



Indiana Fire ECNL Program 2020-21



Indiana Fire ECNL



During the 2020-21 season, Indiana Fire Juniors will host an ECNL team and a Regional League team at each age group from u13 - u19, birth years 2008-2002

This presentation provides information regarding:

1. Our Mission, Culture, and Values
2. The ECNL Staff
3. Our Style and System of Play
4. Expectations for Coaches, Players, and Parents
5. Components of the Regional League
6. Training Plan Overview
7. Competition Calendar



Mission Statement

Our mission is to facilitate a professional environment which attracts and fosters the technical and tactical individual development of players who can successfully progress on to collegiate opportunities.

We will guide players of strong character who are passionate and ambitious regarding their future in soccer and who are "blue-collar" in their mentality.



Lauren Rice- University of Wisconsin



Danielle Hayden- Baylor University



Mackenzie Wood- Northwestern University



IFJ ECNL Culture

Indiana Fire strives to create a positive culture for players, staff, and families to come together for common goals. Individuals are awarded the opportunity to compete on a national stage, while benefitting from physical fitness, social engagement, and team camaraderie.

IFJ ECNL expectations:

- Always Fight: until the very end.
- High Demands: push further than you thought possible.
- Build Confidence and Belief: in yourself and everyone around you.
- Assertive Communication: aimed at consistent improvement.
- Negative Influences: are not tolerated.



Indiana Fire Club Values

- Family
- Gratitude
- Excellence
- Discipline
- Competition
- Integrity
- Passion





Coaching Staff

Joe Sochacki

**ECNL Director
2006 & 2007 Head Coach**



Sochacki has worked with Indiana Fire since 2014, starting with Pre-DA boys' teams and then taking over as Coaching Director for the ECNL program in November of 2016.

Joe has his US Soccer A license and has won over a dozen USYSA state championships. He also provided oversight for the Boys DA program that won back-to-back National Titles in 2008 and 2009.

Since moving to the ECNL, Sochacki has led the 2000 girls to three consecutive playoff runs, including an ENCL #1 ranking on the way to the Mid Atlantic Title in 2017. He then took the 2003 girls to ECNL and DA playoff appearances the last three seasons, highlighted with a run to the national final 8 in 2019.

Joe's wife Emily played soccer for Carmel United and Indiana University. They have a son, Jackson and daughter, Reese who is a member of the 2007 ECNL group.





Coaching Staff



Paul Dolinsky

2002, 2008 ECNL

Dolinsky has worked in youth soccer for 17 years, and the success he has seen as a coach follows an illustrious playing career that included USYNT appearances, as well as professional contracts in the Netherlands and the MLS.

After Paul's playing career, he landed in southern California where he helped guide the San Diego Surf Club to national prominence. During his tenure with Surf, coaching both DA and ECNL teams, Dolinsky won two National Titles and developed several US Youth National Team players.

Joining the Fire staff in 2018, Paul is currently working on his USSF A license and upon conclusion will be one of only 7 IFJ coaches to achieve the honor.

Paul and his wife, Angela currently reside in Westfield with daughters Ashton and Halle, and twin boys Luuk and Wesley.



Coaching Staff

Gary Yohe

2004. 2005 ECNL



Yohe has coached with Indiana Fire since 2016, primarily coaching our oldest age groups. With IFJ and Carmel United, he has coached multiple teams to the State Championship.

Additionally, Gary is starting his 7th year as the Women's Head Coach at Marian University with a career record of 80-34-13. His team finished 2019 as the Crossroads League Champion and NAIA National Finalist and currently rank #2 in the NAIA National Poll.

Yohe is the Director of the Indiana Goalkeeper Academy and is also a former Goalkeeper Coach with the Indy Eleven. He holds a USSF B License, an NSCAA Advanced National Diploma and an NSCAA National Goalkeeper Diploma.

Gary resides in Carmel, with his wife Kathleen, their son Nolan and two daughters Lainey & Paige.



Coaching Staff

Andy Swift

Goalkeeping



Swift has been the director of goalkeeping for Indiana Fire since 2016. In this role, he develops the Club's goalkeeping curriculum, and is involved with players of all levels from recreational to elite.

Andy is currently on the coaching staff with Indy Eleven in the USL and also serves as the director of goalkeeping for the Indiana State ODP program.

Originally from Birmingham, England, Swift has ten years of experience coaching collegiately at the DI and DII level, including two years as an assistant with IFJ ECNL coach Gary Yohe and the nationally ranked women's program at Marian University.

- Andy holds a USSF B license, NSCAA Advanced National and National Goalkeeper licenses, as well as various qualifications from the English FA.

He lives in Westfield with his fiancé, Kelly.





