

EVANSTON SOCCER ASSOCIATION

OVERVIEW - FALL SEASON 2020



A UNIQUE OPPORTUNITY

FALL 2020

- Training: player-centered and focused along specific technical and behavioral habits
- Development: concentration on our players and our development without pressures of league and tournament play
- Club Culture: Develop a club culture which leaves room for team and player coaching but concentrates on players making decisions to develop excellent habits through our club values;
 - **TEAM EVANSTON:** Grit, teamwork, respect, fun
 - **CFJ NORTH SHORE:** Discipline, integrity, competitiveness, family, gratitude, passion, and excellence.



PLAYER DEVELOPMENT OBJECTIVES

2020-21

We want to develop a player who can;

- Read the game and quickly adjust their decisions
- Use both feet and master the ball (functional technical skills)
- Perform different modes of locomotion (physically literate)
- Grow as a player and person in a competitive environment
- Do the right things at the right time (club values)
- Play and give their best for their team (be a good teammate)



COACHING STYLE – TRAINING

COACH ACTIONS

- Create a favorable learning environment for players to make decisions.
- Create and use adapted exercises or games based on the annual plan and weekly program.
- For each exercise, activity, and game coaching points, define the relevant information that the player must know and process.
- Use a guided pedagogy. Pose questions to players while keeping the intensity of the session.
- Make stops when needed on positive situations.
- Be demanding when appropriate (we play on game day as we train)
- Insist on the quality of movements and respect the details.
- Use competition in the sessions (individual or group).



COACHING STYLE – GAMES

COACH ACTIONS

PRE-GAME

- Positive and Brief
- Cover the specific tactics for attacking, defending, including attacking and defensive transitions
- Remind players of positional roles, if relevant
- Encourage the right spirit for competition, fun, and learning

DURING THE GAME

- No “over coaching” or micromanagement of decisions – players must make their own decisions and recognize on their own when a new solution is required
- Talk to players if necessary (keep the team’s momentum and chemistry in balance)
- Show respect to the officials

HALF-TIME

- Ask questions on the first half relevant to your goals and objectives
- Give a brief analysis to the players
- Make changes if necessary
- Use a tone appropriate the age and situation

POST-GAME

- Brief, relevant feedback



TRAINING SESSION OVERVIEW

FALL 2020 *Subject to change based on registrations and any further state guidelines.*

DURATION	SEGMENT	PT-U8	U9-U12	U13-U14	U15-U19
Arrive Early 10 mins.	Pre-Activation		Pre-Activation movement routine	Pre-Activation movement routine	Pre-Activation movement routine
10 mins.	Warm-up	Small-sided Game Play	Juggling/ Ball mastery squares		
15 mins.	Technical Phase 1	Teach technical skills part by part	Teach technical skills part by part	Progressions of technical activities and functional play to serve the game and game model.	Progressions of technical activities and functional play to serve the game and game model.
15 mins.	Technical Phase 2	Technical progression	Technical progression		
15 mins.	Technique to serve the game	Conditioned Small- sided game	Conditioned small- sided game		
20 mins.	Games serving the Game Model	Small-sided game	Small-sided game		
10 mins.			Cool Down	Cool Down	Cool Down

PT-U8 training sessions are only 1 hour 15 mins. All other training sessions are 1 hour and 30 mins.



TRAINING SESSION OVERVIEW

FALL 2020 *Subject to change based on registrations and any further state guidelines.*

Wk. of	Pre-Travel	U8	U9	U10	U11	U12
	2015-2014	2013	2012	2011	2010	2009
17-Aug	Dribbling at speed with control	Running w/ ball (body feints)	1v1 attacking (attacking defenders)		1v1 attacking (attacking defenders)	
24-Aug	Dribbling and quick turns	1v1 attacking (attacking defenders)	1v1 attacking (turning)		Defending principles 1v1	
31-Aug	1v1 attacking and defending	1v1 attacking (turning)	1v1 defending (pressure/ goal side)		1v1 attacking (turning)	
7-Sep	Receiving the ball	1v1 defending (pressure/ goal side)	Passing & Receiving (1st touch)		Passing & Receiving (1st touch)	
14-Sep	Passing combinations	Passing & Receiving (1st touch)	Attacking transition - 2v1 (combination passing)		Possession, playing out of from the back	
21-Sep	Attacking transition 3v1	Attacking transition - 2v1	Attacking transition - 3v2 (combination passing)		Attacking transition - 2v1 (combination passing)	
28-Sep	Attacking transition 3v2	Attacking transition - 3v2	Possession, playing out of from the back		Attacking transition - 3v2 (combination passing)	
5-Oct	Defending in pairs	Passing & Receiving (Triangle- 3v1)	Changing point of attack/using width		Defending principles Cover/ Balance	
12-Oct	Attacking support	Defending in groups	Defending principles Cover/ Balance		Changing point of attack/using width	
19-Oct	Shooting technique	Finishing technique	Finishing in the final third		Finishing in the final third	
26-Oct	Game Week	Game week	Game Week		Game Week	
	<i>Play Practice Play Methodology</i>					

TRAINING SESSION OVERVIEW

FALL 2020 *Subject to change based on registrations and any further state guidelines.*

Wk. of	U13	U14	U15	U16	U17	U18/U19
	2008	2007	2006	2005	2004	2003/02
17-Aug	Passing, receiving, ball control		Passing, receiving, ball control		Passing, receiving, ball control	
24-Aug	Possession, playing out of from the back		Possession, playing out of from the back		Possession, playing out of from the back	
31-Aug	Defending principles/balance, shape		Defending principles/balance, shape		Defending principles/balance, shape	
7-Sep	Attacking principles, transition		Attacking principles, transition		Attacking principles, transition	
14-Sep	Changing point of attack/using width		Changing point of attack/using width		Changing point of attack/using width	
21-Sep	When to attack vs possess		When to attack vs possess		When to attack vs possess	
28-Sep	Combination play		Combination play		Combination play	
5-Oct	Counter-attack/retreat and recovery		Counter-attack/retreat and recovery		Counter-attack/retreat and recovery	
12-Oct	Transition/attacking vs defending		Transition/attacking vs defending		Transition/attacking vs defending	
19-Oct	Finishing in the final third		Finishing in the final third		Finishing in the final third	
26-Oct	Game Week		Game Week		Game Week	

TRAINING SCHEDULE

FALL 2020

Subject to change based on registrations and any further state guidelines.

Training and games will be at James Park until Robert Crown Turf Fields open the week of Sept. 7th.

