

SYNERGY SOCCER CLUB

PLAYER DEVELOPMENT PROCESS



FOUR COMPONENTS OF PLAYER DEVELOPMENT

TECHNICAL

- A PLAYER'S SKILLS INCLUDING – PASSING, RECEIVING, DRIBBLING, SHOOTING, DEFENDING, AND BODY POSITION
- THE ABILITY TO USE THE CORRECT TECHNIQUE EFFECTIVELY IS THE FOUNDATION TO LONG-TERM SUCCESS

TACTICAL

- A PLAYER'S DECISION-MAKING ABILITY WITHIN A TEAM STRATEGY OR STYLE OF PLAY
- THE ABILITY TO INTERPRET AND ASSESS CONTINUALLY SHIFTING SITUATIONS IN A GAME SETTING AND THEN APPLY GAME UNDERSTANDING AT SPEED TO GAIN AN ADVANTAGE

PHYSICAL

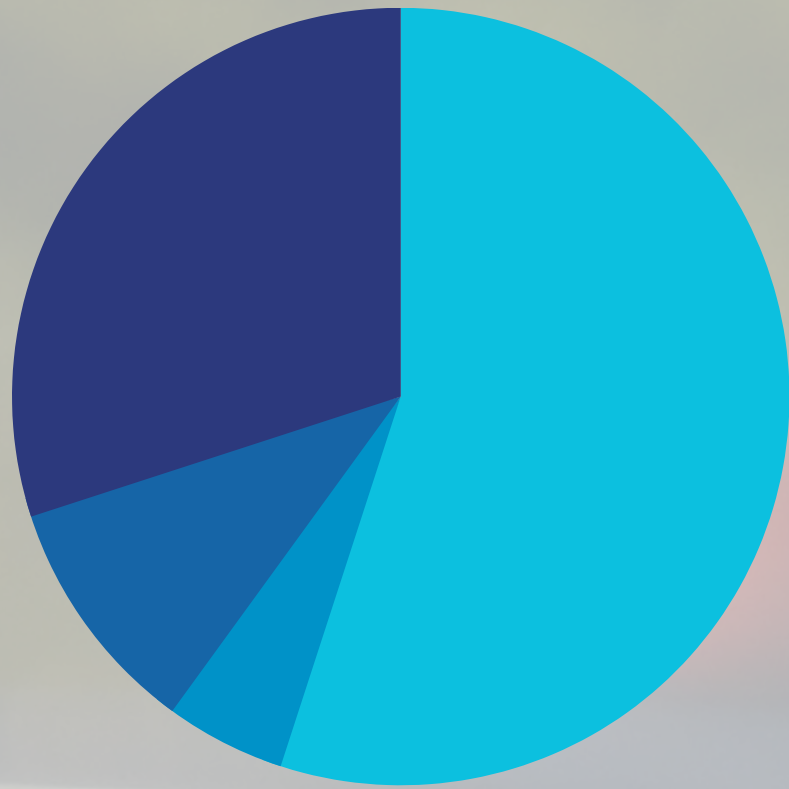
- A PLAYER'S ATHLETIC ATTRIBUTES – STRENGTH, SPEED, ENDURANCE, AGILITY, BALANCE, ETC.
- THE ABILITY TO UTILIZE ATHLETICISM TO INCREASE INDIVIDUAL AND TEAM SUCCESS

PSYCHOSOCIAL

- A PLAYER'S INTANGIBLE ASSETS AS A TEAM MEMBER – COACHABILITY, POSITIVE BODY LANGUAGE, GOOD SPORTSMANSHIP, STRONG WORK ETHIC, AMONG MANY OTHER QUALITIES
- THE ABILITY TO IMPACT THE TEAM AND CLUB COMMUNITY THROUGH POSITIVE ATTITUDE, LEADERSHIP SKILLS, AND DEDICATION

