

SUPPLEMENTAL PROGRAMS



APPROVED BY



DEVELOPED BY:



"DEDICATED TO THE PROMOTION AND DEVELOPMENT OF SOCCER"

SCOR Supplemental Programs - Spring & Summer 2015

INTRODUCTION TO OUR PLAYER DEVELOPMENT OPPORTUNITIES:

Our intent is simple. We want to give every SCOR player, regardless of their current level of interest and playing abilities, the opportunities to excel by providing many options. Our programs have proven to be instrumental in developing our players' athletic, psychological, tactical and technical abilities. We take pride in providing excellent developmentally appropriate options through opportunities provided by Team Excel Soccer, LLC and its professional coaching staff.

Listed in this document are all the supplemental programs we are offering this spring and summer. Please familiarize yourselves with the program descriptions. We hope the following content will be helpful as you make soccer related decisions with and for your child(ren).

If you have any questions then please contact Phil Bergen, SCOR's Director of Coaching at philbergen@teamexcelsoccer.com or (203) 770-6064.

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SUPPLEMENTAL PROGRAMS AT A GLANCE:

PROGRAM TITLE:	FEE:	HOUSE					ACAD III		TRAVEL					HIGH SCHOOL							
		PK	K	1	2	3	4	5	2	3	4	5	6	7	8	9	10	11	12		
GoalKeeping Training	\$100					•	•	•		•		•	•	•	•	•					
Fit-To-Play Clinics	\$150						•	•				•	•	•	•	•		•	•	•	•
Evo Program	\$150											•	•	•	•	•					
STEP Program	\$150					•	•	•													
House Plus Dev. Program	\$450						•														
Academy I	\$75			•																	
Academy II	\$75				•																
Premier Dev. Program	\$150											•	•	•	•	•					
Private/Small Group	\$50/\$75				•	•	•	•		•	•	•	•	•	•	•		•	•	•	•
Spring Camp	\$195	•	•	•	•	•	•	•		•	•	•	•	•	•	•					
Summer Camps	\$195	•	•	•	•	•	•	•		•	•	•	•	•	•	•		•	•	•	•
SideKick Ball Mastery	No Fee						•	•				•	•	•	•	•					
Summer Select Program	\$550											•	•	•	•						
4v4 'Pick-up' Coed League	\$75				•	•				•	•										
Mid-Week Scrimmages	\$175																	•	•	•	•

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Goalkeeping Training:

The majority of goalkeepers spend most of their practice time standing in goal with orders to stop all shots. Obviously that is not sufficient training for the player who is possibly the most important one on the team. The goalkeeper is a specialist and will be coached as such. Rob Symington and assisting staff will include warm-ups, teaching progressions and game-like scenario exercises to improve the individual's goalkeeping technical and mechanical abilities. Player to coach ratio will not exceed 8:1. All participants are expected to bring goalkeeper gloves, an appropriate size ball, filled water bottle and a willingness to learn from the best!

- Level I Program is intended to benefit players with very little or no Goalkeeping training experience.
- Level II Program players with past goalkeeping experience will benefit from a more demanding level of instruction.

Instructor:	Rob Symington w/assistants
Days:	Wednesdays
Dates:	April 22, 29, May 6, 13, 20, 27 (Make-up day)
Time:	Level I / 5:00-6:00pm Level II / 6:00-7:00pm
Groups:	Grades 3-8, Boys & Girls
Fee:	\$100/player

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Fit-To-Play Clinics:

Team Excel Soccer LLC is excited to introduce the 'Fit-To-Play' program. Our focus will be on teaching athletes the physical skills to become better in soccer, and to increase their overall athleticism. The 'Fit-To-Play' program will focus on dynamic training that helps develop skills for the way athletes use them on game day. The 'Fit-To-Play' program curriculum will help soccer athletes of all skill levels, improve speed, agility, mobility, flexibility, and energy systems, while reducing the risk of sports-related injuries.

