

# TECHNE FUTBOL

## *What you need to know!*

### *1. How to log in:*

All players should have access to the Techne Futbol app, meant to guide them in their self-training between club practice sessions. You should have received an email invitation to download and create your account, but if you did not or have any questions, contact [support@technefutbol.com](mailto:support@technefutbol.com).

### *2. The app itself.*

Players are expected to be using the Techne app, logging time on a weekly basis. A good place to start is by recording scores on the Time Trial drills and/or working through the Weekly Training Session. The staff is able to see how much time players are logging and we will be acknowledging the players who are investing in their development. Some players have already been spending significant time on their individual training!

### *3. Why this matters:*

We would like training on your own with Techne between club practice sessions to be part of our club experience and expectations. The club aims to instill the values of discipline, accountability, and hard work to help players to develop on and off the field. Whether you aim to play in college, professionally, or simply improve so you can enjoy the game more, it's vital to create an individual relationship with the ball!

### *4. Expectations:*

It's expected that every player is spending a minimum of 15 minutes a week on their individual training.

✉ [support@technefutbol.com](mailto:support@technefutbol.com)

🌐 [www.technefutbol.com](http://www.technefutbol.com)

📱 [@technefutbol](#)