PLAYER DEVELOPMENT PROCESS

BREAKDOWN OF EMPHASIS ON EACH OF THE FOUR COMPONENTS OF DEVELOPMENT



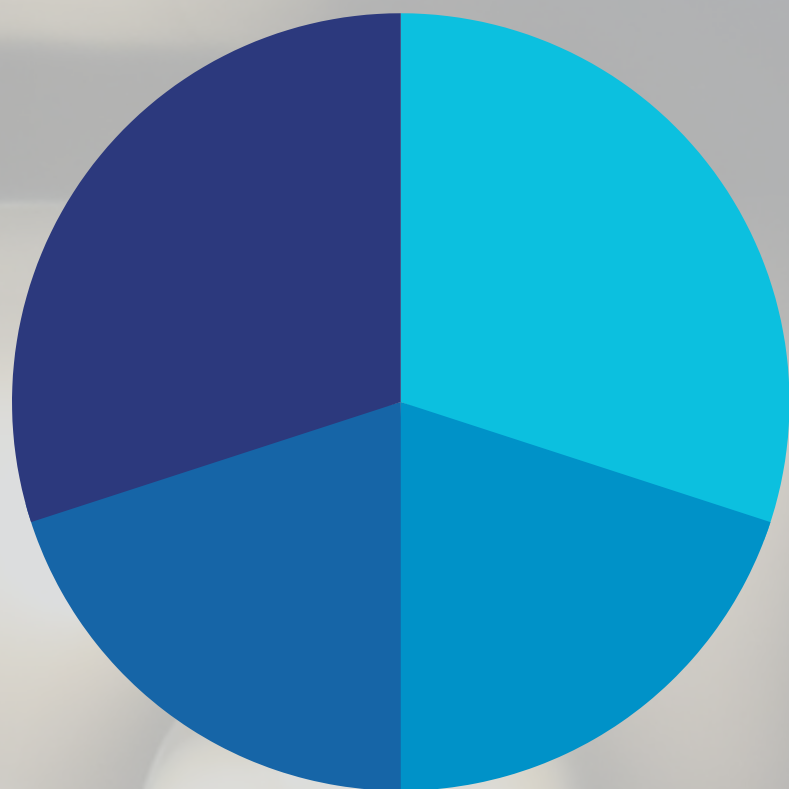
U6-U9

TECHNICAL DEVELOPMENT - 55%

TACTICAL DEVELOPMENT - 5%

PHYSICAL DEVELOPMENT - 10%

PSYCHOSOCIAL - 30%



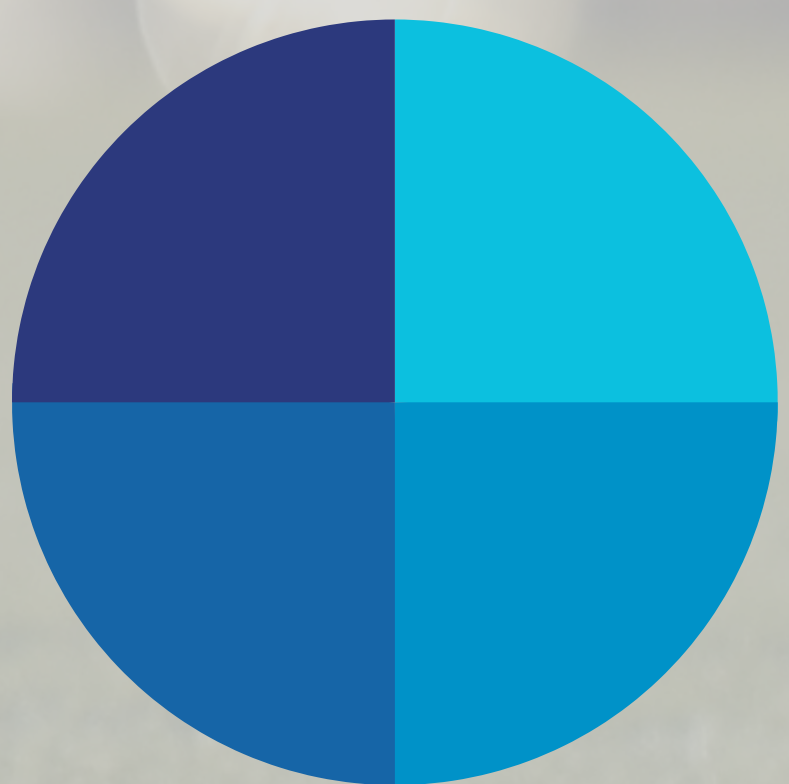
U10-U12

TECHNICAL DEVELOPMENT - 30%

TACTICAL DEVELOPMENT - 20%

PHYSICAL DEVELOPMENT - 20%

PSYCHOSOCIAL - 30%



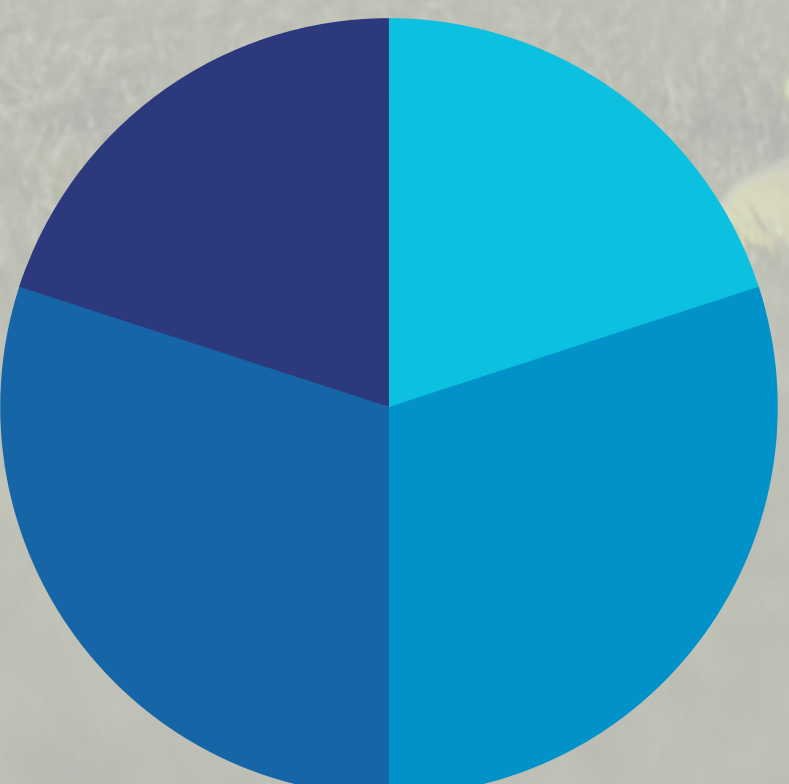
U13-U15

TECHNICAL DEVELOPMENT - 25%

TACTICAL DEVELOPMENT - 25%

PHYSICAL DEVELOPMENT - 25%

PSYCHOSOCIAL - 25%



U16-U19

TECHNICAL DEVELOPMENT - 20%

TACTICAL DEVELOPMENT - 30%

PHYSICAL DEVELOPMENT - 30%

PSYCHOSOCIAL - 20%

GENERAL PRINCIPLES OF PLAY

1. ALL PLAYERS MUST ATTACK AND ALL PLAYERS MUST DEFEND

2. NUMERICAL ADVANTAGES:

A. TEACH THE IMPORTANCE OF CREATING AND FINDING NUMERICAL SUPERIORITY IN SPECIFIC AREAS OF THE FIELD AND SITUATIONS

B. TEACH THE NECESSITY OF MAINTAINING A NUMERICAL ADVANTAGE FROM A DEFENSIVE PERSPECTIVE

3. FAST SPEED OF PLAY:

A. CREATES NUMERICAL ADVANTAGES BY BREAKING DOWN DEFENSIVE STRUCTURE

B. ALLOWS THE GAME TO BENEFIT A TECHNICALLY GIFTED AND TACTICALLY INTELLIGENT TEAM

4. TRIANGLE PRINCIPLES:

A. PROVIDE THE BALL CARRIER AT LEAST TWO SIMPLE OPTIONS

