



PLAYER DEVELOPMENT

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ST. JOHNS COUNTRY DAY SCHOOL

Philosophy

- 3:1 training / game ratio
- Development over “winning at all cost”. The game is for the kids. The parents and coach can serve as a player’s greatest supporter or distractor depending on the attitude, behavior, and motivation adopted for sport involvement. It’s not for my ego or bragging rights. I will provide my players with an opportunity to participate, a safe environment for training & competition, consider their total development (physical, cognitive, social, & psychological) and will believe that each and every one of my players can succeed at their own level of accomplishment. My success should be measured by my ability to teach my players to enjoy & love the game of soccer, feel confident in their knowledge & ability of the game of soccer, to respect me & their teammates & to feel pride & appreciation in the opportunity they had to play a sport they love under the direction of me, their coach. I’m not their best friend, I’m their coach. My job is to make them better, so they can hopefully achieve their goals and dreams.

Philosophy

- Play players in multiple positions, don't pigeon hole them early – learn through different lines (for/mid/back)
- Let them attack and be creative – don't kill their development by teaching panic and kicking when under pressure
- Know and study your players – who you can push and who you have to pull
- Feedback – evaluate a. How much they can take on b. When (timing) c. Where (private or public) d. Why (showing mistakes or key areas) e. What's next (action plan)

7 out of 10

- Players **quit** organized soccer by the age of 13
- Young players are being taught to focus on **SHORT-TERM winning results and rankings** rather than **SKILL DEVELOPMENT**, which sets the foundation for **LONG-TERM, and INVOLVEMENT, ENJOYMENT, and SUCCESS**. This **MISGUIDED** focus on game results and rankings – results ultimately **out of an athlete's full control** -

7 out of 10

- sets athletes up for **FAILURE**
- **DULLS** interests and passion
- **SQUASHES** individual **freedom, risk taking, and creativity**
- Leads to **DECREASED PERFORMANCE** due to **tension and anxiety**
- **DRIVES KIDS AWAY** from organized sports, **ROBBING** them of the **TREMENDOUS BENEFITS** of athletic participation

Parent Expectations

- Don't be your child's hurdle to success
- Don't play the comparison game – your athlete will either believe they are not good enough or that they are better than everyone else
- Let your child communicate concerns about soccer with the coach – accountability, don't fight their battles

Parent Expectations

- * First, when you are on a team, you are either “with us or against us” – there is no in between. Be a team player
- Be on time – for me on time is late, so 15 minutes early
- Understand that being a parent of an elite ATHLETE is different – your **child** is different than your **athlete**
- Understand that **your reaction** to **your athlete’s adversity** has a direct impact on the success or failure of your athlete – let them fail it’s okay. Instead of making excuses, teach them to get back up and respond
- Understand that you are not an expert and don’t try to be – unless you have played at a high level, coached in hundreds of high level games or taken numerous coaching license courses, please leave the coaching of the game and your athlete to me and our staff

Parent Expectations

Support your athlete – three things to say to your athlete after games – what do you want to drink, what do you want to eat, you played great

- Support the Program – never underestimate the power of negativity on the sidelines.... It crushes the program. **DO NOT COACH ANYONE AT ANY TIME!!** Unless you in all of our training sessions and meetings about how we will train our athletes, please keep your comments to positive encouragement to **ALL** our players. **NEVER** comment about another team's players or parents – ignore them and focus on our girls and what we are doing
- Do not obsess and email about rankings – they don't mean anything
- Big one here – Please keep our team (coach, players & other parents) off your email, facebook, twitter, soccer blogs, etc...
- 48 hour rule – do not approach me after a game within 48 hours of the completion of game to discuss anything your are angry about

Player Expectations

- Have fun!!!
- Get better in some way every time you touch the field – either “getting by or getting better”
- Pay attention and be coachable
- Keep a journal – What are your goals (National team, pro level, college level)?
- What did I do well today?
- What can I add to become a better player?

Player Expectations

- What did I learn new today?
- Watch as much soccer as possible
- Respect the game and your opponent
- Don't make excuses when we lose a game
- Understand soccer is a difficult sport and that you are going to make mistakes – it's part of becoming a good player

Player Expectations

- Put the team first – “we not me”
- Hold teammates accountable
- Support and encourage your teammates
- You're either with us or against us
- Be positive in every situation, both good and when we face adversity
- Put in the extra touches to get comfortable with the ball

Possible Camps

- These are possible camps you can attend if you wish. These ARE NOT MANDATORY
- June 10th-14th – St. Johns Country Day Soccer Camp –our staff of coaches run this and would give us a week of solid work to introduce system of play and team unity
- NFSA ELITE CAMP – June 24th-28th - Week of College Level training with a college coach present each day – good for experience and playing up and out of comfort zone – SOLD OUT

Possible Camps

- **July 20th-23rd – FSU Elite Individual Camp – chance to get away on their own without mom & dad in a professional environment**
- **July 28th-Aug 1st – 1 v 1 Attacking and Defending Camp at St Johns. Getting more comfortable with the ball and learning proper defending position and principles**

Developing a Plan

- **Individual meeting/contract for establishing the path**
- **Honest look at player's strengths and weaknesses**
- **Clear understanding of expectations**
- **Communication between high school, club and possible college coaches with the PLAYER'S best interest being first and foremost**

Developing a Plan

- **Specific work to address weaknesses**
- **Continued work to increase strengths (don't forget this one)- common mistake**
- **Monthly self evaluation along with coach evaluation**
- **Video work to sharpen technique**
- **Pay attention to the little things – be detailed without creating over thinking – one point at a time**
- **Develop all these areas: fitness, strength, nutrition, mental toughness, technical, and tactical**