

2024/2025 HANDBOOK

A guide for B.S.A. families.





OUR ACADEMY

A BIG FAMILY



WHY A HANDBOOK?

We want both parents and players to integrate into the B.S.A. in an easy and fast way; for this reason we put this manual at the disposal of the families, where you will find rules and advices to follow, which will surely help you.

Of course this is an “open handbook”, where things will be added according to the needs and new ideas of our players, their families and the B.S.A. staff.



COMMITMENT TO THE TEAM AND THE ACADEMY

Soccer is a team sport, so it is essential that everyone, both parents and players, understand that commitment to, by, and for the team is the foundation for the growth of the player and the team as a whole.

Practices, games, rain, sun... we know that all this can be exhausting during the season, but that's why the good relationship between the families helps to overcome all these inconveniences that we soon forget when we see the kids growing up enjoying their passion.

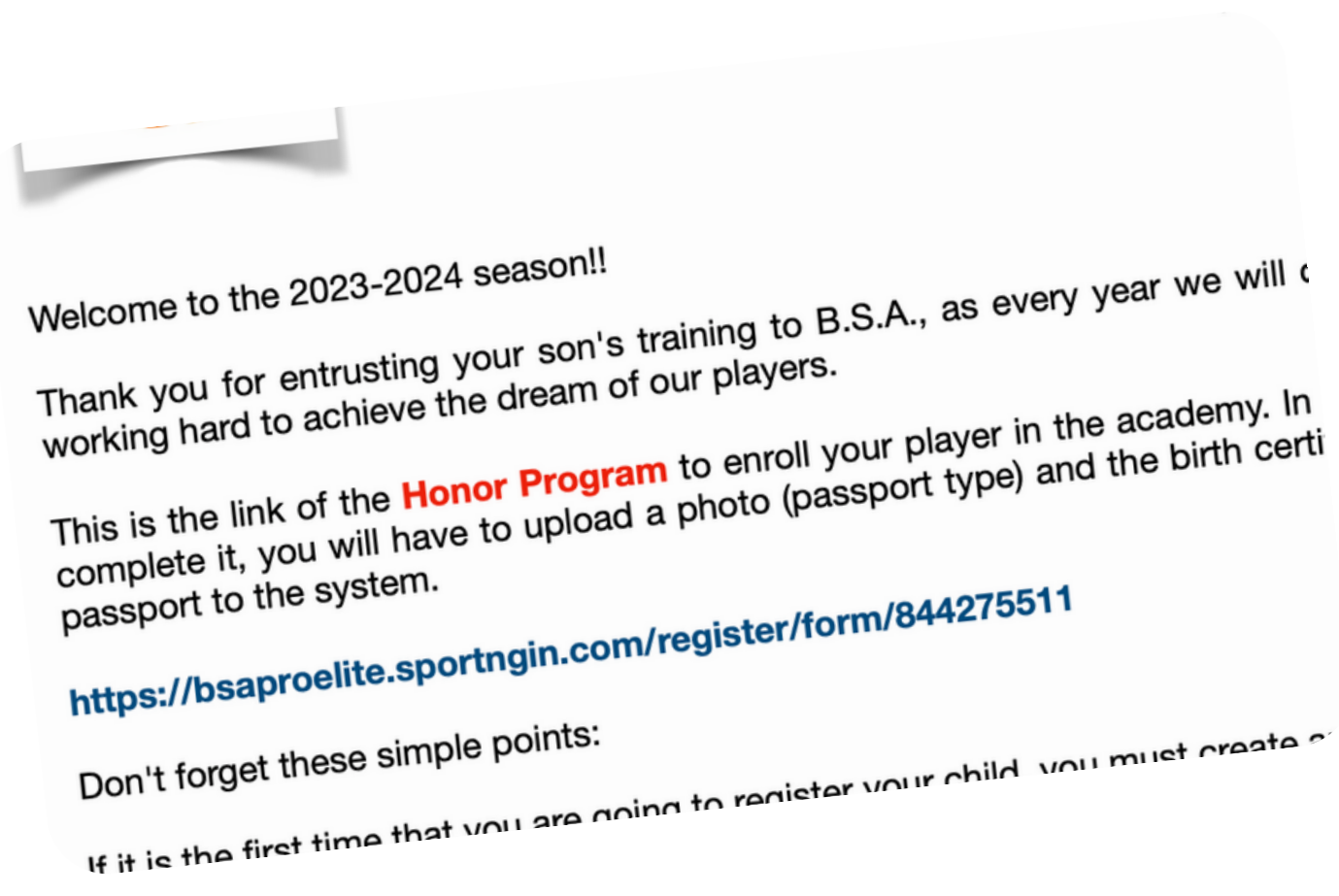


REGISTRATION