Training Groups	Monday	Tuesday	Wednesday	Thursday	Friday
PT Girls and Boys, 2013 Girls	4:30-5:45 pm		4:30-5:45 pm		
2012-2011 Girls		6:00-7:30 pm		6:00-7:30 pm	
2010-2009 Girls		6:00-7:30 pm		6:00-7:30 pm	
2008-2006 Girls		6:00-7:30 pm	6:00-7:30 pm	6:00-7:30 pm	
2005-HS Girls	7:30-9:00 pm		7:30-9:00 pm	7:30-9:00 pm	
2013 Boys	6:00-7:15 pm		6:00-7:15 pm		
2012-2011 Boys		4:30-6:00 pm		4:30-6:00 pm	
2010 Boys		4:30-6:00 pm			4:30-6:00 pm *
2009 Boys	4:30-6:00 pm		4:30-6:00 pm		
2008-2007 Boys	4:30-6:00 pm		4:30-6:00 pm	4:30-6:00 pm	
2006-2005 Boys	6:00-7:30 pm		6:00-7:30 pm	6:00-7:30 pm	
2004-2003 Boys	7:30-9:00 pm		7:30-9:00 pm	7:30-9:00 pm	
GKs 2013-2011			4:30 – 6:00 pm		
GKs 2010-2009	4:30 – 6:00 pm				
GKs 2008-2007			6:00 – 7:30 pm		
GKs 2006-2002	6:00 – 7:30 pm				

**The 2010 Boys will train at 4:30-6:00 at James Park on Friday*



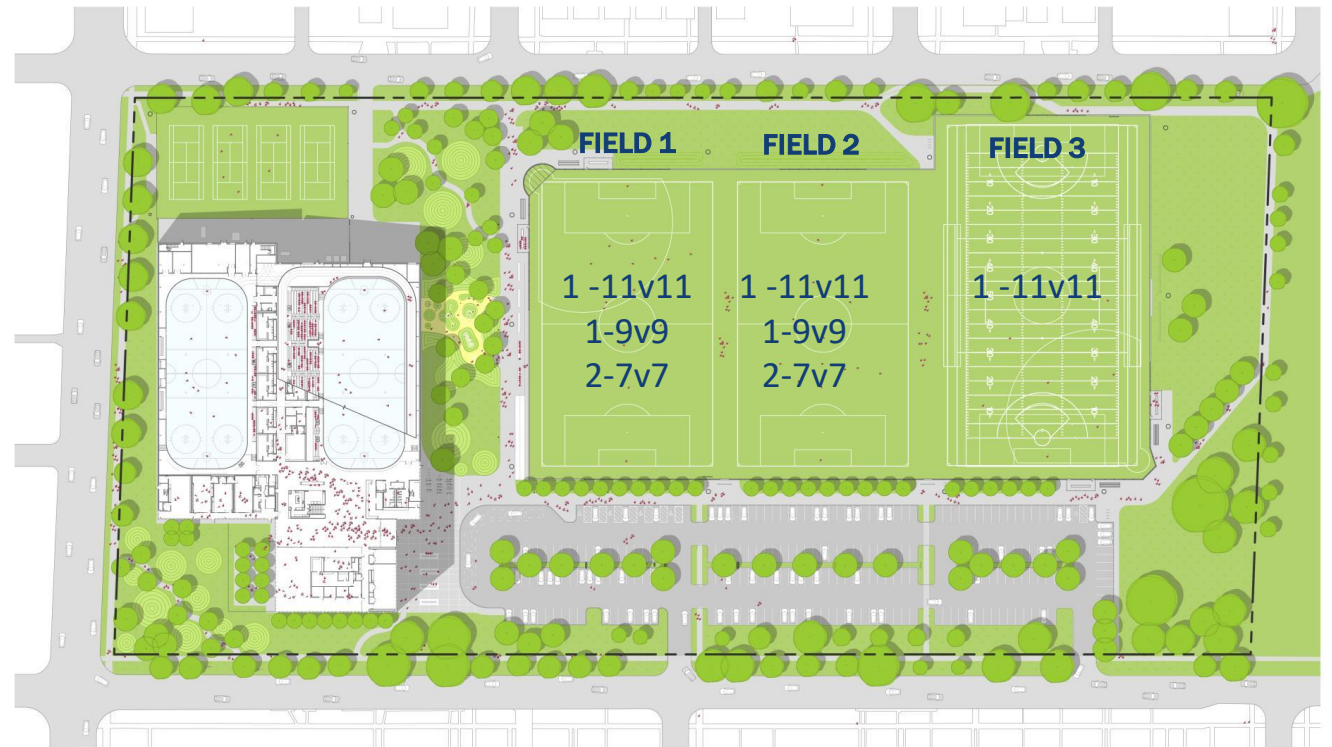
ROBERT CROWN TURF FIELDS

FALL 2020 *Scheduled to begin play on these fields after Labor Day*

ROBERT CROWN TURF FIELDS

1701 Main St, Evanston, IL 60202

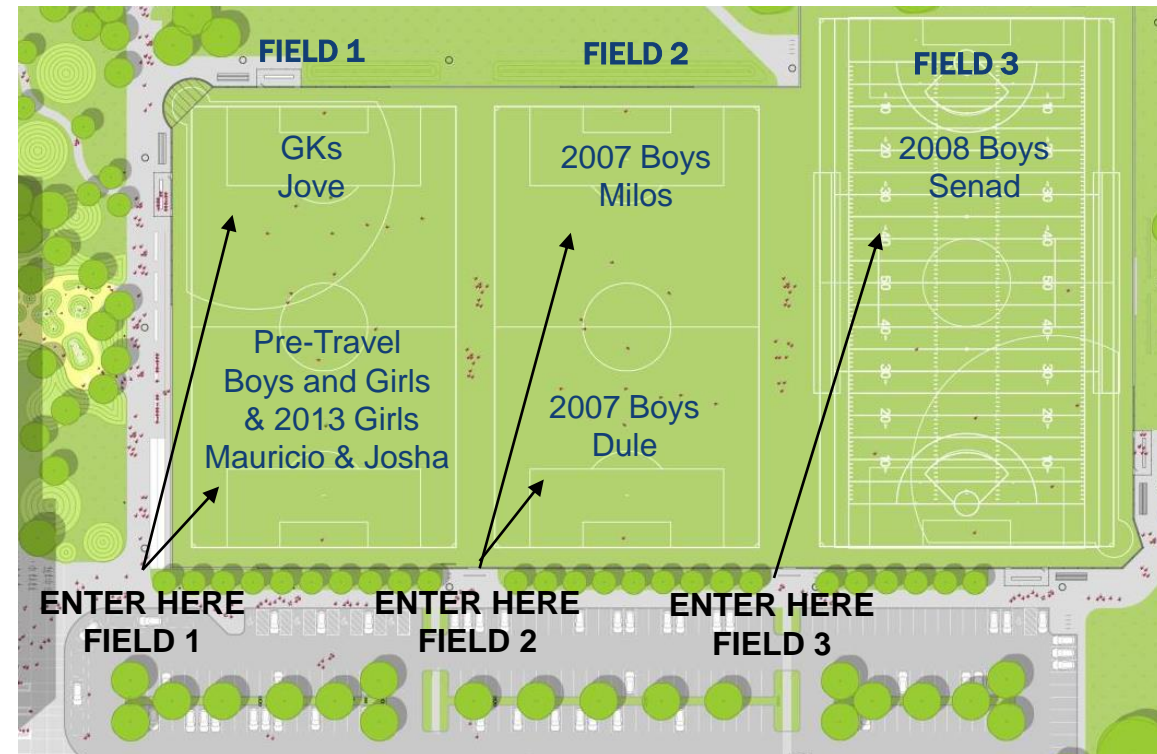
- Use entrance closest to your field
- West field is closest to the building
- East field has the football lines



