

A Strong Club Develops All Players from Recreation to Adult A Simple Guide for Players, Coaches and Parents

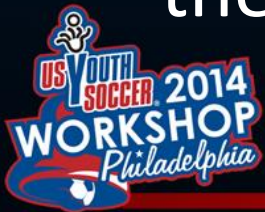
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What Type Of Club Are You A Member And Is My Club Best For My Child?

- **Open Club...** Parent volunteer coaches or Outside trainers brought in to assist
- **Developmental Club...** Certified paid trainers or master coaches for training
- **Professional Youth Club...** Paid trainers and coaches
- **Advantages and Disadvantages...** Do you have the required components to be successful?



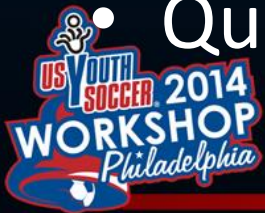
Recreation Programs The Base

- Fun and a safe place to play (Background checks, field conditions, equipment)
- Curriculum based education for all children with performance based outcomes for all players
- Consistency in training TOPS, Rec. and Travel
- Ease into travel play with clear explanations to parents regarding try outs, time commitment, costs, roles within the team and with their child – What is the right age for travel?
- Master Coaches and their role in a club



Travel Soccer Goals and Problems

- Competitive with other clubs the same size
- Raise your level to compete with other elite clubs
- Maximize player development at high costs and huge time commitment ... For what goal?
- Professional Youth Clubs in other countries are for developing and selling players. US clubs concern is enjoyment and player development
- Qualifications of travel coaches and salary



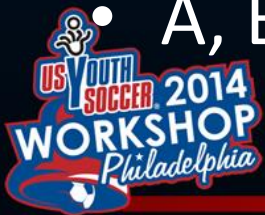
Travel Soccer Goals and Problems

- Recruitment issues
- Maintaining quality coaches at each level
- Are you sacrificing child development for travel and training
- Parent education
- Revenue to maintain quality of play and coaching and looking for methods to lower costs
- The number of leagues and divisions phenomenon and tournament issues



Travel Soccer Goals and Problems

- Pressure to win at early ages... can it be eliminated?
- Comparison to other sports
- School soccer
- How young is too young
- More is better?
- Try outs at U8? Sorry little boy or girl this coach has determined you are not good enough
- Examining the competition
- A, B and C travel teams



The Foundations of Your Club

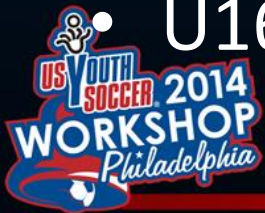
- Age Group for Travel and their level of competition
- Length of Season (training and matches, intensity of sessions, duration)
- Full year training schedule periodization awareness and injury factors
- Scheduled time off
- Most talented payers tend to play up to 50 to 80 matches! Most are under-trained ideal pattern of training 3 to 1



The Foundations of Your Club Training

Professional Clubs in Bold

- Matches – friendlies, leagues, cups, tournaments, GOT SOCCER Point System
- Training to match ratio
- U6 1:1 45 minutes (**2:1 75 Minutes**)
- U8 1:1 45 to 60 minutes (**2:1 75 Minutes**)
- U10 2:1 60 minutes (**3:1 90 Minutes**)
- U12 2-3:1 60 to 75 minutes (**3:1 90 Minutes**)
- U14 3:1 75 minutes (**4:1 90 Minutes**)
- U16 3:1 75 to 90 minutes (**4:1 120 Minutes**)



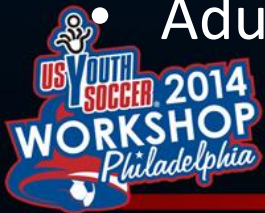
The Foundations of Your Club

- Address off field habits
- Balancing soccer with academics, other sports, family, and social life
- For most players soccer is an opportunity to grow, make friends, have fun and gain opportunities. Make families aware of the chances of playing professionally or receiving scholarships.



Leadership

- Cooperative – administrators and coaches on the same page
- Yearly planning and examining needs
- Programming for recreation and travel
- Coaches with technical expertise at the younger ages
- Technical Director or Director of Coaching
- Minimum certification of coaches
- Find Clubs with the same goals and principles especially in the same area
- Board members with expertise in various areas other than soccer or with no personal allegiance to the club
- Adult teams ... Cradle to Grave reaps rewards



Financial Costs of Travel soccer

ITEMS THAT FACTOR INTO A TEAM'S OR CLUB'S BUDGET FOR THE SEASON

Coaches Salary (almost all travel team head coaches are paid employees)

Referee Fees for leagues

League and state association registration fees

Tournaments (tournament entry fees range from \$350 - \$700)

Indoor Leagues during the winter months (league fees are between \$800 and \$1000 per league)

Warm up suits or team equipment bags

Indoor field Rentals during the winter months

Team Parties, post game snacks, etc.

Travel and hotel costs



Youth Soccer and the Future

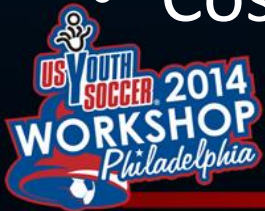
- How does soccer compare with costs and commitment of other sports today? Affluence and segregation
- The Nudge Factor
- Educating parents through newsletters, articles, web sites, and videos
- The effect soccer begins to have on children if it takes up their life
- Parents living vicariously through their children
- Your club can change to make soccer meaningful and more importantly fun.
- Correlation between clubs and school districts



US Soccer Developmental Academies

Elite Clubs National League

- Academies here and in Europe and South America
- U14 Developmental Academies(87 clubs), U16 and U18 Developmental Academies Elit Clubs National Leagues (79 clubs)
- Benefits and Shortcomings
- Pre-academies A, B, C teams
- Coaching staff credentials
- College Scouts at matches
- Cost



Free Time to Play Soccer Without Restrictions

- We have taken away a the chance for kids to interact and play on their own
- Value
- Modeling play when competing with older players (elite girls playing with or competing against boys)
- Basketball courts at playgrounds in North Philly
- High School... Numerous critics but it still has value
- Inhibiting Creativity and Imagination



Educated Parents

- The elusive soccer scholarship and the untruths you will be told
- Academic tutor or paid coach
- Commitment of a college soccer player
- Soccer scholarships vs academic scholarships
Sports like soccer (39% M, 43% W) and track & field/cross country (37% M, 46% W) are among the highest numbers of high school athletes participating, but the lowest in students receiving full scholarships.



You have the ability to change the future



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