

Shakopee High School Girls Soccer: All Program Meeting

A Year of Growth, Progress, and New Opportunities



Shakopee High School Girls Soccer Program

Welcome to the Shakopee High School Girls Soccer program. Our mission is built on the belief that "We are all in this together—driven to succeed as individuals and as a team. We strive for excellence through commitment, understanding, and willingness to embrace challenges.

Our success is measured by effort, not just outcomes."

Our program focuses on player growth both in soccer and in life, developing work ethic, discipline, and teamwork, while creating an environment where players solve problems and build lasting connections. We believe in supporting individual development timelines while providing clear structure and coaching points.

B by Bobby Davies

Program Leadership

Coaching Staff

- Head Coach: Robert Davies
- Asst. Varsity: Ashley Elsner
- JV Head Coach: Kizito Mor
- B Squad Developmental Coach:
TBD
- 9A Developmental Coach: TBD
- Communications Director: Andy
Brown

Booster Club

- President: Andrew Hahn
- Vice President: Shauna Younge
- Treasurer: Laura Harder
- Secretary: Stacy Finck
- Member-At-Large: Jenni Mor



Our program is led by dedicated professionals committed to developing both soccer skills and character in our athletes. The coaching staff works closely with the booster club to ensure a comprehensive and supportive environment for all players.



Communication Structure



Player to Coach

Recommended first step, especially at JV/Varsity levels. Players are encouraged to speak directly with coaches about concerns or questions.



Parent/Player to Communications Director

When direct communication is challenging, the Communications Director serves as a liaison between parents, players, and coaches.



Communications Director to Coach or AD

Depending on the nature of the issue, the Communications Director will facilitate resolution with the appropriate staff member.

Our new Communications Director role creates a safe space for communication without fear of retribution, helping resolve concerns during the season rather than after. While playing time and team selection decisions remain with the coaches, we value open and constructive dialogue throughout the program.



Team Formation Policy

Formation Dates

August 11-15, 2025

All rosters, including Varsity, will be renewed yearly. There are no longer permanent varsity positions.

Requirements

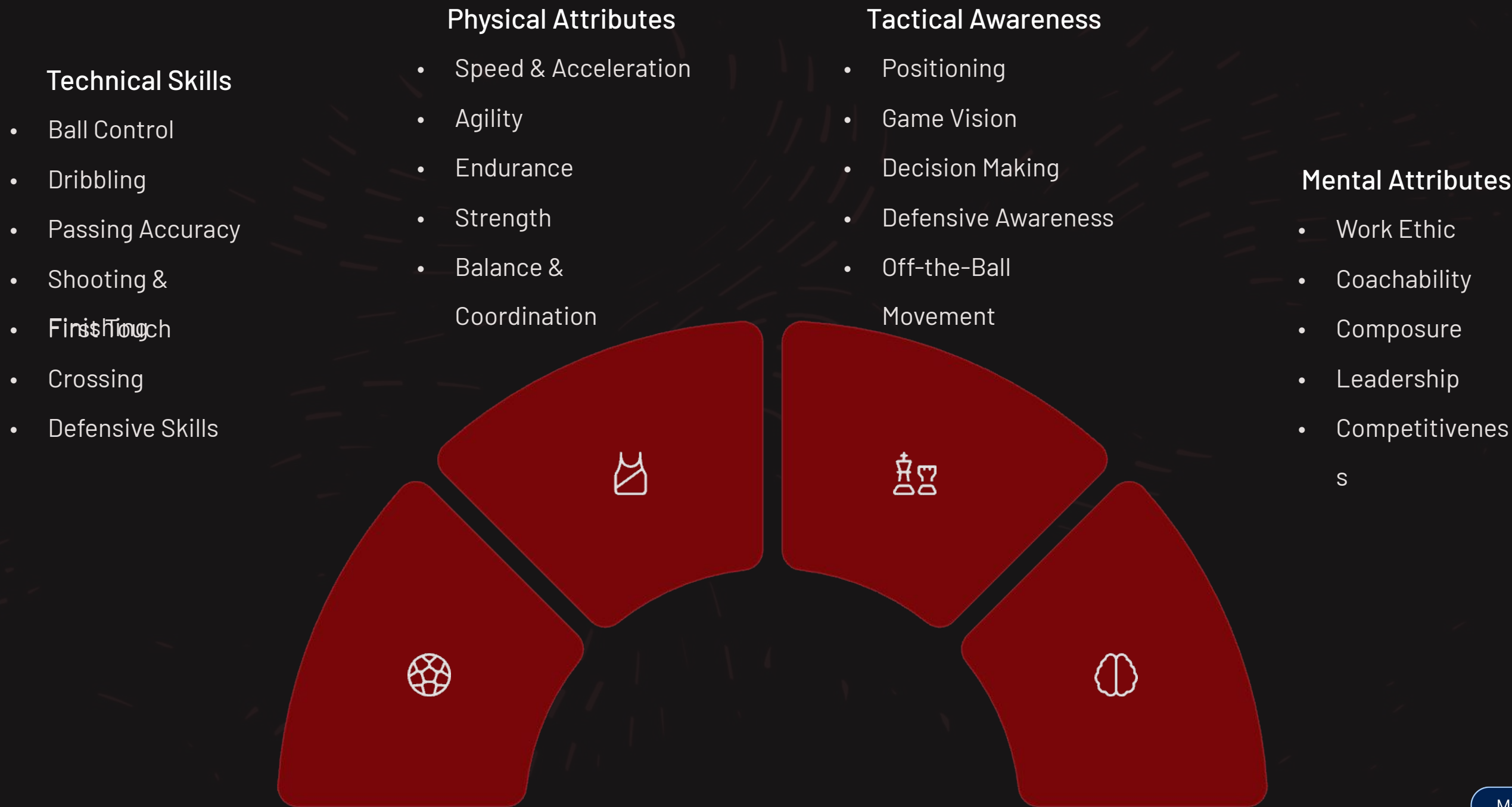
- Registration on varsity.sportslink.com
- Valid physical on file
- Physical fitness to participate
- Attendance at minimum 2 days