Coaching Staff

Margaret McLaughlin

Assistant Coach



McLaughlin has been on staff at IFJ as an assistant for five years. In 2015, she joined Joe Sochacki, working with the 2000 team that finished with a 17-1-2 record and conference championship in 2017 along with the national number 1 ranking in the ECNL. She has also worked with the 2006 and 2005 ECNL teams.

McLaughlin has over 30 years of coaching club, high school and college soccer. Margaret served as an assistant at the University of Southern California as well as University of Notre Dame, her alma mater. While on staff with the Irish, ND won the 1995 NCAA Championship and were national finalists the following year. McLaughlin holds an NSCAA National and Advanced National coaching Diploma.

Margaret and her husband Jim have three daughters; IFJ ECNL alums Megan (Notre Dame 2020) and Molly (Xavier 2022), and Marit who is a member of the 2006 ECNL team.





Training Staff

Courtney Cox

ECNL team Trainer



Courtney has been an Athletic Trainer for Indiana Fire Juniors since 2018. Before joining Indiana Fire Juniors, she worked at Grand Park as one of Methodist Sports Medicine's full-time Athletic Trainers. She is a Certified Athletic Trainer through National Athletic Trainer's Association and Licensed to practice in Indiana.

She graduated with a Bachelor of Athletic Training from Ball State University. Her undergraduate education included the clinical study of Athletic Training for Ball State basketball, football, baseball, track and field; three different high schools, an orthopedic rotation at Henry Community Health, and an internship with World Domination Basketball training for professional and college athletes.

Courtney currently resides in Noblesville with her husband, Devin.



Style of Play



The Indiana Fire brand of soccer will emphasize a high tempo passing game. Players will look to skip lines and support play, making autonomous decisions on and off the ball, to break pressure and create goal scoring opportunities.

Defensively, when we lose possession, we want to press immediately to win the ball back. The objective is to win the ball as close to the opponent's goal as possible. We press as a collective group, compacting the field both vertically and horizontally. We want to be the aggressor, the team with the ball, and the team willing to put forth the energy to win.



Components of Our Style

High Pressure Defending

- Press High to Play in Opponents Half
- Down Press to Compact Space
- Narrow In to Protect Space Behind

Pressing After A Turnover

- Urgency to Regain Possession
- Prevent Forward and Central Passes
- Protect Space Behind

Fast Tempo Possession To Goal

- Build Out Quickly
- Skip Lines and Support
- Counter Movement
- Exploit Space Behind



System of Play

For 2020-21, all of the Indiana Fire ECNL and Regional League teams will transition to playing the same 4-3-3 system, incorporating 4 defenders, 3 midfielders and 3 forwards. Using this system across the board means that all players on all teams will be learning the same tactical concepts and principles. This will allow both players and coaches to interchange and work with other groups, sharing a consistent message and understanding of the requirements, areas of emphasis, and the general system of play.



Coaching Philosophy

We will Cultivate An environment that is safe and secure, welcoming and challenging, where players can excel as both athletes and people

- Communication
- Self-Esteem
- Teamwork

We will Develop Technically Excellent Players

- Comfortable with ball at feet
- First Touch (ground/flighted)
- Striking Ability (both feet/textured)

We will Create Players capable of making in-game decisions on their own

- Game understanding
- Problem solvers
- Confidence

We will Produce Tactically Aware and Physically Conditioned Players



Player Expectations

Players will show Discipline

- Respect coach, teammates, opposition, and officials
- Learn and obey all rules of the game
- Be humble and willing to learn

Players will practice Problem Solving

- Study the game on and off the field
- Read cues in the game
- Pro-Active vs Re-Active

Players will develop Creativity

- Be open-minded to new ideas
- Out-smart opponents on and off the ball
- Utilize individual technical ability

Players will demonstrate Passion

- Have a positive, never quit mentality
- Train and play to the best of your ability at all times



Parent Expectations

Sideline Behavior

- Coaching is not allowed and will not be tolerated

Communication

- Utilize 48-hour rule

Respect

- Show respect to the officials and opponents at all times

Interactions with other parents

- Positive in nature and relating to your child only



Regional League



In 2019, the ECNL Girls Regional Leagues were created as supplemental competition designed to service a deeper player pool from member clubs within the ECNL. Top performing teams in the Regional Leagues currently can earn the opportunity to compete in the Open Cup Division of the ECNL Playoffs in June at the U15, U16, 17 and U19 ages, where they will match up against other Regional League teams as well as teams from the full ECNL.

The RL platform offers many benefits including showcases, league games, and high-level coaching. The design of this league will allow players to see significant minutes on match days against ECNL opponents. Our approach at IFJ will be that the RL teams will mirror the ECNL teams in every possible way, from player dedication, training curriculum, match day expectations, and commitment to excellence.



