

# More Brainpower for Soccer

Matthias Nowak  
Gina Lewandowski (High-Level Exercises)



There is no limit

Sensational Performance Explosions for every player!

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## Foreword Gina Lewandowski



Hi, Gina here, I want to congratulate you on investing in this eBook and to encourage you to use this asset to help you move forward in your soccer endeavors. I can personally attest to its value and assure you that you will not regret the effort it takes to read it.

I first want to thank Matthias for offering me this opportunity to be involved in a new and exciting aspect of soccer development. Before sharing with you all my experiences of working with Matthias's Technique and Creative Training, I initially want to explain a little bit of my own personal soccer story. Then, I will tell you how Matthias's methods

have brought my game to new levels of high performance. Finally, and most importantly, I will express how this methodology and creative training will bring you and your players to higher performance levels as well.

Born with a love for sport in 1985 in Coopersburg, Pennsylvania, USA, soccer became my passion at an early age and helped me advance through my teenage years. After graduating with a Bachelor of Science in Biology from Lehigh University in 2007, I embarked on a soccer journey of numerous twists and turns. At the time of my graduation unfortunately there was no women's professional soccer league in the United States and I was compelled to seek other options of pursuing my dream of becoming a professional soccer player, so I took a leap of faith and set sail for Europe, landing in Germany.

With the help of my Aunt Lori and her very special husband, Uncle Dan, who live near Frankfurt, Germany, I secured a contract with 1. FFC Frankfurt in the fall of 2007, where for the next five years I learned and played as a professional. I worked my way through the challenges and maturity of being a "starting player," an "injured player," a "bench player," back to a "starting player" again, but always with the hope of becoming an "international player."

Having relatives to support me through these learning years helped enormously. I am indebted to them for their love and support that helped me to adjust to, and then thrive in, my new "soccer crazy" environment that Germany is highly known for.

In the first season, 2007/08, we reached the pinnacle of the German soccer dream by winning the “Treble.” Achieving the highly sought after “Treble” meant that we had won all three major titles that were possible to win in one season: the German Bundesliga (The National League), the German Cup, and the illustrious UEFA Cup (now called Champions League, where the best European Clubs face-off).

After this whirlwind start to my professional career, we finished fourth in the 2008/09 Bundesliga season and third in 2009/10 season, which interestingly and challenging for me was also the period when I had injury issues to deal with. Handling these challenges was new for me but also helped me grow as a player both on and off the field. In the following summer (2011), I was fortunate to play a season in the WPS (US Women’s Professional Soccer League) with Western New York Flash, in Buffalo, New York. Due to the 2011 Women’s World Cup, the WPS season fit perfectly between the 2010/11 and 2011/12 German seasons. This opportunity was a fantastic experience for me, to be able to play in the United States as a professional and especially to win the WPS Championship title in the first year of the franchise’s existence. It will always be a very special memory for me.

Still, deep down, I felt that I had more to offer and that I could play better; I had weaknesses that I wanted to work on. I began to seek other challenges, broaden my vision, and look for new possibilities. As an American living in Germany, my aspirations have always been to expand my horizons, learn new things, and seek to improve myself, both on and off the field: spiritually, mentally, and physically. In light of these guiding principles, during the summer of 2012, I made an important move by transferring from 1. FFC Frankfurt to FC Bayern Munich, signing a two-year contract.

Things were fresh and challenging in Munich, so I embraced the relocation experience and grabbed every opportunity to learn more and to experience different dimensions of soccer within Germany. Now able to speak the local language with some confidence, I gained a much better understanding of the interesting German culture that history has carved out over the centuries, from crafts to cars and from food to fairytales.

Munich’s level of individual play in that 2012/13 season was not as skillful as it had been in Frankfurt’s team, which boasted the likes of Birgit Prince, Nadine Angerer, Kerstin Garefrekes, Melanie Behringer and many other truly great players. In Munich, I quickly found myself as a leader, a voice of encouragement. The team was much more “team-first” oriented than I had previously experienced. This was an environment that I really enjoyed and in which I grew immensely as a person. A new place, less family support, and

## 24. Passing Game – Cone Goals

*A game of 4v4 with a twist (visual and cognitive)*

This game can also be played up to 7v7.

*“When people succeed, it is because of hard work. Luck has nothing to do with success.”*

- **Diego Maradona** (Soccer)

### Organization (for 4v4):

- Create a playing field, 30x30 yards.
- Set up 4 different colored cone goals (example: yellow, red, blue, green). These are randomly placed vertical, horizontal, and diagonal within the playing field, so that the ball can be passed through either side of the goal. Size of the goals: 3 yards.
- Have 4 different colored pinnies available, the same colors as the cones listed above.
- Each player from Team A and Team B must wear a pinnie that is one of the four different colors listed above. Therefore, each player within the team has a different color.