TRAINING SCHEDULE

MONDAY 4:30-6:00 pm

FALL 2020



Starting Tuesday, Sept. 8th

Pre-Travel and 2013 Girls will train 4:30-5:45 pm

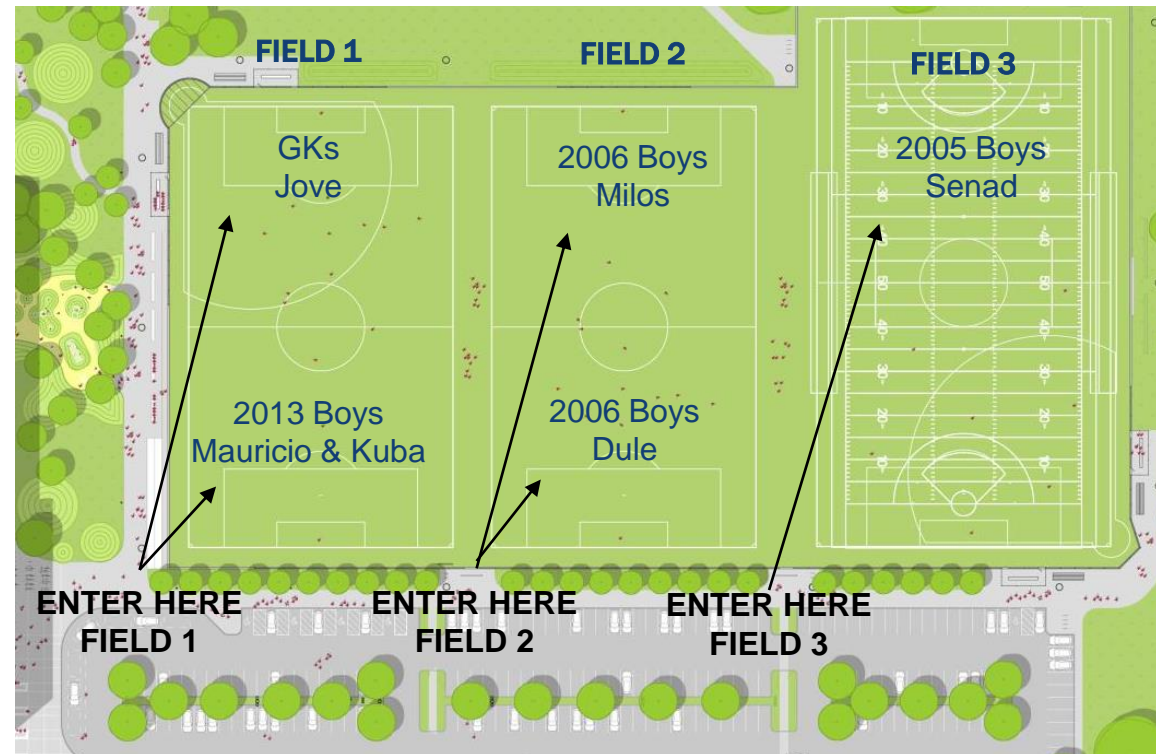
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TRAINING SCHEDULE

MONDAY 6:00-7:30 pm

FALL 2020



Starting Tuesday, Sept. 8th
:2013 Boys will train 4:30-7:15 pm

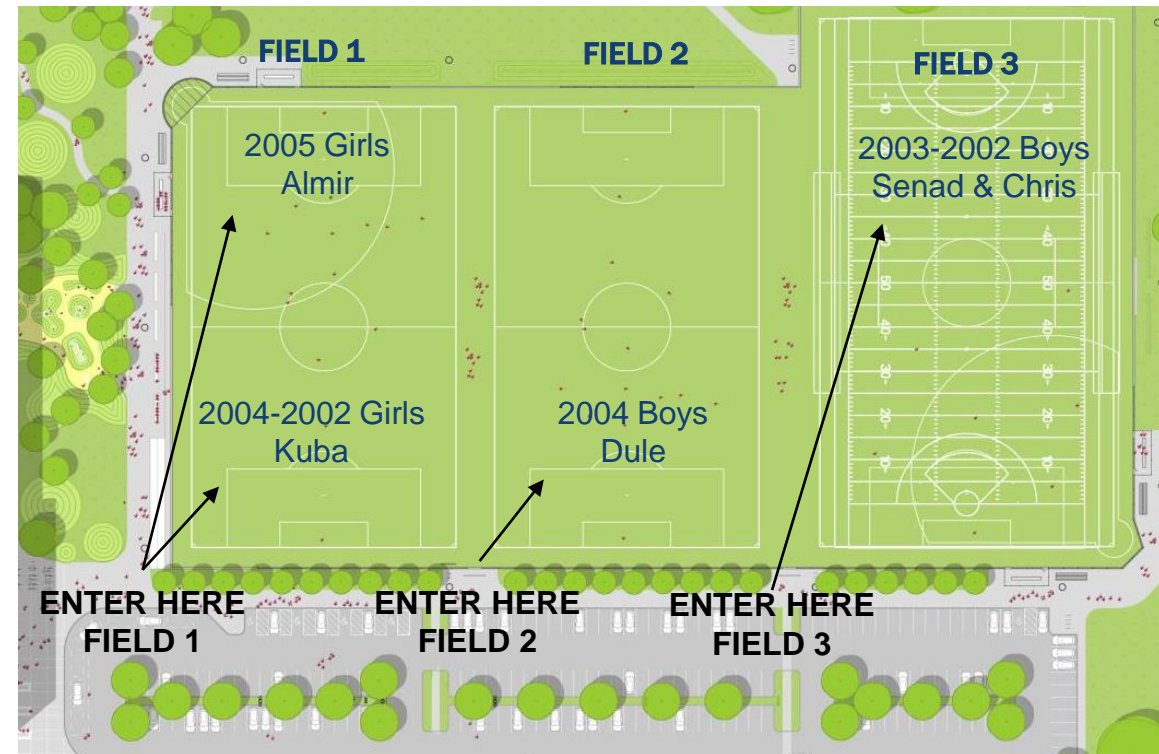
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TRAINING SCHEDULE