Evaluation Format

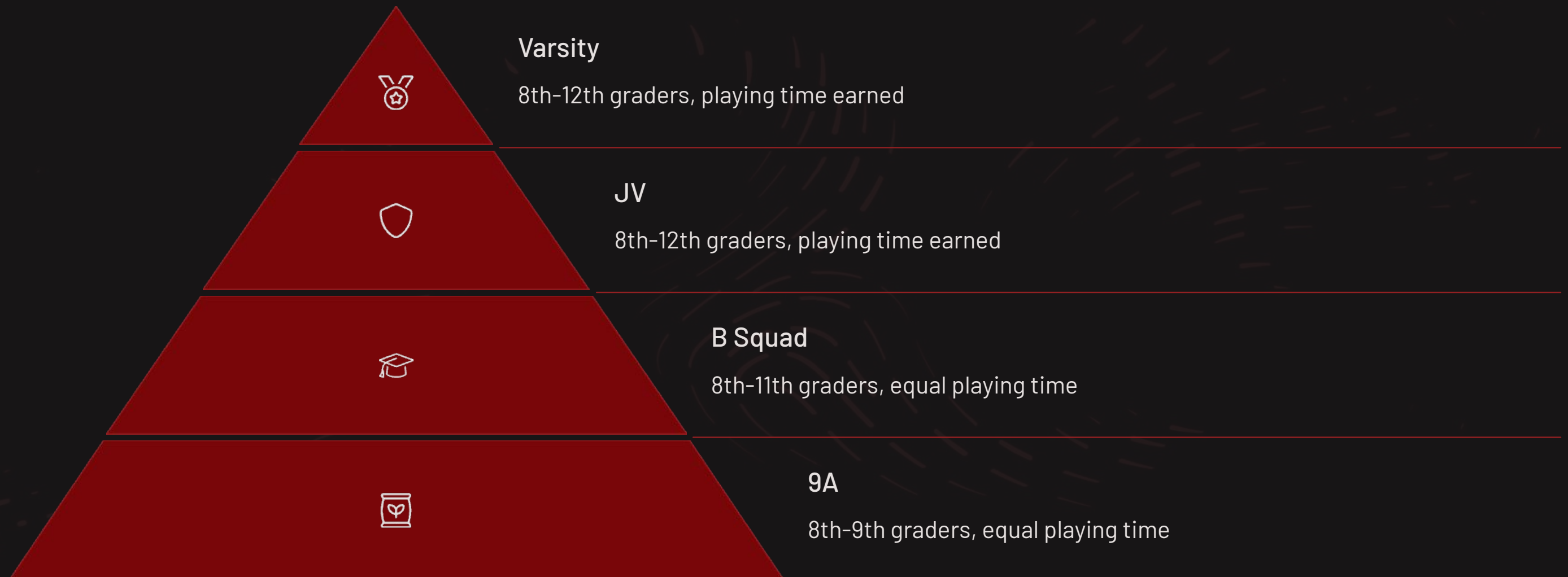
- Dynamic Warmup
- Passing Lanes
- 3v3/4v4 (Depending on numbers)
- 9v9/11v11 (Depending on numbers)

Due to the depth and talent level of players within our community, we approach each season as an opportunity to evaluate which players fit best and encourage motivation and desire to succeed. If we exceed capacity (approximately 86 athletes), program cuts may be necessary.