From the month of April, the link to register in B.S.A. through Sportengine will be available to parents. In this application you will find all the necessary information about the program that fits better to your player.



sports engine



A meeting with our Technical Director, Jose Luis Ramirez, is necessary prior the registration to determine the program that best fits the player.

To complete the registration form you will need

- A photo of the player (passport type)**
- Birth certificate or passport (as proof of age)**
- A medical certificate**



All these documents will be uploaded to the system at the time of registration. Registration, waivers and terms will be accepted with electronic signature.

WHY WE USE 3 PROGRAMS ?



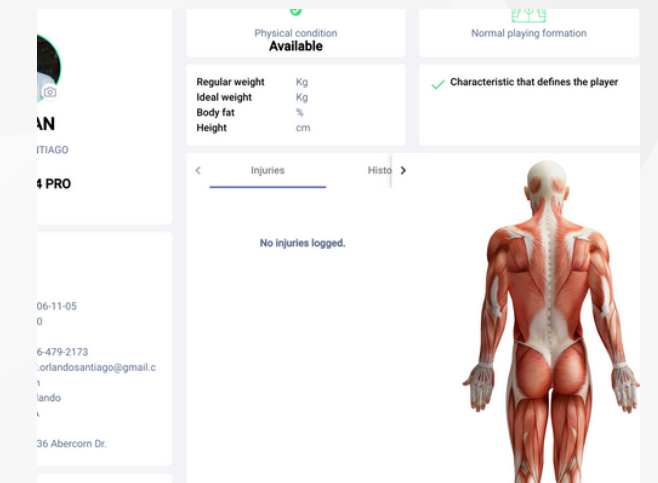
1.- STACK TEAM APP:

Where you can find all the information about training and match schedules, events, news ...



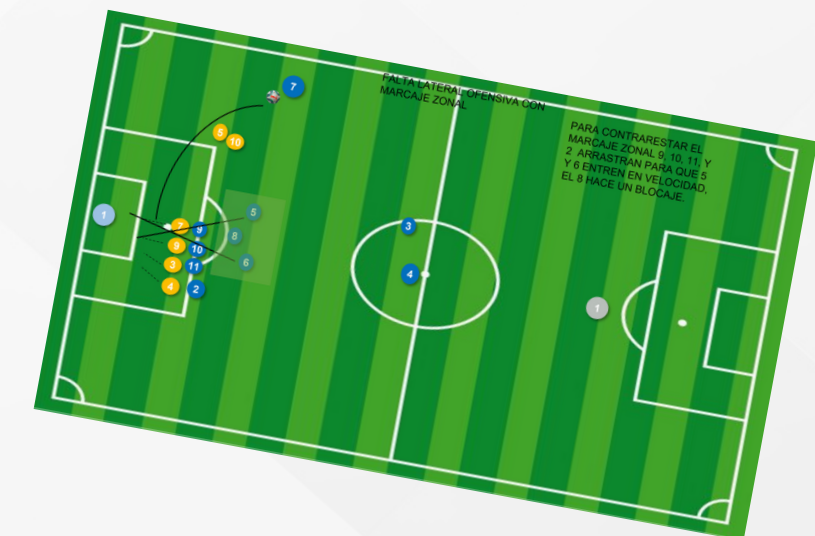
2.- GO TEAM!:

A program of tactical-technical development and physical follow-up for the players. To achieve an integral development of the player.