MONDAY 7:30-9:00 pm

FALL 2020



Starting Tuesday, Sept. 8th

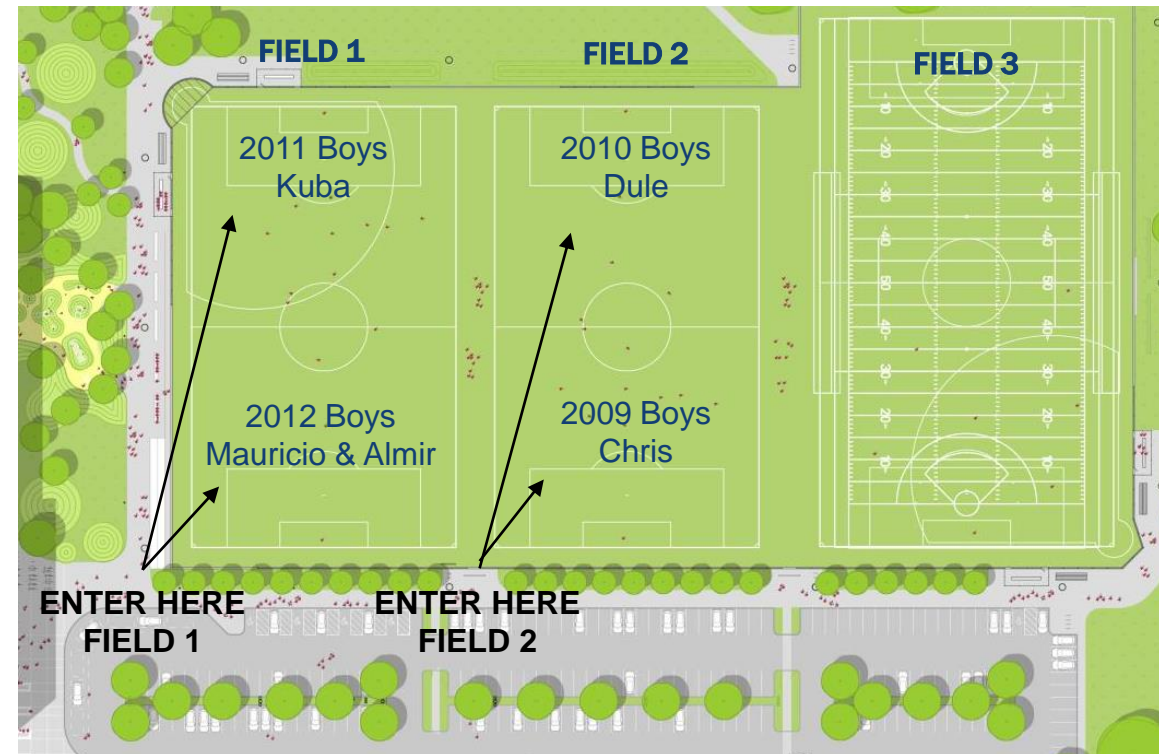
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TRAINING SCHEDULE

TUESDAY 4:30-6:00 pm

FALL 2020



Starting Tuesday, Sept. 8th

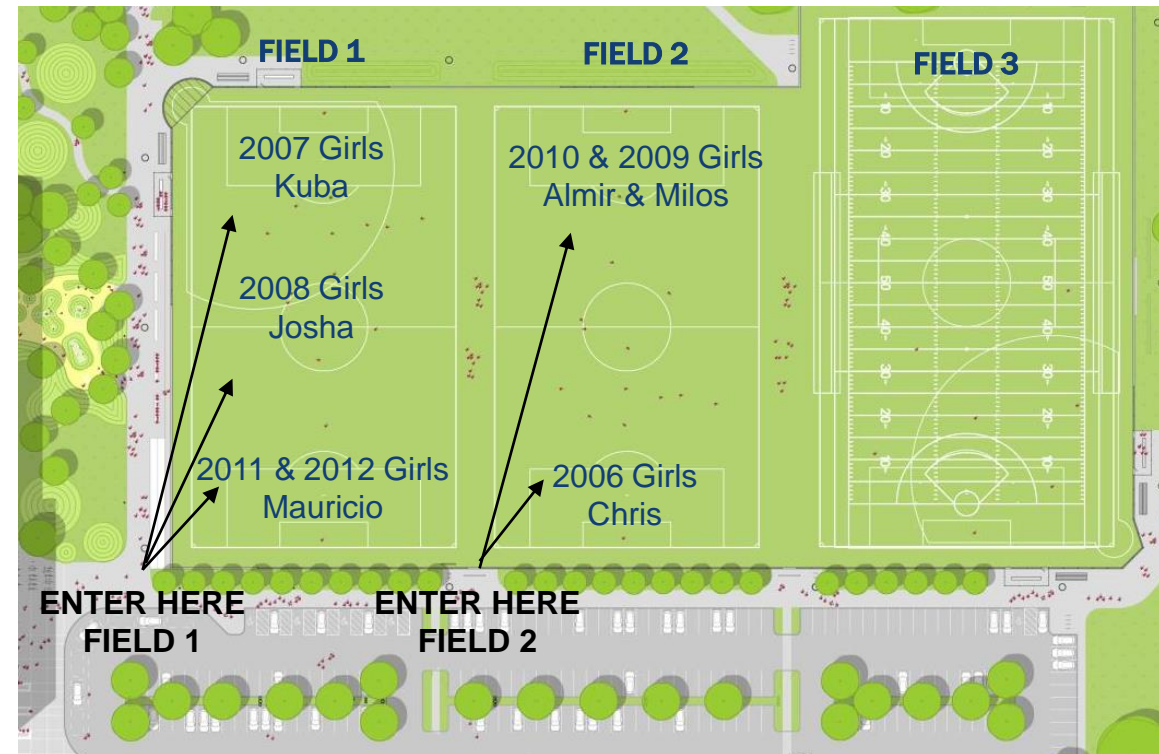
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TRAINING SCHEDULE

