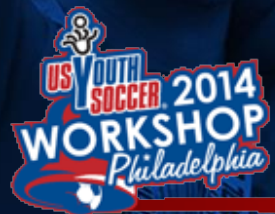


MANAGING YOUR TEAM IN CHAMPIONSHIPS

*Presented by
Skyler Bell*

Saturday, 18 January 2014 @11am
Room 106A



USYOUTHSOCCER.ORG

• **Skyler Bell**

- Idaho Youth Soccer Association
- State Director of Coaching
- USSF “A” License
- USSF Staff Instructor
- NSCAA Instructor
- USYS Instructor
- Region IV ODP coach
- Former Club DOC – Utah Force Soccer Club
- Juris Doctorate (BYU '09)
- BA Communications, BS Psychology

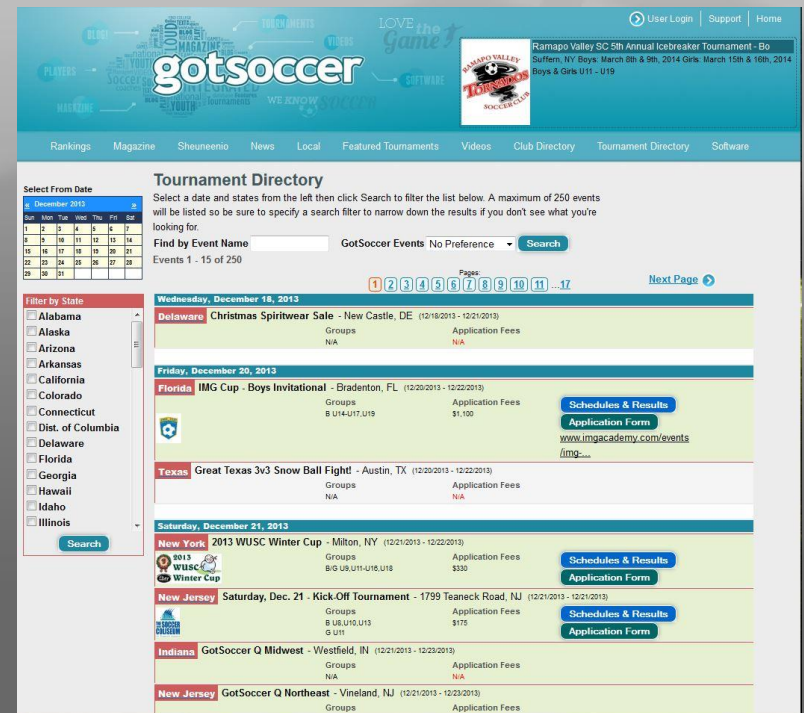


OVERVIEW

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

SELECTING AN EVENT

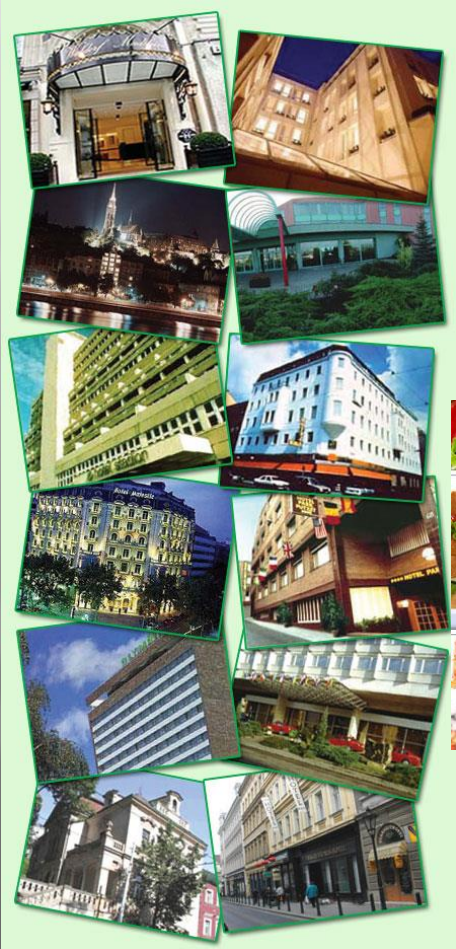
- Big Picture Questions:
 - What's the purpose of the tournament?
 - Win? Showcase? Develop?
 - GotSoccer points? Fun?
 - Cheaper/closer options?
 - Event philosophies?



The screenshot shows the GotSoccer website's Tournament Directory. At the top, there's a navigation bar with links like Rankings, Magazine, and News. Below that, a search bar and a calendar for December 2013 are visible. The main content area lists several tournaments, including the Christmas Spiritwear Sale in Delaware, the IMG Cup in Florida, and the WUSC Winter Cup in New York. Each listing provides details such as the date, location, and application fees. There are also links for 'Schedules & Results' and 'Application Form' for each event.



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?



MONDAY





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

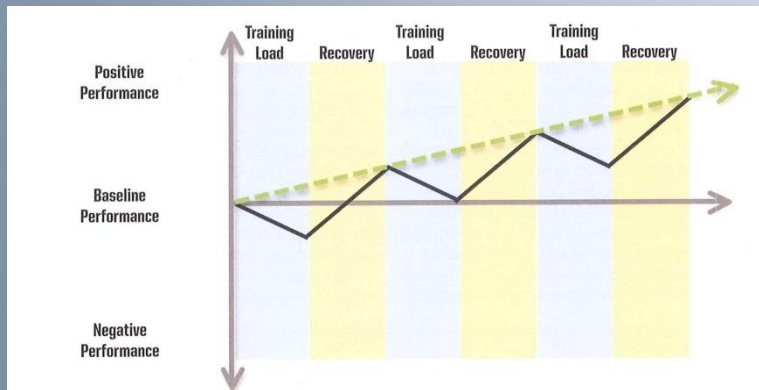


Figure 2 - A schematic diagram of a periodized training period showing positive adaptation when optimal recovery follows high load training, resulting in a progressive increase in performance.

