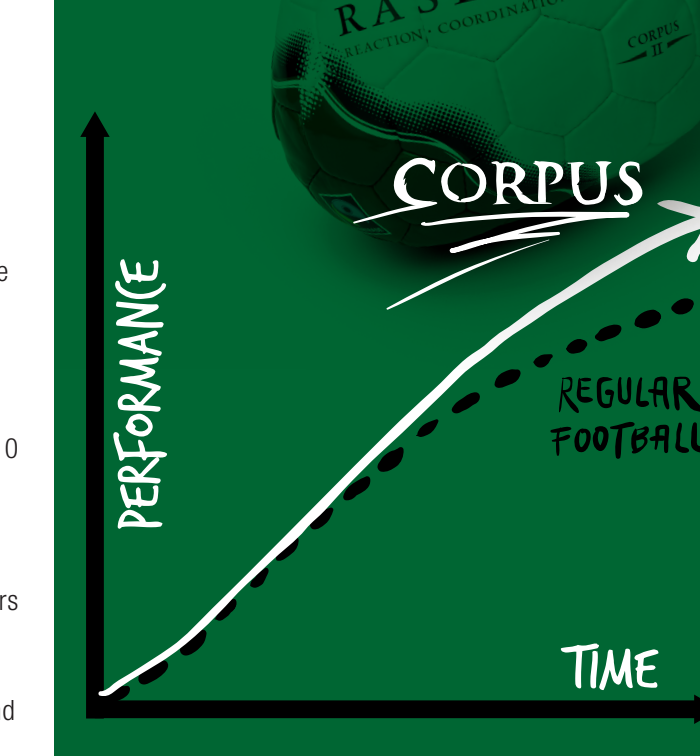


USAGE

- CORPUS can be used in every training drill you can do with a regular football.
- Integrate training with CORPUS right after the warm-up or use it during warm-up. Training with CORPUS is most beneficial when used before the player is totally exhausted.
- Start the training drill with a regular football for a couple of repetitions (5-10), then switch to CORPUS (5-10 repetitions) and after that switch back to a regular football for another 5-10 repetitions.
- Depending on the training drill, start with a moderate tempo and then increase the tempo steadily.
- Switch between different CORPUS models to ensure the players don't get accustomed to a certain model and to keep a high level of attention.
- Use CORPUS as a piece of equipment that brings back fun and enjoyment to training drills players are already bored of.

Additional Benefit

CORPUS can be used as a detection tool for shortcomings. The drastic increase in difficulty highlights the players' stress indicators, such as raising their arms or spreading their fingers, and therefore presents a much clearer indicator of individual shortcomings than found in regular training methods. CORPUS helps the coach to determine which areas need to be worked on.



See next pages for CORPUS training drill examples
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PASSING

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Use CORPUS in any training drill you can do with a regular football.

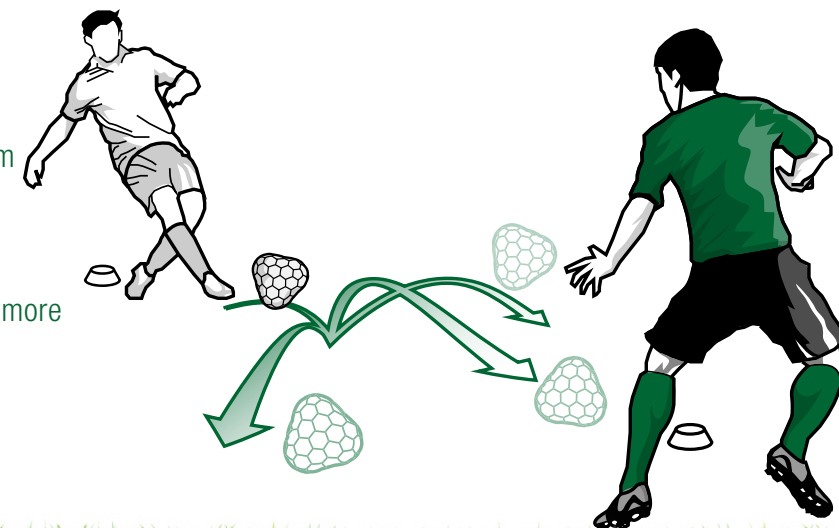
- **INSTRUCTIONS:** Place two cones in a distance of 10 meters. One player stands next to every cone and CORPUS is passed from one player to the other and back again. Start in a moderate tempo and increase steadily.