Player Evaluation Criteria



Team Structure & Expectations



Effective 2025, the Varsity coaching staff will attend developmental training sessions or JV sessions at least once per week to create program-wide cohesion. Players are expected to be accountable to themselves, commit to personal improvement, communicate effectively, and play in ways that make their teammates better.

Player Expectations & Captain Roles

Player Expectations

- Be accountable to yourself
- Compare yourself only to past performances
- Never give up on the game
- Commit to personal improvement
- Make teammates better through your play
- Show up on time to training
- Communicate absences proactively
- Be open to feedback

Captain Roles

- Selected by team vote after formation
- Advocate for all players
- Serve as team point of contact
- Mentor teammates
- Mediate between players and coaches
- Lead team warmups
- Organize equipment

Year-Round Development & Opportunities

Year-round development creates competitive players ready for JV/Varsity levels.

Fall Season
School soccer program focuses on team tactics and competition.

Continuous Improvement
Year-round commitment maximizes player potential and team success.



Winter Development
Club play, speed/strength/agility training, and individual skill refinement.

Spring/Summer Growth
Club competition, physical conditioning, and college showcase opportunities.

Players committed to continuous development throughout all seasons significantly strengthen their chances of earning JV/Varsity roster spots.

Daily and Weekly Periodization for Peak Performance

Recovery Focus
Active recovery sessions between games prevent injury and fatigue.

Game Readiness
Structured preparation ensures peak performance for Tuesday, Thursday, Saturday games.



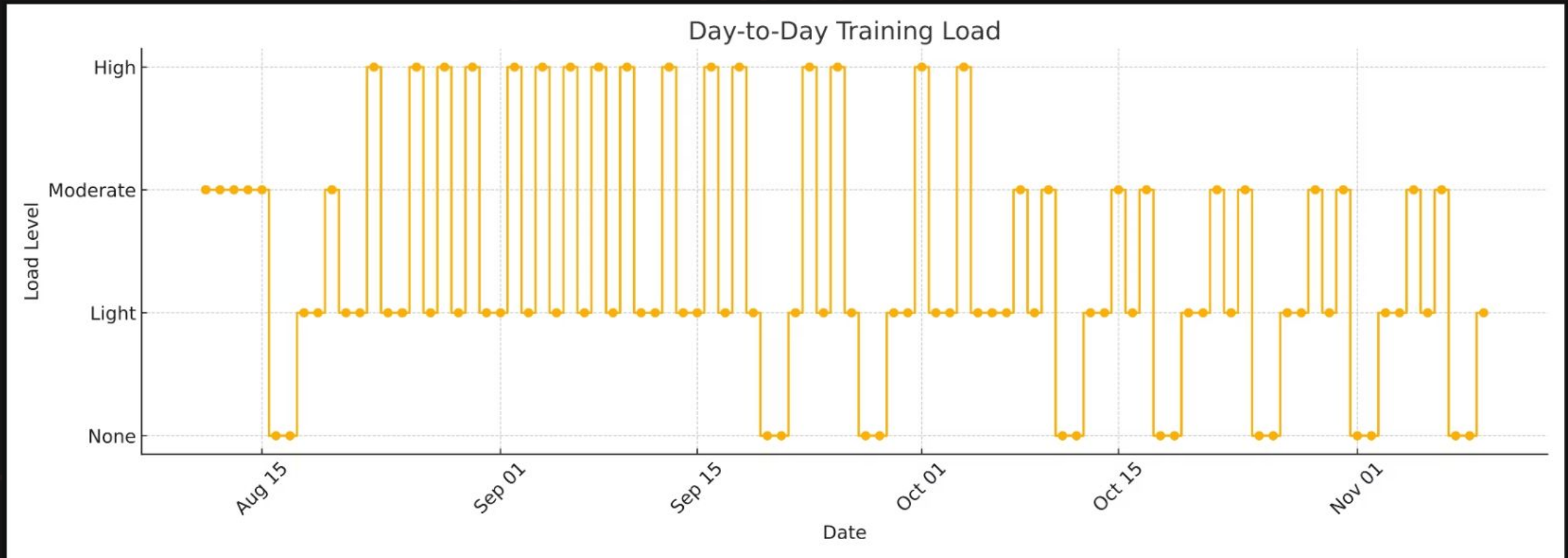
Tactical Work
Light tactical sessions reinforce team strategies without physical strain.