B. HIGHLIGHTS CONNECTIONS WITHIN TEAM SHAPE

5. PLAYER CONFIDENCE:

A. ALLOWS PLAYERS TO ADAPT TO SITUATIONS ON THE FLY

B. INCREASES SPEED OF PLAY THROUGH IMPROVISATION AND DECISIVENESS



FOCUS ON THE INDIVIDUAL

1. EACH PLAYER IS, FIRST AND FOREMOST, A CHILD THAT SHOULD FEEL VALUED AND RESPECTED
2. THE PLAYER MUST FEEL ACCEPTED AND SECURE ENOUGH TO BE WILLING TO STEP OUTSIDE THEIR COMFORT ZONE, WHICH IS NECESSARY TO GROW
3. PLAYERS LEARN AT DIFFERENT RATES AND THROUGH DIFFERENT LEARNING STYLES, PARTICULARLY IN YOUTH SOCCER IT IS IMPORTANT TO MAINTAIN A LONG-TERM THOUGHT PROCESS
4. THE LEVEL OF THE TEAM AND EACH OF ITS MEMBERS INCREASES WITH THE IMPROVEMENTS OF EACH PLAYER
5. GREAT TEAMS ALWAYS INCLUDE GREAT INDIVIDUAL PLAYERS

CONCEPT OF SYNERGY

1. THE INTERACTION OR COOPERATION OF TWO OR MORE ORGANIZATIONS, SUBSTANCES, OR OTHER AGENTS TO PRODUCE A COMBINED EFFECT GREATER THAN THE SUM OF THEIR SEPARATE EFFECTS
2. WHEN PLAYERS COMBINE THEIR TALENTS IN A WAY THAT ALLOWS THEM TO EXPERIENCE MORE SUCCESS THAN THEY COULD INDIVIDUALLY THEY HAVE ACHIEVED A TRUE SYNERGY
3. RECOGNITION THAT EVERY PLAYER ON A TEAM HAS VALUE
4. FOCUS ON IMPROVING THE INDIVIDUAL AND HOW TEAMMATES WORK AND ACHIEVE TOGETHER TO ALLOW THE GROUP TO MEET THEIR GREATEST POTENTIAL