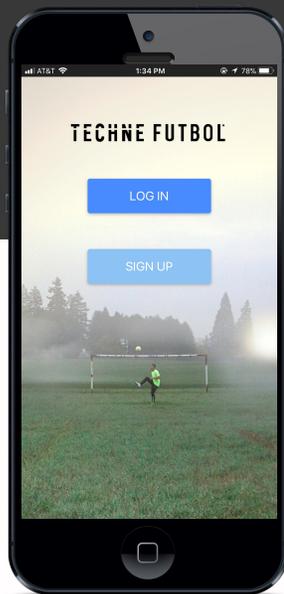


TECHNE FUTBOL™

Player Guide:



The Techne Training System is designed by professional soccer player Yael Averbuch, based on training methods that have allowed her to play at the highest level.

While soccer is a team sport, we all know that to be an elite player, it's vital to spend time outside your team environment mastering the tools of your trade. The app provides players with a blueprint to own their development and become a master of the ball.

Training

Each Sunday, you'll receive an email letting you know a new technical session is available in the app. All the skill work is completely individual and requires minimal space and equipment. Each drill has a demo video and written description. You'll notice that some drills allow you to "Adjust Difficulty" as well.

Tracking

The app will track how much time you've spent training, overall and weekly, as well as allow you to record your scores on various Time Trials. When you start each drill you'll be timed as you work. At the end of the time, you'll be prompted to select either "Continue" or "Repeat." Once you do that, the time will be added to your training log. We also have a set of Time Trial drills on which you'll be asked to keep and record your scores. This way you can measure your technical proficiency and improvement over time.

Competition

View the App-Wide Leaderboard as well as your Group Leaderboard. Use these to hold one another accountable and be competitive with how much time you're spending on your individual training. You can compete with your teammates on our Leaderboards for Time Trained as well as the Time Trials. You'll notice people from all over the U.S. and the World are using Techne to train!

Gear

Every player is part of our Training Sock System, similar to the belt system in martial arts. For individual subscribers, your training socks are included for free. For Group Subscribers, they are not included but we have a Techne Store where you can buy/redeem any socks you're eligible for as well as other gear.

Support

If you have questions about the training or an issue with the app, please reach out to support@technefutbol.com and we'll be glad to help!