3.- VEO:

Tool of our analysis program, offering players a complete view of individual and team play through the VEO platform and with the possibility to create their own portfolio for the future.



Once the administration receives the registration, the invitation to access the three programs will be sent via email to you.



REGISTRATION SUMMARY

- April is the registration period for B.S.A. players and May 1st onwards for new players.

Step 1 - Meeting with the Technical Director Jose Luis Ramirez, in this meeting, if you have already made the decision to enroll, you can purchase the necessary uniforms.

Step 2 - Receive the link(s) corresponding to the B.S.A. program in which the player will be enrolled.

Step 3 - Once the registration document is received by administration, invitations to the programs will be sent.

Step 4 - If you did not purchase uniforms on the day of the first meeting, now is the time to do so.

And with this Ready to start training!

Welcome to B.S.A.!!



PROGRAMS SUMMARY	DEVELOPMENT	NATIONAL	HONOR	PRO	ELITE
DIVISION	U5	U6	U7/8/9	U9/10/11 12/13/14	U14/15/16 17/18/19 (*)
PRACTICES A WEEK / LENTH	1 90 MINUTES	2 90 MINUTES	3 90 MINUTES	3 105 MINUTES	4 105 MINUTES
TECHNIFICATION	NO	NO	NO	12/season	20/season
VIDEO	YES	YES	YES	.	.
VIDEO ANALYSIS	.	.	.	YES	YES

B.S.A. practices all year round. Our off weeks are:

- Last week of May (to make seasonal changes in the system).
- Week of July 4th
- Thanksgiving week
- Christmas week

(*) In order to obtain the player's pass, it is a prerequisite that all players who turn 18 during the season complete the **SAFESPORT** course online.

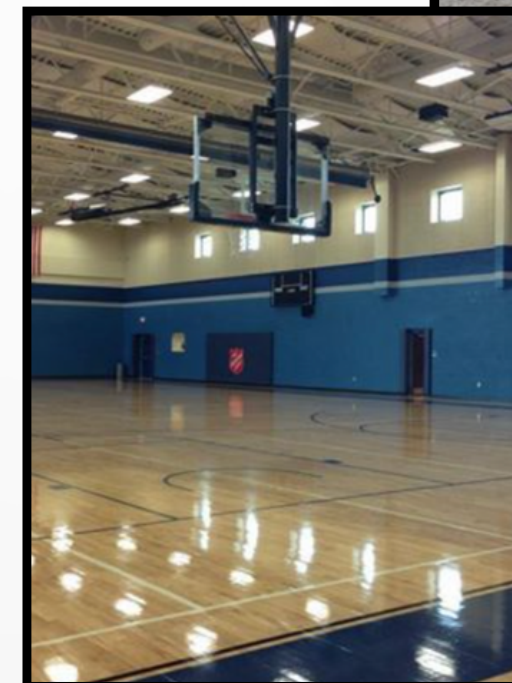
OUR FIELDS:

PRACTICES & GAMES

BOOMBAH SPORTS COMPLEX (SANFORD)
LAKE MARY SPORTS COMPLEX (LAKE MARY)
SYLVAN LAKE PARK (SANFORD)
ALL SOULS C.C. SOCCER FIELD (SANFORD)
BENNET PARK (ORANGE CITY)
WARD PARK (WINTER PARK)

INDOOR & SPECIAL TRAINING

INDOOR (SALVATION ARMY - GYM)
GREENWOOD LAKE PARK (LAKE MARY)
MERRIL PARK (ALTAMONTE SPRINGS)



AT THE FIELD...