Instructor: Sean Weir
UConn, School of Kinesiology Graduate.
Bachelor of Science Degree in Exercise Science, Strength & Conditioning.
Certified with Strength and Conditioning Association

Days: Mondays
Dates: April 6, 20, 27, May 4, 11, 18, June 1, 8
Time/Groups: 4:30-5:30 / U10-U14 Boys
5:30-6:30 / U10-U14 Girls
6:30-7:30 / HS Boys & Girls
Location: TBD
Fee: \$150/player

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Evo Program:

SCOR's EVO Program is intended for Individual Travel Players wishing to improve their individual passing, shooting and ball skills. This level appropriate player development program allows the more serious individual Travel team player whose team is not participating in the 'PDP' Program the opportunity to still evolve into becoming the best player possible. A focus on individual ball skills and improving one's agility/coordination abilities will help improve the player's overall playing abilities. The intent of this program is to provide an intense and yet fun learning environment to those players who still have ambitions to make the next level. SCOR's Director of Coaching and professional coaching staff, with a coach to player ratio of 1:12 will guarantee the much needed individual attention.

Fee:	\$150 per player
Instructor:	Phil Bergen & Staff
Days:	Wednesdays
Dates:	April 22, 29, May 6, 13, 20, 27, June 3, 10
Location:	TBD

Group:	Time:
U10/11 Boys	4:30-6:00
U10/11 Girls	4:30-6:00
U12/13 Boys	6:00-7:30
U12/U13 Girls	6:00-7:30

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STEP Program:

The 'STEP' Program stands for Skills Through Extra Practice and intends to provide our 3rd and 4th grade House players with an optional fun, age and level appropriate technical training environment.

Participating players will be introduced to 10 individual ball skills; 5 possessive and 5 penetrating objectives over the course of 8 weekly practice sessions. All skill development activities will be instructed in a progressive format with special detail given to correct execution in isolated and then eventually game-like situations. Players will be encouraged to use learned moves in their regular House practice sessions and games.

Days:	Mondays
Dates:	April 6, 20, 27, May 4, 11, 18, June 1, 8
Time/Group:	4:30-6:00 / Option I 6:00-7:30 / Option II
Fee:	\$150/player

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House Plus Dev. Team Program:

We are excited to offer our House membership yet another option and opportunity to play more soccer. After much positive feedback, it is with great anticipation that we are offering the 'House Plus Development Team' Program for the second straight season. Our 'House Plus Development Team' Program provides participating 4th grade House players with the opportunity to be instructed by a professional coach at 2 practices per week and at Saturday games.

Whether players have played competitively before or not, we will continue to allow players to benefit from the instruction and guidance of a professional coach within an environment that mimics the commitment level and learning opportunities within the Travel program. We will be offering one or more House Plus girls and boys teams the opportunity to compete within SCOR's 3-4 Grade House program. Registration is open for this season.

Please Consider Becoming a Parent Assistant Coach at Games ...

If you have an interest in volunteering as a Parent Assistant Coach (PAC) for your child's team this fall then please contact Phil Bergen at philbergen@teamexcelsoccer.com. The support of our volunteer coaches has always been a huge asset to the success of our programs. The primary responsibilities of a PAC include assisting the pro coach at games with managing substitutions, player injuries, player encouragement and support of pro coach's approach to game-time instruction. We appreciate your consideration to help out as a PAC.

Who is the House Plus Development Team Program coach?

We will provide one professional coach for each House Plus Dev. Team from our pool of instructors. All coaches are qualified, experienced and certified coaches.

What role does the professional coach play at games?

Professional coaches will play a facilitating role at games, making observations and providing guidance for both competing team players and coaches. Professional coaches will work along side of opposing team volunteer coaches in order to create a cooperative opposed to an unhealthy over competitive environment. We don't want opposing players, parents or coaches feeling intimidated but instead appreciative for an experience all members deserve to enjoy.

Do players practice as a team?

Yes. Players will be rostered on designated teams and they will practice together as a team throughout the season.

When do the teams practice?

Practices are twice per week on Wednesday and Fridays.

Team	Schedule:	Time Slot:	Location:
Girls Team Grade 4	W/F	6:00-7:30	TBD
Boys Team Grade 4	W/F	4:30-6:00	TBD

How long is the season?

Season begins on Wednesday, April 1st and runs until Saturday, June 7th, 2015.

When and what League do these teams play in?

These designated teams will be entered into the House 3/4 Grade Divisions that all other regular House teams play in.

What does this Program cost?