Conditioning
Maintain physical readiness without overloading players before matches.

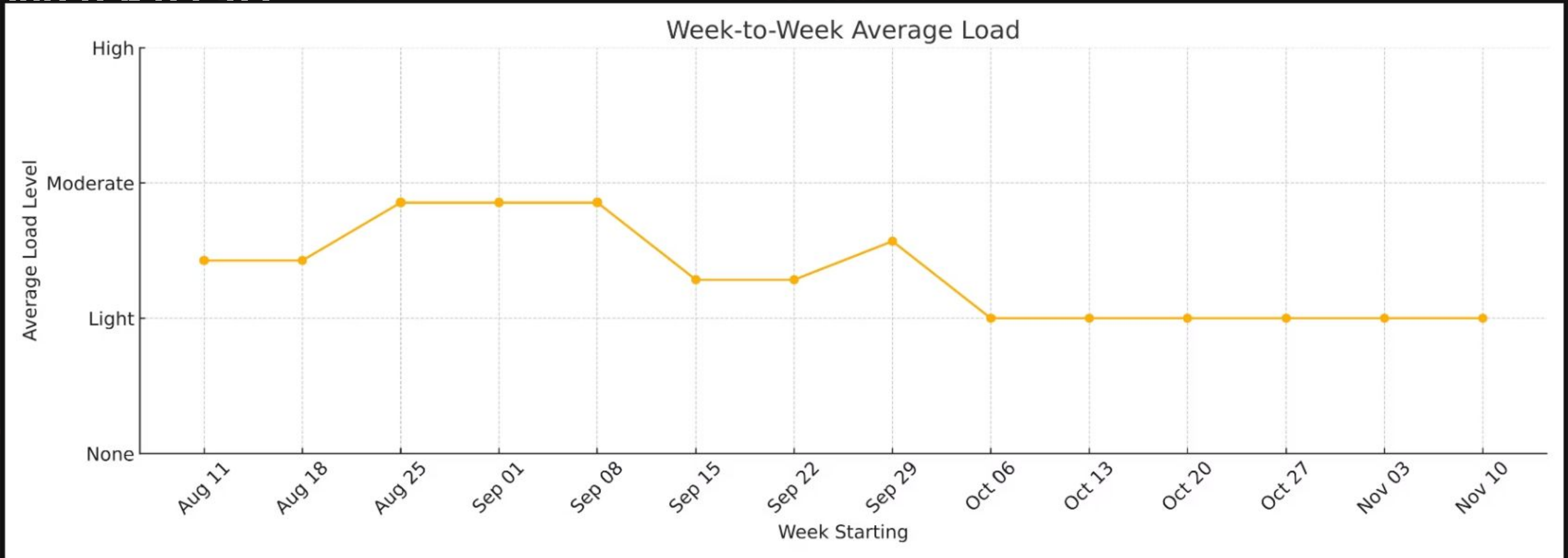
Periodization in soccer structures training to optimize performance, manage fatigue, and ensure match readiness. The weekly microcycle balances intensity, recovery, and tactical preparation throughout demanding game schedules.

