MANAGING YOUR TEAM IN CHAMPIONSHIPS

Presented by
Skyler Bell

Saturday, 18 January 2014 @11am
Room 106A
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  – Idaho Youth Soccer Association
  – State Director of Coaching
  – USSF “A” License
  – USSF Staff Instructor
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  – Region IV ODP coach
  – Former Club DOC – Utah Force Soccer Club
  – Juris Doctorate (BYU ’09)
  – BA Communications, BS Psychology
OVERVIEW

• Selecting an event
• Logistics/planning
• Pre-event training (micro-cycles)
• Parent management
• Team management
SELECTING AN EVENT

• Big Picture Questions:
  – What’s the purpose of the tournament?
    • Win? Showcase? Develop? GotSoccer points? Fun?
    • Cheaper/closer options?
  – Event philosophies?
LOGISTICS
PRE-EVENT TRAINING
Micro-cycles

• Big Picture Questions:
  • Where does the tournament fall in your calendar?
    • Pre-season? Mid-season? Final event?
  • How important is the event?
    • Warm up? See where we’re at? EVERYTHING?
Connecting a training series into a WEEKLY PROGRESSION

MONDAY

WEDNESDAY

FRIDAY
Connecting a training series into a WEEKLY PROGRESSION….RESULTS?

Figure 2 - A schematic diagram of a periodized training period showing positive adaptation when optimal recovery follows high load training, resulting in a progressive increase in performance.

Figure 3 - A schematic diagram of a periodized training period showing negative adaptation when inadequate recovery follows high load training, resulting in a progressive decrease in performance.
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<th>RELATIVE % WORKLOAD</th>
<th>RECOVERY (WITH BALL)</th>
<th>RECOVERY (TEC/TAC)</th>
<th>TRAINING (TEC/TEC)</th>
<th>UNDERLOAD (TEC/TAC)</th>
<th>OVERLOAD (WITH BALL)</th>
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PRINCIPLES OF PLANNING

72 HOUR RULE
• A full match demands 72 hours for full recovery.
• Proportionality?

24 HOUR RULE
• The day following a match is always a recovery day.

24 HOUR RULE- PART II
• The day following an overload day is a recovery day.
✓ HEART RATE DURING MATCH?
Heart Rate at 150-190 bpm.
(70 - 100% of max.)

✓ FUEL REQUIREMENTS? CALORIES?
1150 kcals of fuel burned
(1 kcal = 1 dietary Cal.)

✓ WATER LOSS?
Water loss may be as high as 2-3 liters
(0.5 - .80 gal.) per match
PARENT MANAGEMENT

• If You Heard This, What Would You Do?
PARENT MANAGEMENT

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• If You Heard This, What Would You Do?
TEAM MANAGEMENT

• Team Meetings At The Event:
  – Yes or No?
  • If yes, how many and how long?
  • If yes, what should you cover?

• Individual Meetings:
  – Yes or No?
  • If yes, how many and how long?
  • If yes, what should you cover?
TEAM MANAGEMENT

• Team Rules:
TEAM MANAGEMENT

• Rosters and Playing Time
  – Guest players or no? Play them equally? Start?
  – Number of players to bring?
  – How do you structure playing time?
TEAM MANAGEMENT

• The game’s over . . . now what?
CONCLUSION

• If you’re not sure what you want from the event, you’ll have it tough to be effective.
• Tournaments are like defending – it’s about organization and preparation, not crisis management, but you need to know what to do if a crisis comes #ContingencyPlan\
• Have Fun 😊
CONCLUSION

• Questions???