Some basic **rules of coexistence** for the players:

- - Upon entering any of the facilities, you must greet the coaches, then you can proceed with the training routine.
- - Remember that players **ALWAYS** arrive and leave the field in flip-flops, **NEVER** in sport shoes.
- - Players must be responsible for preparing their backpacks, water, and any other items needed for practice. No matter what their age, this should become their routine.

If you miss a practice throughout the week, please text Coach Jose Luis and he will give you a day. It's very important to **make up practices** to be able to keep growing.



INDOOR RULES ...

NO PARENTS ALLOWED TO STAY IN SALVATION ARMY DURING THE PRACTICES FROM MONDAY TO THURSDAY (ONLY TO USE THE BATHROOM), ONLY EXCEPTION FRIDAYS.

SALVATION ARMY WILL CLOSE IN FEBRUARY 2024 FOR 8-10 WEEKS DUE TO RENOVATIONS.
(We will accommodate these practices in another field)

TURF SHOES WILL NO LONGER BE USED IN SALVATION ARMY.



B.S.A. UNIFORM ...

Puma is our brand, no other brand is allowed on our apparel.

Of course you can use the shoes that best fit your foot.

The training kit consists of

- **2 training shirts (color depends on the program).**
- **1 pair of black shorts**
- **1 pair of black socks**
- **1 pair of black long pants**
- **1 black jacket**
- **1 backpack**

The playing equipment is as follows

- **Pink T-shirt and shorts**
- **Yellow T-shirt and shorts**
- **White shirt and shorts with blue socks**

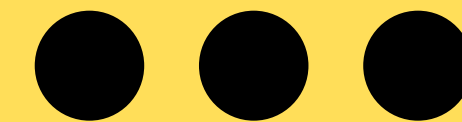
Both jerseys and shorts are mandatory, as players who do not play in the league may participate in tournaments.



SHOES RULES ...

The purchase of sports shoes, especially cleats, is important. We do not want to damage the player's feet and at the same time we need them to be able to feel and control the impact of their foot both in practice and in games.

Therefore, please do not buy boots that are more than 1/2 size larger than the player needs.



Please make sure to name all uniforms and the water bottle.

PRACTICE ATTENDANCE RULES

Practices are the **basis for learning and improvement** of an athlete.

At B.S.A. we offer quality practices according to our philosophy and methodology.

However, it is of vital importance to understand that **it is not possible to improve without regular training**.

The rule "no practice, no play" applies without exception. If you are unable to attend a training session, please let us know so that we can reschedule if possible.

In case of **illness**, please send a medical certificate. In case of **injury**, it is necessary that you provide us with a copy of the doctor's report and its follow-up, so that we can proceed according to the doctor's advice.



GAMES & TOURNAMENTS

RULES & TIPS

These are some basic rules to keep in mind when playing, and they apply to both league and tournament play.

General Rules:

- The **"no practice - no play"** rule is a basic principle.
- The roster will be posted on Wednesday/Thursday of each week.
- Players must **RSVP** no later than Thursday evening.
- In addition to the requested uniform, they should always include the other kits in case there is a color conflict with the other team.
- Each player must be responsible for their own backpack.
- Younger **players may be moved up** to older teams for one game to help out if the coaches and technical director deem it appropriate.
- We all know that the Florida sun and heat is terrible for the players. That is why we need a **tent for the games**. We encourage parents to take it in turns to bring a tent to each game. This gives the coach more time to prepare the team. We really appreciate it.



PRE GAME DAY...

These are some basic **physical conditioning rules** for the day before the game:

Do not play video games the day before the game and try to **avoid using electronics** as much as possible. Our concentration and mental agility should be at 100%.

Players should **go to bed early** and get at least 8 to 9 hours of sleep. It is very important that our bodies are 100% recharged.