Date	Time	Opponent	Location
SATURDAY, AUG 23, 2025	7:00pm	Eden Prairie	Shakopee West Middle School Stadium - Vaughan Field
TUESDAY, AUG 26, 2025	7:00pm	Hastings	Shakopee West Middle School Stadium - Vaughan Field
THURSDAY, AUG 28, 2025	5:00pm	Chaska	Shakopee West Middle School Stadium - Vaughan Field
SATURDAY, AUG 30, 2025	11:00am	Mankato East	Mankato Kennedy Elementary School
TUESDAY, SEP 02, 2025	7:00pm	Owatonna	Owatonna Lincoln Elementary
THURSDAY, SEP 04, 2025	5:00pm	Farmington	Farmington High School
SATURDAY, SEP 06, 2025	TBD	Hopkins	Hopkins H.S. - Stadium
MONDAY, SEP 08, 2025	7:00pm	Lakeville South	Shakopee West Middle School Stadium - Vaughan Field
WEDNESDAY, SEP 10, 2025	5:00pm	Eastview	Shakopee West Middle School Stadium - Vaughan Field
SATURDAY, SEP 13, 2025	2:00pm	Mahtomedi	Mahtomedi High School
TUESDAY, SEP 16, 2025	7:00pm	Eagan	Eagan High School
THURSDAY, SEP 18, 2025	5:00pm	Apple Valley	Shakopee West Middle School Stadium - Vaughan Field
TUESDAY, SEP 23, 2025	7:00pm	Prior Lake	Prior Lake High School
THURSDAY, SEP 25, 2025	5:00pm	Lakeville North	Shakopee West Middle School Stadium - Vaughan Field
WEDNESDAY, OCT 01, 2025	5:00pm	Rosemount	Shakopee West Middle School Stadium - Vaughan Field
SATURDAY, OCT 04, 2025	1:00pm	Champlin Park	Champlin Park HS