TUESDAY 6:00-7:30 pm

FALL 2020



Starting Tuesday, Sept. 8th

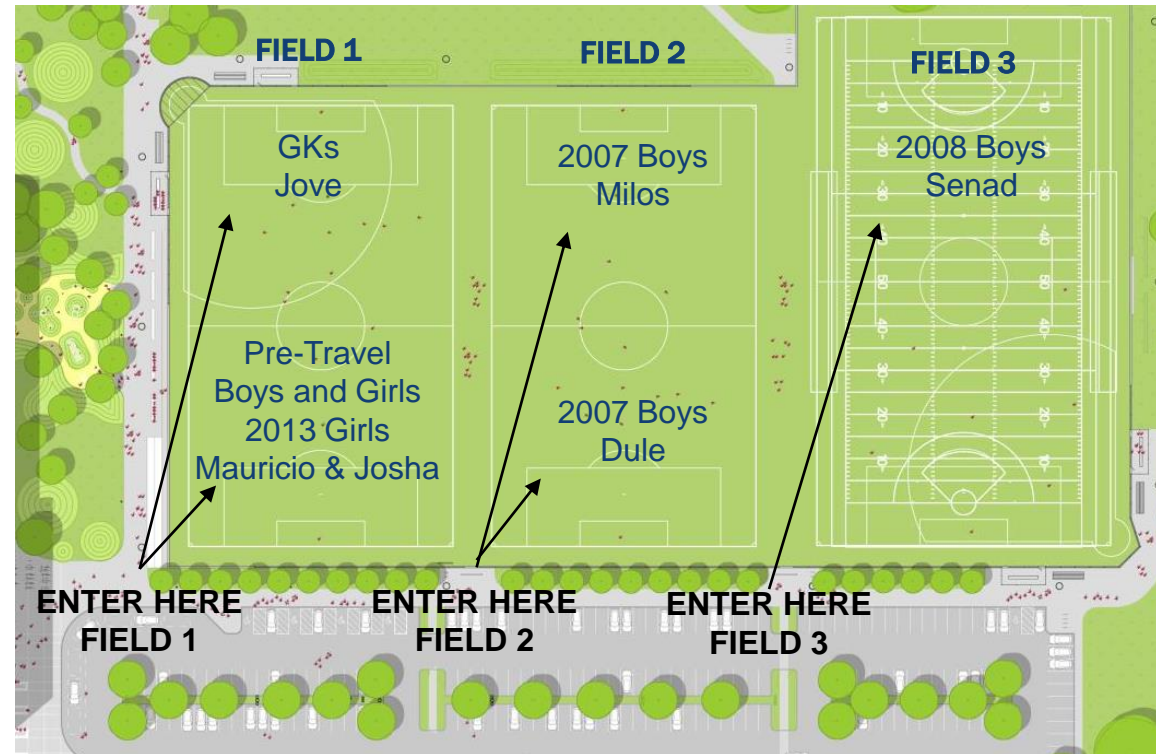
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TRAINING SCHEDULE

WEDNESDAY 4:30-6:00 pm

FALL 2020



Starting Tuesday, Sept. 8th

Pre-Travel and 2013 Girls will train 4:30-5:45 pm

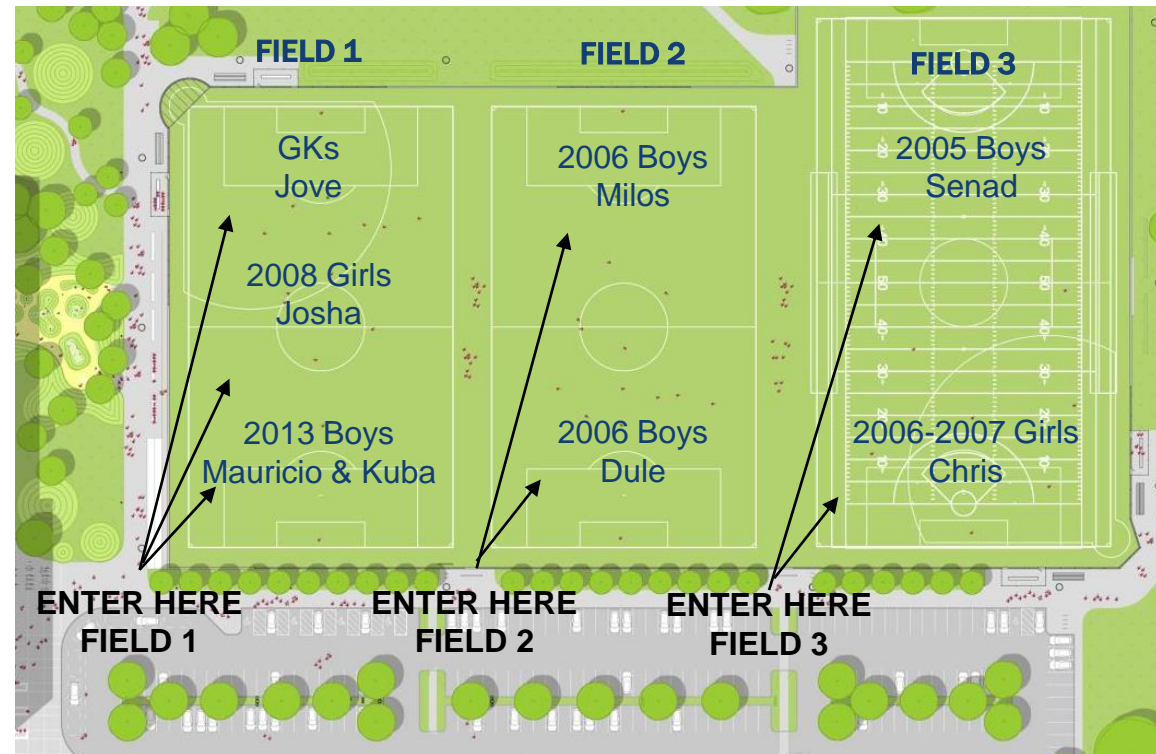
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TRAINING SCHEDULE

