



PLAY. LEARN. SUCCEED.

PRESENTATION TOPIC:

Technical & Fitness Curriculum Adjustments
Spring 2019

Why are the Technical and Physical components, not the Tactical component, a priority for players to Play, Learn and Succeed at?

The moment by moment decisions players make are **tactical decisions** that can suffer when players don't have adequate game related **technical skills** and/or lack soccer related **fitness**. More often than not, when a player lacks skills and fitness and doesn't have the ball, the player is worrying about what will happen when he/she gets the ball, and when the player gets the ball, he/she isn't prepared to make quick and good decisions because too much attention was given to the ball.

In short, building one's technical skills and level of fitness allows players to gain the much needed confidence to compete.

Commentary:

Based on my observations this last season in particular, I have made the general assumption that players whose individual ball skills, agility, explosiveness and strength levels (Fitness) are lacking, will not necessarily be able to compete at the next level or beyond.

We needed to do something about it?

What will the Expected Benefits be?

- Increase the opportunities to provide player with means of individual technical and fitness related improvement.
- Motivate players to prepare also on their own with or without end-of-season testing and tracking.
- Mechanism to keep all coaches accountable towards teaching the details so that their players can compete better than before and reflect positively on the coach. Keeping coaches accountable can be considered to be a healthy incentive.
- Additional exercises at all practice sessions will maximize preparation opportunities for end-of-season testing.

Test Results Documentation:

- All results are documented and used to assess and track players' level relative to their peers.
- Pro coaching staff under the supervision of the Club's DoC and both Travel Program VP's will finalize Travel team rosters based on a complete assessment of players performance throughout season and tryouts.
- Age groups that seem to have the level of play and commitment needed to compete in a Premier league will be offered to play in such.

Practice schedule adjusted to allow 30 minutes towards specific technical and fitness training.

Recommended In-Season Practice Schedule:

- Spring Season Practice Schedule:
 - 4:30-4:45 FIFA 11+ Warmup
 - 4:45-5:00 SideKick Exercises
 - 5:00-6:00 Activity #1
Activity #2
Activity #3
Small-sided Scrimmage
 - 6:00-6:15 FS Exercises

 - 6:00-6:15 FIFA 11+ Warmup
 - 6:15-6:30 SideKick Exercises
 - 6:30-7:30 Activity #1
Activity #2
Activity #3
Small-sided Scrimmage
 - 7:30-7:45 FS Exercises



What is TES SideKick?

SideKick Ball Mastery Program is a player development program Phil Bergen has developed to provide Ridgefield's Travel and Premier soccer players with the additional means to improve individual dribbling, passing and shooting technique. The Program offers level I and Level II. Level I accommodates U10-U12 while Level II should be suitable for U13-U16 and above. The process will demand that coaches instruct accordingly and have players "Do It!" and we will "Test It!" & "Track It!" so that we can monitor our players' progress or lack of. Details are provided online at:

Level I: <https://www.teamexcelsoccer.com/sidekick-level-1.html>

Level II: <https://www.teamexcelsoccer.com/sidekick-level-2.html>



What is TES Fitness Solutions?

The TES Fitness Solutions initiative will specifically address players' agility, strength and endurance throughout the year. Testing of player's fitness level will be measured and tracked at the beginning of the season and at the end-of-season tryouts.

The tests will include the Intermittent Beep Test, Core-strength Test and the Cooper Test. In addition to the regular daily agenda, every practice session will include 15 minutes of intense fitness that addresses the demands of a competitive environment.

TES will also provide supplemental clinic-like sessions during the in-seasons, winter and summer breaks. There is a need for our players to become better athletes and in doing so they will become more well-rounded soccer players.



What is the 'Watch It Again' Initiative?

This most important initiative encourages youth players to take the time to watch the details of a perfectly demonstrated shot, pass or dribble over and over again so that they can more easily improve specific technical duties themselves. Without having the visual example to reference, progress will be slower than it should be.



What is the 'GameWatch' Match Analysis Initiative?

This initiative has the DoC take video footage of games, document them, analyze these games and then highlights several moments on video worth bringing to the attention of players at a before hand scheduled meeting.

Attendance at these meetings will be optional but highly encouraged. Tactical insight to the various moments in the game can be improved by having these moments broken down and provided as examples.



What does 'Side Tips' offer?

I have short video clips of moves players might want to try and own. They are simple and yet effective. More of these moves will be added as coaches and players submit them.

PLAYER IMPROVEMENT & EVALUATION PROCESS OUTLINE