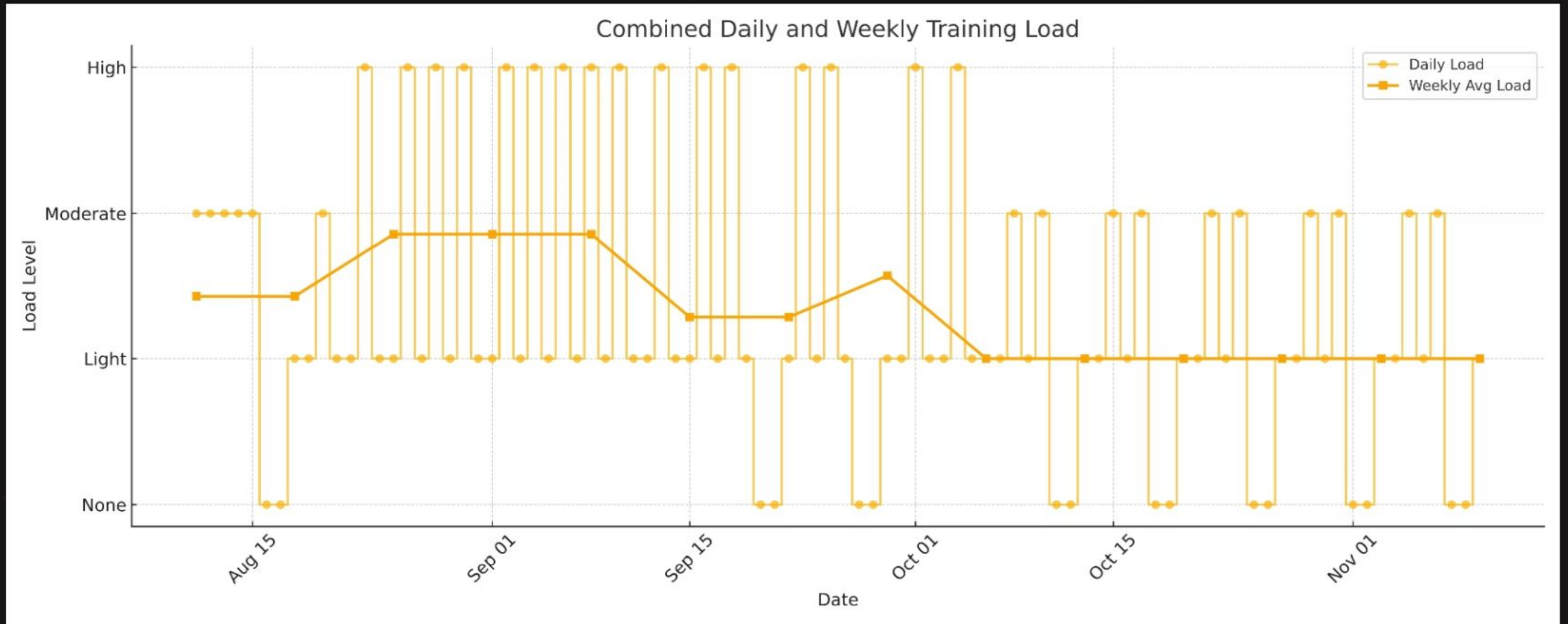
Day to Day Workload



Week to Week Workload



Combined Workload



Weekly Training Sessions – with periodization

Date	Phase	Activity	Load	Topic	Session Step
Mon, Aug 11	Season	Team Formation / Evaluation	Moderate	Tech circuits	Small-sided evals
					Basic activites
Tue, Aug 12	Season	Team Formation / Evaluation	Moderate	Tech circuits	Small-sided evals
					Basic activites
Wed, Aug 13	Season	Team Formation / Evaluation	Moderate	Tech circuits	Small-sided evals
					Basic activites
Thu, Aug 14	Season	Team Formation / Evaluation	Moderate	Tech circuits	Small-sided evals
					Basic activites
Fri, Aug 15	Season	Training	Moderate	Wide overloads	3v2 wide
					Overlap scenarios

Date	Phase	Activity	Load	Topic	Session Step
Mon, Aug 18	Season	Training	Light	Attacking shape	Wide pattern play
					Functional attack
Tue, Aug 19	Season	Training	Light	Tight possession	Rondo
					3v3 + 2
					Grid play
Wed, Aug 20	Season	Training	Moderate	Pressing cues	Trigger press drill
					Mid press scenario
Thu, Aug 21	Season	Training	Light	Tight possession	Rondo
					3v3 + 2
					Grid play
Fri, Aug 22	Season	Training	Light	Wide overloads	3v2 wide
					Overlap scenarios
Sat, Aug 23	Season	GAME DAY: vs Eden Prairie	High	Match Execution	Match Execution & Post-Game Recovery

Film Study Benefits

Film analysis complements our on-field training to accelerate player development and tactical understanding.

Individual Performance Review

Players identify technical strengths and improvement areas through personalized video clips.



Opposition Analysis

Pre-game preparation reveals opponent tendencies, formations, and key players.



Tactical Understanding

Team patterns, positioning, and decision-making analysis enhances soccer IQ.



Team Reflection Sessions

Weekly 20-minute group reviews reinforce coaching points from games and practice.



Film Study Benefits



Tactical Awareness & Game IQ

Recognize patterns and positioning



Individual Development

Self-evaluation and habit correction



Decision-Making

Mental rehearsal of game situations



Opponent Scouting

Identify strengths and weaknesses

Film study is a game-changer for developing tactical awareness and decision-making. It helps players see their movement off the ball, analyze set pieces, and prepare for opponents. For effective film study, break content into small clips, use pause and replay for key moments, and encourage self-analysis. This practice also supports college recruitment by allowing players to build highlight reels.

Film Study Impact Metrics

The data confirms film study's powerful impact on player development and team performance.

Category	Estimated Benefit (%)	Explanation
Tactical Understanding	40-50% improvement	Players better understand shape, transitions, and spacing.
Positioning Awareness	30-45%	Especially for midfielders and defenders in systems like 4-3-3.
Set Piece Recognition	50-60%	Helps identify patterns in opponent corners, free kicks, etc.
Game IQ (Decision-Making)	25-35%	Players begin to recognize triggers and cues faster.
Self-Correction / Reflection	35-50%	Players report higher accountability when they can "see" their mistakes.
Overall Performance	10-20% lift in results	Based on anecdotal coach reports (wins, clean sheets, goal conversion).

Working hand in hand with SSA and the booster club, we leverage crucial metrics to drive our film study strategy towards areas ripe for development. The soccer club's cameras and financial aid from the booster club further enhance our progress.



Estimated Recruitment Success Rates

Recruitment Scenario	Estimated Chance of Being Recruited
Girls soccer player with quality film	8–10%
Girls soccer player without any film	1–2%



Bonus Insight:

According to NCAA data:

- About **5.6%** of high school girls soccer players go on to play in college (across all levels).
- Roughly **1.7%** play Division I.
- Coaches report that **video is used in 80–90% of their evaluations** before deciding to attend a game in person.

Year-Round Development & Opportunities



Winter Development

Open futsal sessions and turf time (weather permitting) help maintain skills during the off-season. Year-round playing is increasingly important for JV/Varsity level players.

For complete schedule information, visit www.shakopeesabers.com/girlssoccer. Follow our social media channels for the most up-to-date information on camps, team formations, and other important announcements.



Summer Opportunities

High school camp (Tuesday/Thursday/Friday in June and July) and captain's practices provide structured development during summer months. Registration available at shakopeesoccer.com.



Booster Club Support

Our Booster Club supports all participants regardless of background, promotes school spirit, provides financial support, and fosters parental understanding of student-athlete activities.