WEDNESDAY 6:00-7:30 pm

FALL 2020



Starting Tuesday, Sept. 8th
:2013 Boys will train 4:30-7:15 pm

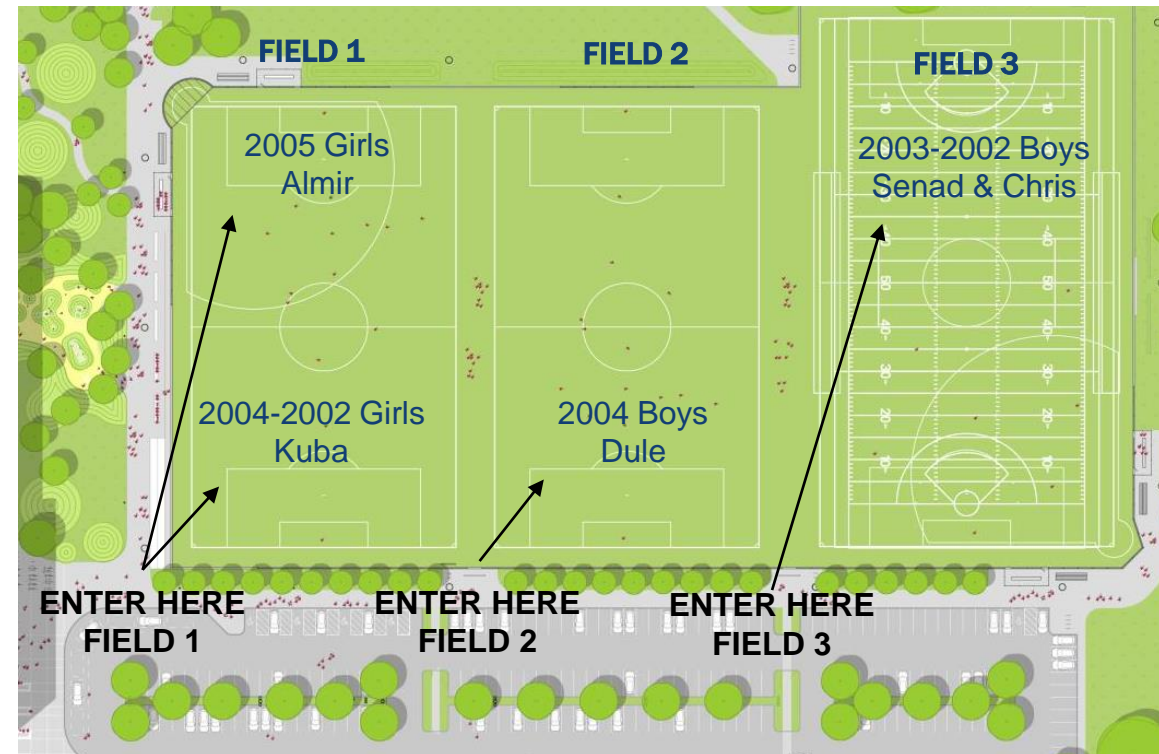
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TRAINING SCHEDULE

WEDNESDAY 7:30-9:00 pm

FALL 2020



Starting Tuesday, Sept. 8th

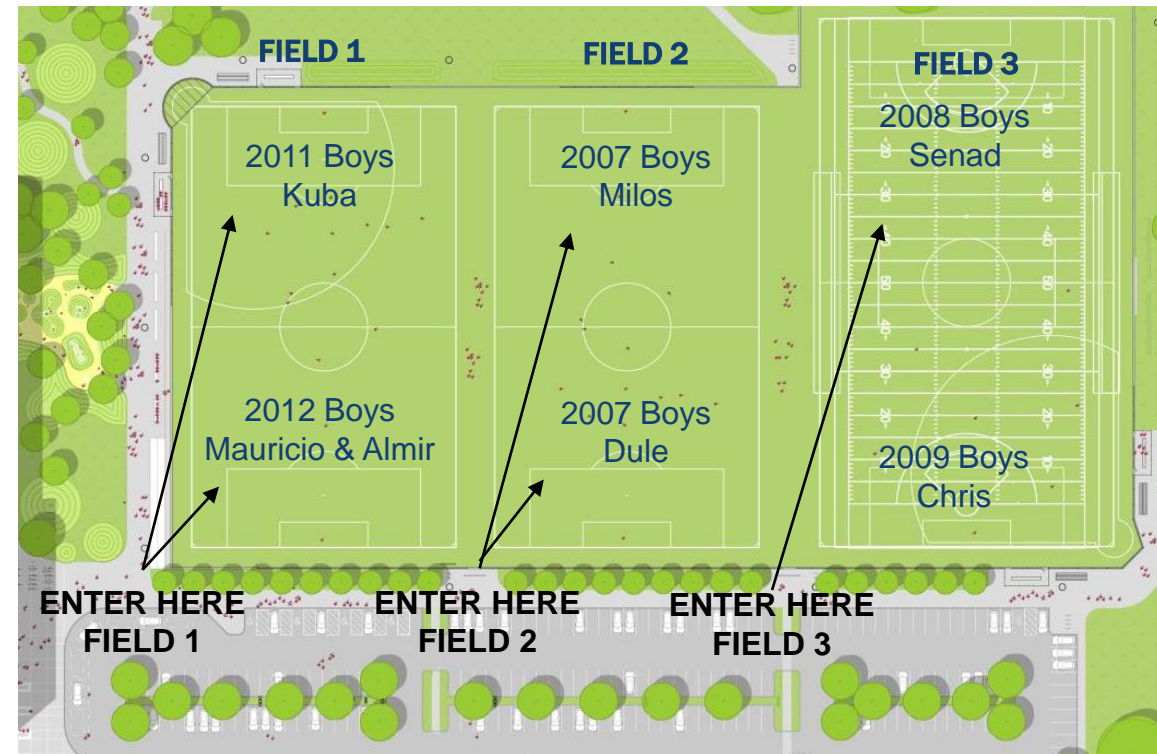
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TRAINING SCHEDULE

THURSDAY 4:30-6:00 pm

FALL 2020



Starting Tuesday, Sept. 8th

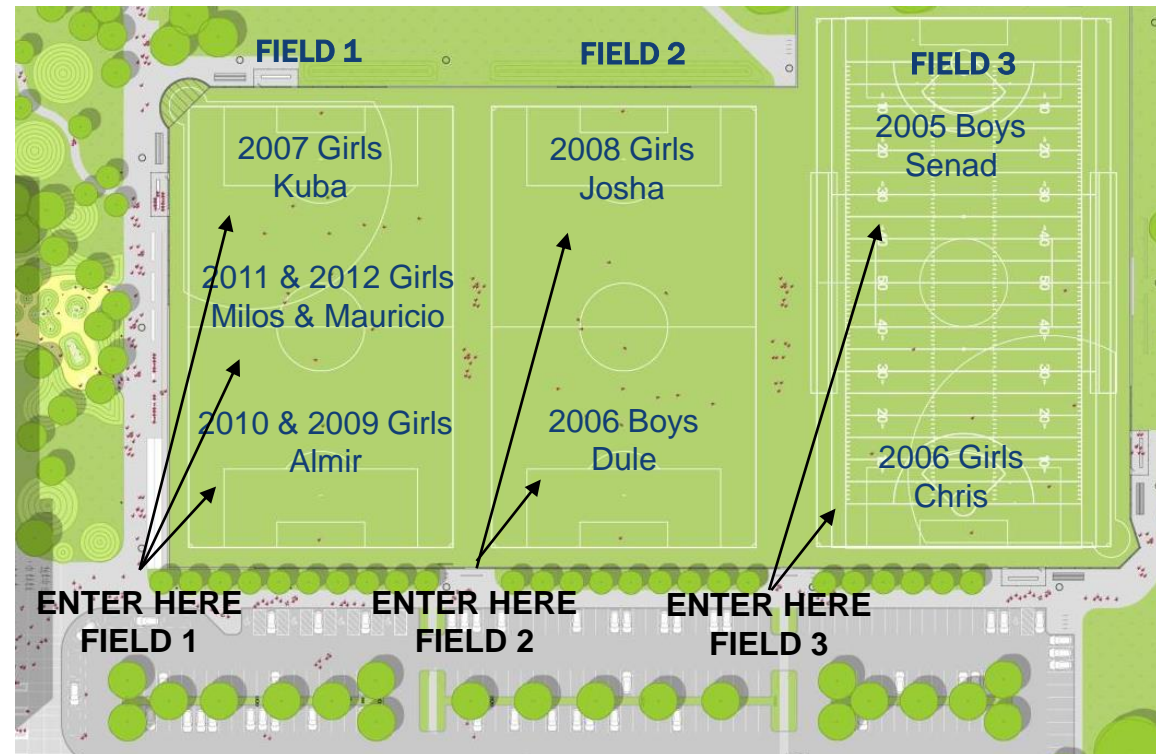
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TRAINING SCHEDULE