Also **healthy food**, not processed, as well as carbohydrates that give us the necessary energy, avoid fatty and heavy meals.

And above all, **hydrate well**, drink plenty of water the day before, before, during and after the game. This is a very important factor to avoid injuries.

GAME DAY...

- Please **check the schedule**, the address, and that everything you need is in your backpack...do not forget your **shin guards**.
- The day before, the coach will tell you what **color uniform** you will wear, but remember to put the rest of the uniforms in your backpack just in case.
- Always **report to the coach 45 minutes before** the start of the game, this is a very important rule because if you don't show up on time, you may not be able to play the first part of the game. The coach needs this time with the team to warm up and plan the game.
- Each **player's playing time** depends on his effort, attitude, and concentration. The coach will always try to have each player play at least two quarters.
- Parents are asked to **respect the work of the coaches** and the decisions they may make at any given time, avoid any confrontation on the field, this is not the place or time to talk, the office is always open to meet in the following days.
- And of course, **avoid confrontations** with referees, coaches, parents or players of the opposing team.



THEORETICAL CLASSES ASSIGNMENTS AND ANALYSIS

1.- Theoretical lessons and homework:

When coaches send assignments to the group, players should have those assignments in a folder so they can access them for viewing and analysis. This is the best way to understand, correct, and learn. Keep the binder that is provided in theory classes up to date. This binder is useful from one season to the next because its purpose is to compile all the information that is given throughout each year. These assignments will be used in theory and analysis classes.

2.- Analysis (VEO):

As with the homework, the players will have to create clips of themselves, this will help them to improve their mistakes and see their progress. The coach will review these folders from time to time.

TECHNIFICATIONS

In Europe do not understand a Soccer School without extra work with young soccer player, in order to fill the gaps that do not play soccer on the street, on the beach and try to compensate for the sedentary lifestyle of young people today, and as they fail to make their passion their profession.

All European clubs have incorporated techniques into their working structure and form an integral part of their methodology. In Barcelona Soccer Academy, we link technique to tactics, that is, we use technique to solve what tactics pose, link it, and that the player has a perception of what he does and why he does it, and enjoy and improve by the game.

We understand that good coordination and balance work at early ages and is vital and better than with the ball in the middle, to further detail technical skills in soccer. The technique adapts the level and position of each player with the aim of improving his individual and collective technique to apply it to the overall game.

What's the point of technique?

Technification and improvement in football is intended to strengthen and enhance individual and collective technical skills to improve the soccer quality of each player, with the aim of providing him with better technical resources to be more effective within the collective game. This is why it is an individual and collective specialized training, where every child works to enhance his or her shortcomings.

Is it the same thing as training as a technique?

We have to differentiate between training and technique, because techniques are not training.

This, as an example, in the child's academic studies, it is not the same a math class with 40 students, that a reinforcement math class with a small group, where doubts are “strengthened” and the child's weak points in the subject matter under review.

MORE B.S.A. ACTIVITIES ...

We like to bring families together in activities where we can share and appreciate the effort and dedication of all of them, players and parents.

That is why we take advantage of every occasion to do things together. And every year, on the first Saturday of December, we celebrate the Night of Sport with an annual gala, where **the Ballon D'Or and 12 other awards are given to the players of the previous season. It is a very special and emotional night.**





SUMMER 2022 NERJA (SPAIN)



SUMMER 2023 A CORUÑA (SPAIN)



SPRING BREAK 2024 VALENCIA (SPAIN)



B.S.A. & GO TEAM!



HIGH PERFORMANCE TRAINING
VALENCIA, SPRING BREAK 2024
@ MASIA LA GRAVA



COMING SOON



Ballon D'Or 23-24 The Sports Night @ B.S.A.

You could be next.
Are you up for the challenge?



THANK YOU

**We only promise passion, hard work and a lot of effort to elevate our players to the top.
We look forward to welcome you to B.S.A. very soon.**



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