VARIATIONS

Receive a pass from the coach by hand (with or without bouncing)	1 on 1 or in a group	With or without controlling the ball	Vary distances between players or player and coach	Hösche	Use of cones to define the area a pass should be played
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TRAINING BENEFITS:

- Enhanced passing precision
- Larger pool of movement patterns to choose from
- More capacities for tactics and better overview
- Enhanced fivefold vision
- Positive psychological effect: Faster and more direct game since athletes feel more confident and tend to attack the ball rather than waiting for it



DRIBBLING AND TOUCH

This manual shows only a small range of application possibilities.
Use CORPUS in any training drill you can do with a regular football.

- **INSTRUCTIONS:** Place ten cones or poles in a direct line or a curve in a distance of 1.5 meters each. Manoeuvre with the ball through the slalom, turn around at the end and dribble back to the beginning.

VARIATIONS

Lead with left foot	Lead with right foot	Control the ball with (inside of the foot, outside of the foot, sole)	Use of acoustic signals to change predefined parameters such as which foot to use or change pace	With or without opponent	Vary cone/pole distances	Juggling (solo or in a group)
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TRAINING BENEFITS:

- Enhanced ball control
- Enhanced eye/foot coordination
- Shorter reaction time
- Larger pool of movement patterns to choose from
- Enhanced fivefold vision
- Positive psychological effect: Faster and more direct game since athletes feel more confident and tend to attack the ball rather than waiting for it



SCORING

This manual shows only a small range of application possibilities.
Use CORPUS in any training drill you can do with a regular football.

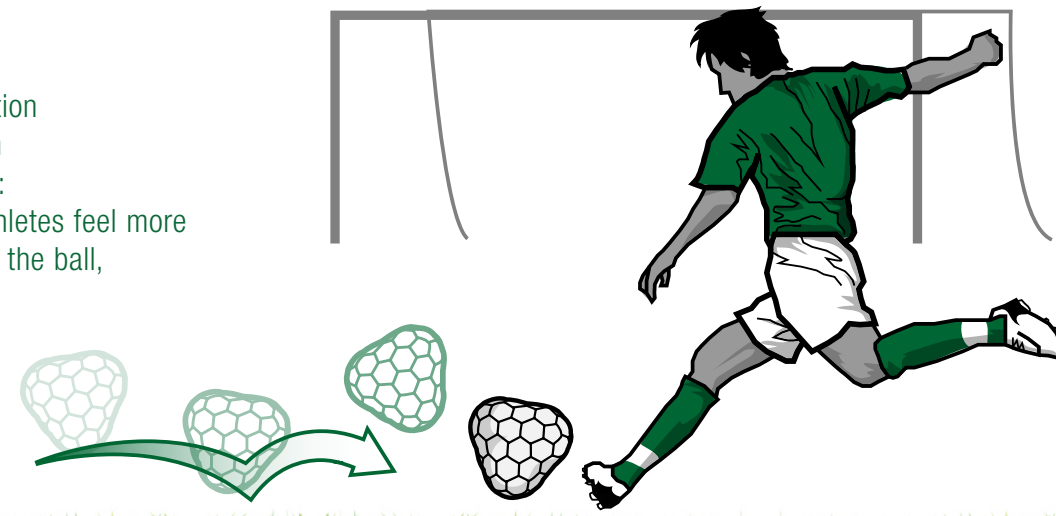
- **INSTRUCTIONS:** Shoot onto the goal while jogging or running whilst the ball is moving.

VARIATIONS

With ball under control or directly	Volley shot	Left or right kick	With or without opponent	Receive pass with back to the goal	Vary the distance to the goal	Vary goal size
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TRAINING BENEFITS:

- Enhanced eye-foot coordination
- Enhanced shooting precision
- Positive psychological effect: More shots on goal since athletes feel more confident and tend to attack the ball, rather than waiting for it



GOALKEEPING

This manual shows only a small range of application possibilities.
Use CORPUS in any training drill you can do with a regular football.

- **INSTRUCTIONS:** Receive the ball from different angles, in different speeds and different heights. Focus on catching the ball when possible.

VARIATIONS

Ball is sent by: Hand	Ball is sent by: Volley	Ball is sent by: Als Aufsitzer oder nicht	Ball is sent by: In the front	Ball is sent by: From the back	Ball is sent by: From the side	Train back passes
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TRAINING BENEFITS:

- Enhanced eye-hand coordination
- Shorter reaction time
- Enhanced catching skills
- Positive psychological effect: goalkeepers feel more confident and tend to attack the ball, rather than waiting for it