THURSDAY 6:00-7:30 pm

FALL 2020



Starting Tuesday, Sept. 8th

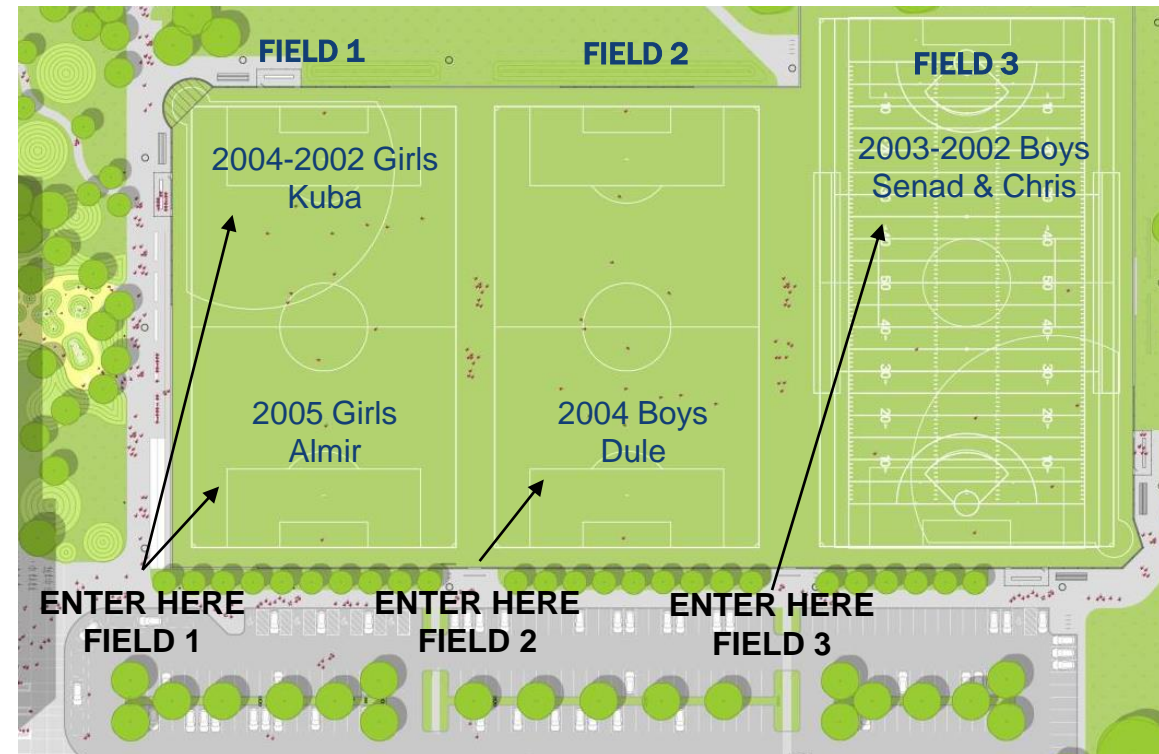
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TRAINING SCHEDULE

THURSDAY 7:30-9:00 pm

FALL 2020



Starting Tuesday, Sept. 8th

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GAME FORMAT OVERVIEW - TE

FALL 2020 *Subject to change based on registrations and any further state guidelines.*

Wk. of	Pre-Travel	U8	U9	U10	U11	U12
	2015-2014	2013	2012	2011	2010	2009
Aug. 22-23	No Game	No Game	No Game	No Game	No Game	No Game
Aug. 29-30	3v3 Round Robin	3v3 Round Robin	3v3 Round Robin	3v3 Round Robin	3v3 Round Robin	3v3 Round Robin
Sept. 5-6	No Game	No Game	No Game	No Game	No Game	No Game
Sept. 12-13	3v3 Round Robin	3v3 Round Robin	3v3 Round Robin	3v3 Round Robin	3v3 Round Robin	3v3 Round Robin
Sept. 19-20	4v4 (w/GK) Round Robin	4v4 (w/GK) Round Robin	4v4 (w/GK) Round Robin	4v4 (w/GK) Round Robin	5v5 (w/GK) Round Robin	5v5 (w/GK) Round Robin
Sept. 26-27	4v4 (w/GK) Round Robin	4v4 (w/GK) Round Robin	4v4 (w/GK) Round Robin	4v4 (w/GK) Round Robin	5v5 (w/GK) Round Robin	5v5 (w/GK) Round Robin
Oct. 3-4	5v5 (w/GK) Round Robin	5v5 (w/GK) Round Robin	5v5 (w/GK) Round Robin	5v5 (w/GK) Round Robin	7v7 match	7v7 match
Oct. 10-11	5v5 (w/GK) Round Robin	5v5 (w/GK) Round Robin	5v5 (w/GK) Round Robin	5v5 (w/GK) Round Robin	7v7 match	7v7 match
Oct. 17-18	5v5 (w/GK) Round Robin	7v7 match	7v7 match	7v7 match	9v9 match	9v9 match
Oct. 24-25	7v7 match	7v7 match	7v7 match	7v7 match	9v9 match	9v9 match
Oct 31-Nov 1	7v7 match	7v7 match	7v7 match	7v7 match	9v9 match	9v9 match
Nov. 7-8 *	7v7 match (Rainout)	7v7 match (Rainout)	7v7 match (Rainout)	7v7 match (Rainout)	9v9 match (Rainout)	9v9 match (Rainout)

** Rainout used only if needed*

GAME FORMAT OVERVIEW - CFJNS

FALL 2020 *Subject to change based on registrations and any further state guidelines.*

Wk. of	U13	U14	U15	U16	U17	U18/U19
	2008	2007	2006	2005	2004	2003/02
Aug. 22-23	No Game		No Game		No Game	
Aug. 29-30	3v3 Round Robin		7v7 Round Robin		7v7 Round Robin	
Sept. 5-6	No Game		No Game		No Game	
Sept. 12-13	5v5 (w/GK) Round robin		7v7 Round Robin		7v7 Round Robin	
Sept. 19-20	9v9 match		9v9 match		9v9 match	
Sept. 26-27	9v9 match		9v9 match		9v9 match	
Oct. 3-4	9v9 match		9v9 match		9v9 match	
Oct. 10-11	11v11 match		11v11 match		11v11 match	
Oct. 17-18	11v11 match		11v11 match		11v11 match	
Oct. 24-25	11v11 match		11v11 match		11v11 match	
Oct 31-Nov 1	11v11 match		11v11 match		11v11 match	
Nov. 7-8 *	11v11 match (rainout)		11v11 match (rainout)		11v11 match (rainout)	