\$400 / season

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Academy I & II:

Academy I & II Program seeks to provide our 1st and 2nd graders a developmental age appropriate learning environment emphasizing individual skill development. We believe this proven curriculum will lead to success in Travel, Premier and the High School level.

What we do differently for our 1st and 2nd Grade Academy Players...

Every player receives a 'Skill Tees' T-shirt with one of two illustrated ball skill moves on the front. Players are encouraged to wear these T's to every session. The intent of this 'Skill Tees' T-shirt project is to have players become familiar with 2 specific ball skills in particular every Academy I and II season. Players should be encouraged to practice at home and use the image as reference, learning the moves that they see their peers wearing on their t-shirts. The moves are simple but important. Our Professional Coaches reemphasize them over and over throughout the season so they become a permanent part of their technical tool chest. Our Professional Coaches will praise them when they attempt these moves and encourage them to practice them during sessions, at games, in the park or at recess.

Eight ball skill moves are introduced to Academy I and II players throughout a 4 season agenda plan. In addition to introducing these (and other) ball skills, Academy Professional Coaches incorporate 2-3 simple activities where players can develop their skills in a fun, free flowing and progressively challenging environment. These activities might seem redundant but for the players they have game-like ingredients catering not only to the development of their ball skills but to motor skill and game insight.

It is critically important that soccer be fun and players placed in game realistic moments. Learning ball skills in a vacuum executed only against cones can look very productive from the outside but in reality that approach merely creates good circus players. Academy III produces soccer players able to make their own decisions on the fly and under competitive challenge as the game of soccer demands! Session layout will be as follows:

- 1) Non-competitive Warm-up with emphasis on this season's 2 moves.
- 2) 2-3 fun activities.
- 3) Finish off the hour with a 10 minute short-sided scrimmage.

Fee:	Academy I / \$175 (includes House fees) Academy II / \$225 (includes House fees)
Instructors:	Experienced Team Excel Soccer Professional Coaching Staff & High School Players as Assistants
Days:	Mondays
Time:	Academy I / 4:30-5:30 Academy II / 5:45-6:45
Dates:	April 6, 13, 20, 27, May 4, 11, 18, June 1, 8 (Make-up if necessary)
Location:	Diniz Soccer Field

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Premier Dev. Program:

This supplemental program has evolved over the years into a proven player development program. It provides our more serious players/teams with the opportunity to expedite their individual overall skill and fitness development in an intense, focused and yet fun environment.

This program is designed to be functionally cooperative to SCOR's Travel Program curriculum.

Instructor: Phil Bergen and Staff
Days: Fridays
Dates: April 3, 10, 17, 24, May 1, 8, 15, 29, June 5, 12
Teams: U10 - U14 Travel Teams
Fee: \$150/player. Minimum of 10 players from Travel team needed.
Time: Participating teams will coordinate time slot allocation with Director of Coaching. Team manager should contact Phil Bergen at philbergen@teamexcelsoccer.com.

Visit www.scor.org/registration/ to Register for Supplemental Programs



Private/Small Group:

Individual ball and shooting skills will be the focal point of instruction by a SCOR Pro Coach. Special attention to proper technique will be given with the intent to improve the player's abilities to compete in game-like situations. Parents can request a coach of their liking but all scheduling has to be done through Phil Bergen, SCOR's Director of Coaching.

Fee: \$50/hr / 1 player
 \$75/hr / 2-3 players

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Spring Break Camp:

The environment within this camp program is dynamic, fun-filled and provides an age appropriate challenging mix of training and scrimmaging. Get ahead of the competition by training at your local Team Excel Soccer Camp during your spring break!

Visit www.teamexcelsoccer.com for program information.

Dates: April 13-16, Monday - Thursday (Friday Make-up)
Time: 1:00-4:00pm
Location: Scotts Ridge Middle School turf field, Ridgefield
Cost: \$175/camper
Ages: Boys and Girls, 5 - 14 years

Visit www.scor.org/registration/ to Register for Supplemental Programs



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SCOR Summer Camps:

Visit www.teamexcelsoccer.com for program information.