Program Fundraising

- Cub Foods Bagging - August 9 or 10th

Vertical Raise - Raised **\$10,315** in 2024

Business

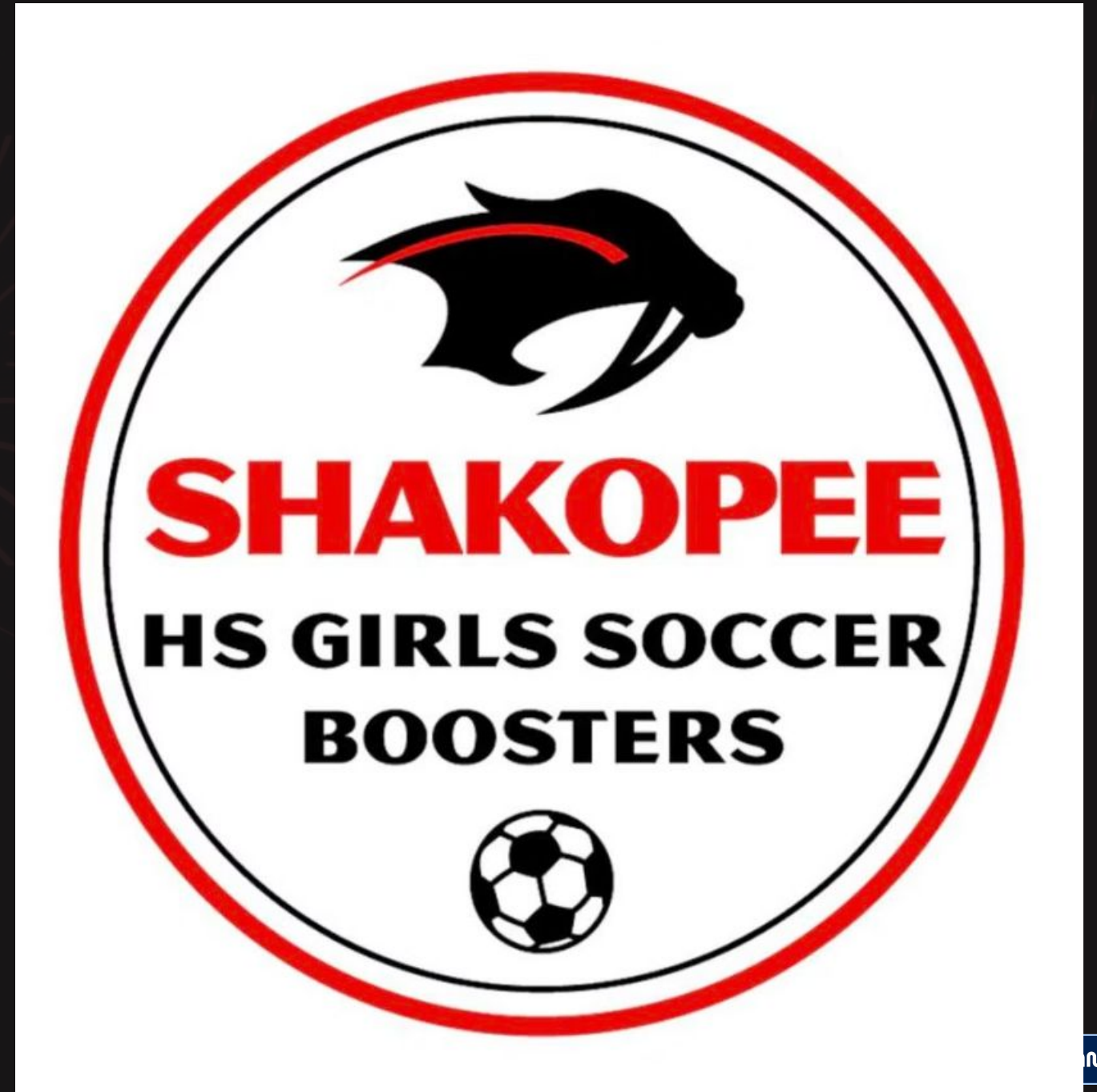
Sponsorships

- **\$100 to \$1,000+ Options**
- If you own a business or employer may be interested, please contact the Boosters!

Employer Matching & Misc

Donations

- Polar Plunge, Company Matches, Volunteer Credits etc.