** Rainout used only if needed*



GAME DAY FIELD ASSIGNMENTS

SATURDAY 3:00-4:30 pm

FALL 2020



Starting Tuesday, Sept. 8th

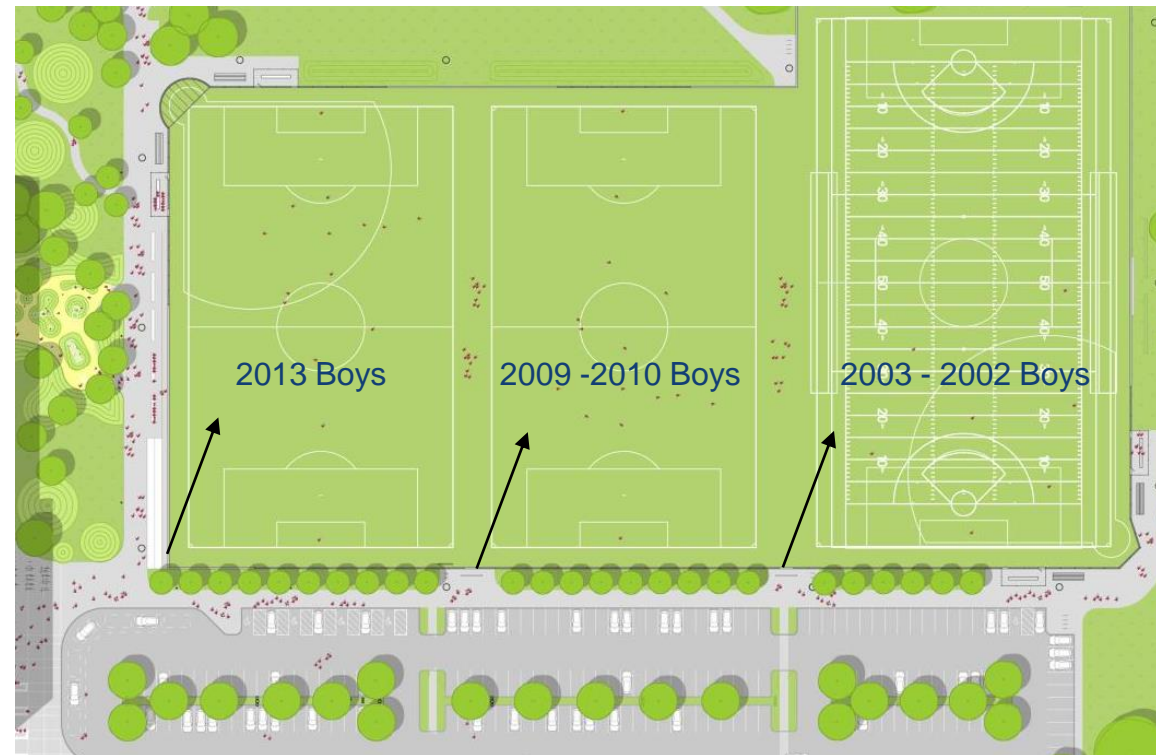
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GAME DAY FIELD ASSIGNMENTS

SATURDAY 4:30-6:00 pm

FALL 2020



Starting Tuesday, Sept. 8th

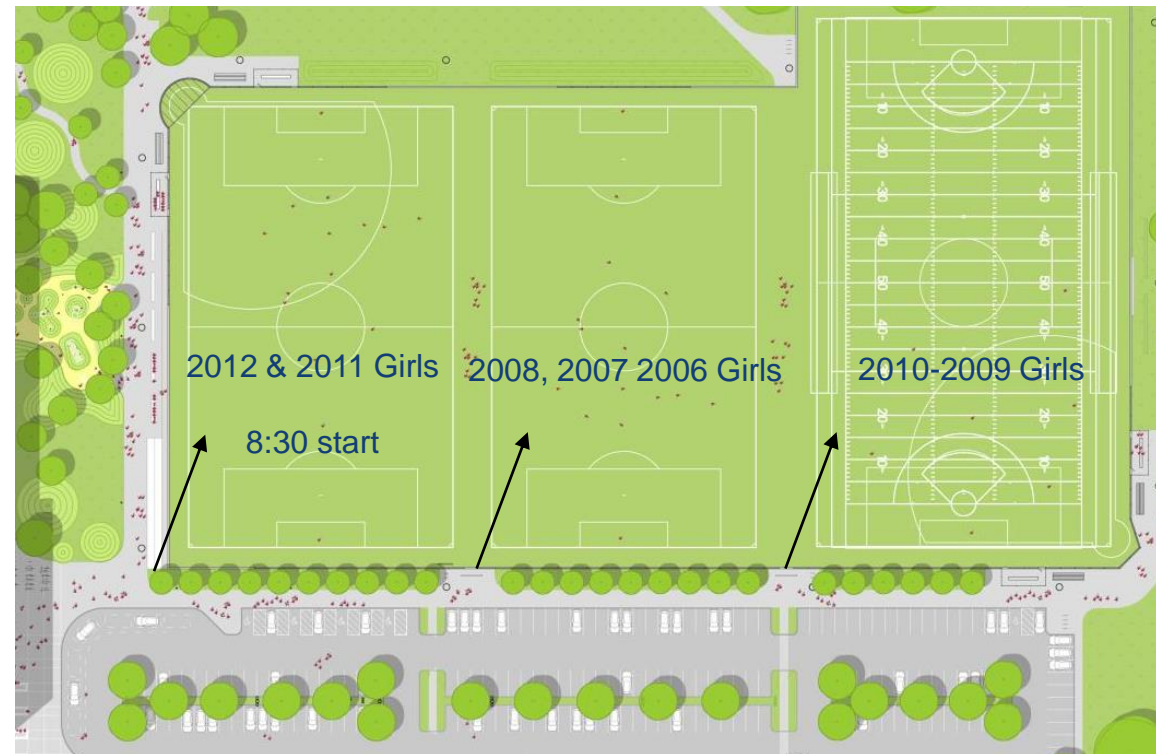
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GAME DAY FIELD ASSIGNMENTS

SUNDAY 8:30-10:00 am

FALL 2020



Starting Tuesday, Sept. 8th

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GAME DAY FIELD ASSIGNMENTS

SUNDAY 10:30 am - 12:00 pm

FALL 2020



Starting Tuesday, Sept. 8th

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