Youth Recreation Level	August 3 - 7, 10 - 14, 17 - 21 PreK - G8 8:30am-12noon Tiger Hollow Stadium Field \$195/player
Youth Competitive Level	August 10 - 14, 17 - 21 G2 - G8 8:30am-12noon Tiger Hollow Stadium Field \$195/player
Youth Team Camp	August 17 - 21 (SEE PACKAGE DISCOUNT OFFER) Travel Teams, U10 - U14 2 hours per day time slots, between 12:30 and 7:30pm. Team Manager coordinates with DOC. SRMS turf field \$145/player Note: \$35 Discount to those who attend August 17-21 morning camp and afternoon 'Team' camp. Discount will be subtracted from 'Team' Camp fee.
H.S. Pre-Season Camp	August 16- 20 (Sunday - Thursday) Boys, G9-12 (including incoming Freshmen) 5:00-7:00pm SRMS turf field \$120/player
H.S. 8vs8 League for Boys	June 23, 25, July 2, 7, 9, 14, 16, 21, 23, 28, 30, August 4, 6 Tuesdays & Thursdays G8, G9-G10 5:00 - 7:00pm SRMS \$145/player
H.S. 8vs8 League for Girls	June 25, July 2, 9, 16, 23, 30, August 6, 13 Thursdays Only G9-G12 5:00 - 7:00pm SRMS \$75/player
H.S. Fit-To-Play Camp	August 10 - 14 5:00-7:00pm Boys, G9 - 12 (including incoming freshmen) SRMS \$120/player
GoalKeeping Training	August 10 - 14 1:00-3:00pm SRMS G3-8, Boys & Girls \$150/player

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SideKick Ball Mastery Program:

Designed to provide players with the tools to improve their technical abilities on their own time.

Team Excel has designed the SideKick Ball Skill Mastery Program with intent to provide a system of accountability, a set of objective results that players and coaches can use to track players' personal technical development over time, and a testing mechanism that will document progress.

This Program is intended to encourage players to take self-initiative, with helpful direction and supervision from the Director of Coaching and his professional coaching staff.

Please contact DOC at philbergen@teamexcelsoccer.com for assistance and/or visit www.teamexcelsoccer.com for detailed information and instructions.

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Summer Select Program:

Team Excel Soccer Summer Select Program is an advanced summer program for serious year round soccer players. We are committed to offering quality training, professional coaching and competitive teams. Our coaches have a wealth of experience training at various levels locally, nationally and internationally. The Team Excel Soccer Summer Select Program's goal is to provide serious soccer players with the opportunities to continue their development over the course of the summer.

Summer Select Boys:

Days/Dates: Tues & Thursdays / June 23, 24, July 7, 9, 14, 16, 21, 23, 25, 30, August 4, 6
Location: SRMS turf field
Age Group/Time: U10 - U11 (Fall Age Groups) / 4:30 - 6:00pm
U12 - U13 (Fall Age Groups) / 6:00 - 7:30pm
Fee: \$550

Summer Select Girls

Days / Dates: Mon & Wednesdays / June 22, 24, July 6, 8, 13, 15, 20, 22, 27, 29, August 3, 5
Location: SRMS turf field
Age Group/Time: U10 - U11 (Fall Age Groups) / 4:30 - 6:00pm
U12 - U13 (Fall Age Groups) / 6:00 - 7:30pm
Fee: \$550

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Summer 4v4 'Pick-up' Coed League:

This summer program is designed to provide passionate soccer players with the opportunity to keep playing throughout the summer. The 4vs4 Summer League Program will prove to contribute tremendously towards players skill development and in preparation for the fall season. Teams will consist of up to 8 payers each and games will be played once a week on Mondays throughout the summer.

Age: Boys and Girls, G2-3 (entering fall grade)
Days/Dates: Mondays / June 22, 29, July 6, 13, 20, 27, August 3, 10
Time: 5:00 - 6:30pm
Location: SRMS turf field
Fee: \$75

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Mid-Week Scrimmages:

Scrimmages with local teams and/or off-season school groups will be organized throughout the spring. The intent is to provide a weekly scrimmage where all Ridgefield High School age players, regardless of their off-season affiliation can come together and play as a team. Participants must be registered with SCOR to play. Registrants will be accepted on a First Come, First Serve basis.

Day / Dates: Wednesdays/ April 1, 8, 22, 29, May 6, 13, 20, 27, June 3, 10
Time: 8:00-9:30pm
Gender / Group: Boys / G9-12
Location: Tiger Hollow Stadium
Fee: \$175

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