Booster Activities

Dollars for Scholars Girls Soccer Scholarship - **New 2025**

Outdoor Metal Benches for Developmental Fields - **New 2025**

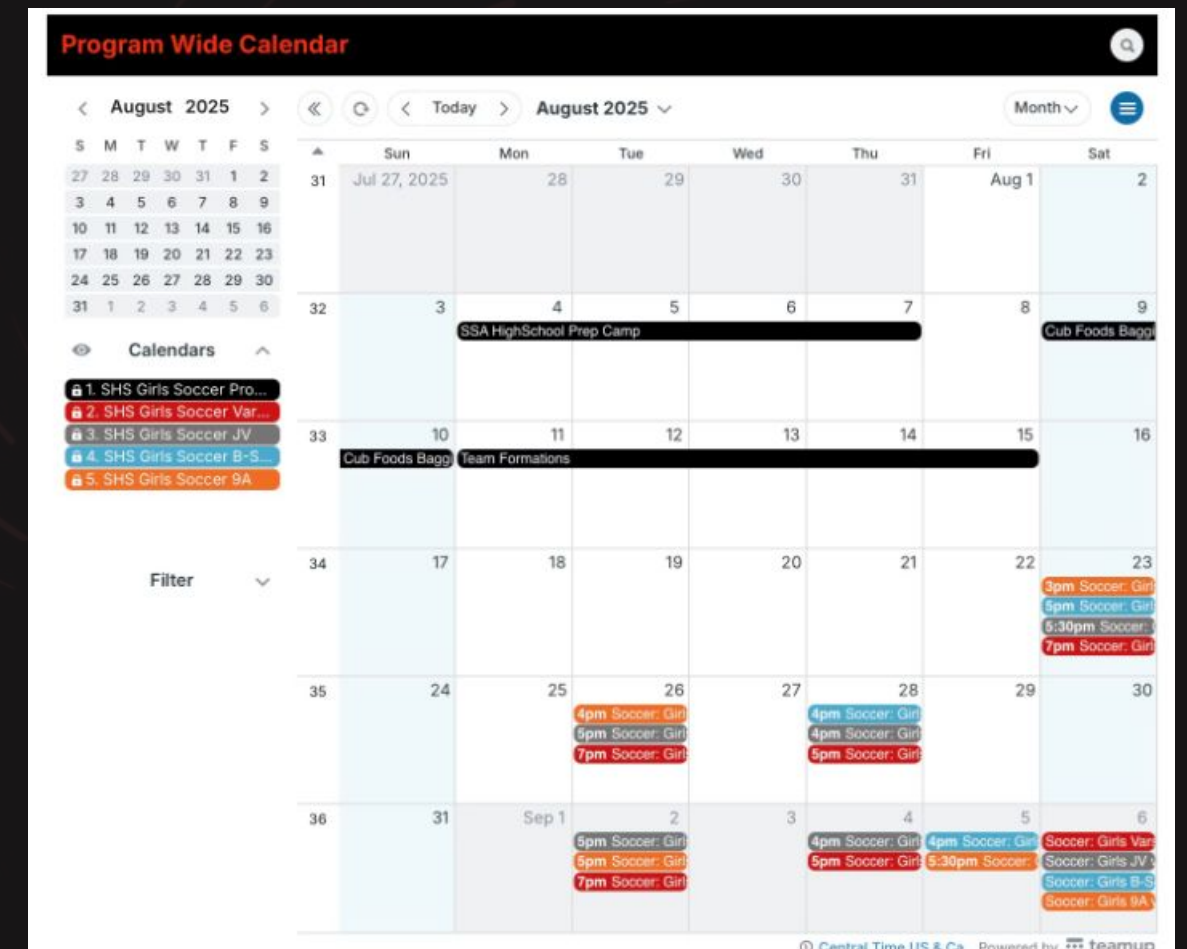
- Website updates, program calendars, and social media management
- Support including program shirts, uniforms, picture day, player posters, and banquets
- Training and game equipment, VEO cameras, Soccer Pulse, and spirit stores
- Hype videos, match photos, bus food, team pasta nights, and pizza nights
- Coach and parent events: coach requests, parents/teacher/senior nights, coach shirts and fees, awards

Visit Our Official Website

For full information and updates, visit www.shakopeesabers.com/girlssoccer

What You Will Find

- Team Calendar
- Game Schedules
- Prep Camp
- Summer Training
- Formations
- Theme Nights
- Food Events
- Volunteer Signups
- Team Pictures
- Booster Meetings



Questions and Answers

We're here to help! Ask us anything related to the program.