APPROVED

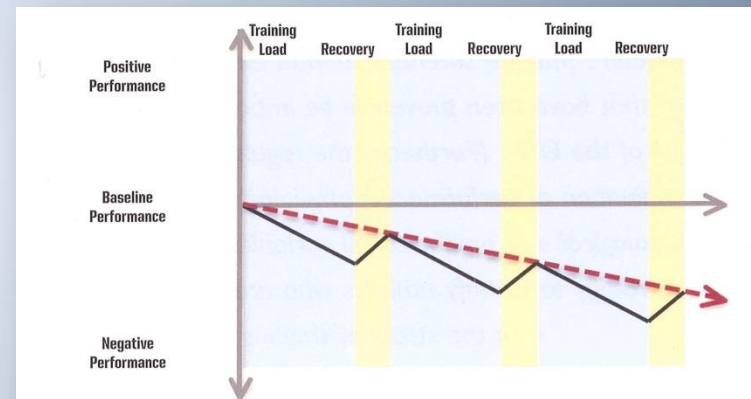
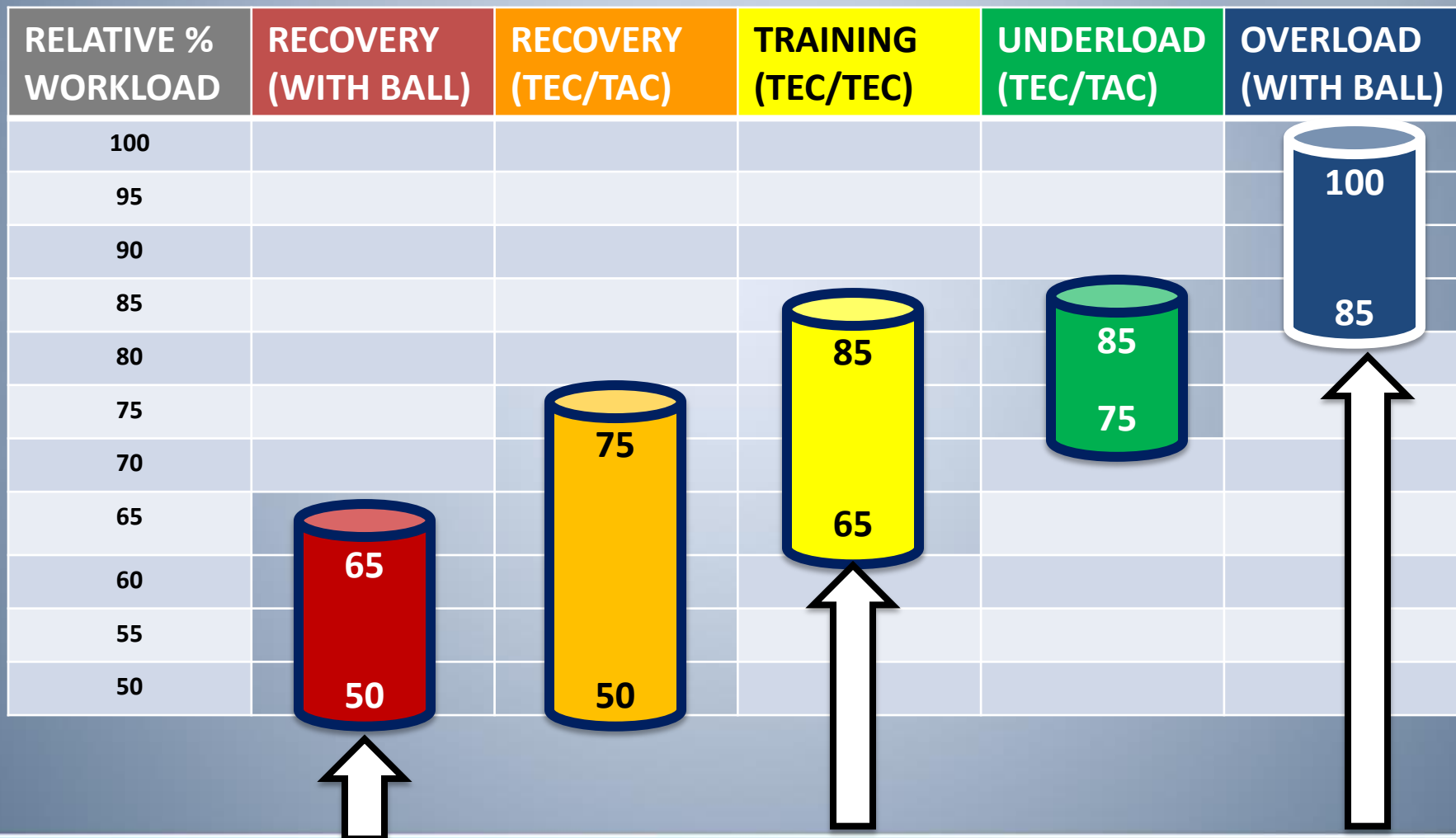


Figure 3 - A schematic diagram of a periodized training period showing negative adaptation when inadequate recovery follows high load training, resulting in a progressive decrease in performance.

REJECTED



TRAINING LOAD : DEFINING THE LEVELS





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.

U.S. SOCCER “D” COURSE

METHODS II: PLANNING A MICROCYCLE



✓ 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

- If You Heard This, What Would You Do?



PARENT MANAGEMENT

- If You Heard This, What Would You Do?



PARENT MANAGEMENT

- 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???