Regional League

Regional League teams will be finalized at tryouts and the chosen players will be rostered on that team for one year, still having the ability to train with and against the ECNL team. There will be very limited roster movement in 2020-21, from RL to ECNL and ECNL to RL.

Factors affecting roster moves may be determined by:

1. Performance in training
2. Performance in matches
3. Off season commitment to training
4. Injuries



Throughout the season, we will create a training environment that allows for all players to maximize field time and their development as an individual. Within each age group, we plan to have dedicated team training as well as opportunities for the entire pool to train as a group, or we will mix age groups to train together. This will allow us to create chemistry within individual teams, as well as manipulate training topics and sessions to replicate match conditions.



Training Plan

U13-14 ECNL and RL

July (days and times TBD)

Functional, Position Specific Program

August-November (3 nights each week)

Monday-Thursday

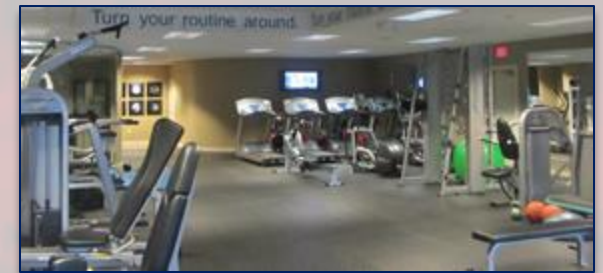
January-February (indoor 3 nights per week)

One night of Strength, Speed & Quickness (SAQ),
Injury Prevention

Two nights of soccer specific Training

March-May (3 nights each week)

Monday-Thursday



Competition Schedule

U13-14 Regional League



Fall 2020

August

Local Friendlies (early Aug)
Fire Invitational (Aug 22-23)

September-November

Grand Park Cup (Sept 4-6)
ISL 8 game schedule (Aug 15-Nov 1)
RL 8-10 game schedule (Sept 1-Nov 15)
St Louis College Showcase (Oct 30-Nov 1)

Spring 2021

February

Ohio Elite College Showcase (Feb 20-21)

March-May

Turf Classic at GP (Mar 12-13)
RL 8-10 game schedule (Mar 15-June 10)
State Cup (mid-late May)

June

USYSA Regionals St Louis (late June)



Competition Schedule

U13-14 ECNL



Fall 2020

August

Local Friendlies (early Aug)
Fire Invitational (Aug 22-23)

September-November

Grand Park Cup (Sept 4-6)
ECNL Richmond (Sept 10-12)
ECNL 8-10 game schedule (Sept 1-Nov 20)
GP College Showcase (Nov 13-15)

Spring 2021

February

Ohio Elite College Showcase (Feb 20-21)

March-May

Turf Classic at GP (Mar 12-13)
ECNL 8-10 game schedule (Mar 15-June 1)
Crossroads at GP (u14) (Apr 23-25)
ECNL Greer (May 7-9)

June

ECNL Playoffs San Diego (late June)



Training Plan

U15-19 RL and ECNL

October-December (3 nights each week after HS season)

Monday-Thursday

January-February (3 nights each week indoor)

One night of Strength, SAQ, Injury Prevention

Two nights of soccer specific Training

March-May (3 nights each week)

Monday-Thursday



Competition Schedule

U15-19 Regional League



Winter 2020

November-December

St Louis College Showcase	(Oct 30-Nov 1)
GP College Showcase	(Nov 13-15)
RL 6-8 game schedule	(Nov 1-Dec 15)

January-February

College ID friendlies (3)	(early Feb)
Chicago Fire College Showcase	(Feb 13-14)
Ohio Elite College Showcase	(Feb 20-21)

Spring 2021

March-May

Turf Classic at GP (u15)	(Mar 12-13)
RL 8-10 game schedule	(Mar 15-June 1)
ISL 8 game schedule	Mar 15-June 1
Crossroads at GP	(Apr 23-25)
State Cup	(mid-late May)

June

USYSA Regionals	St Louis	(late June)
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Competition Schedule

U15-19 ECNL



Winter 2020

November-December

ECNL Phoenix (u19)	(Nov 13-15)
GP College Showcase (u15-17)	(Nov 13-15)
ECNL 6-8 game schedule	(Nov 1-Dec 15)
ECNL Greer (u15-u17)	(Dec 4-6)

January

ECNL Florida (u19)	(Jan 8-10)
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February

College ID Friendlies	(Dates TBD)
ECNL Houston (u16, u17)	(Feb 13-15)

March-May

ECNL 8-10 game schedule	(Mar 15-June 1)
Crossroads at GP	(Apr 23-25)
ECNL New Jersey (u16-u17)	(May 29-31)

June

ECNL Playoffs	San Diego	(late June)
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Spring 2021



FAQs

When are we going to have tryouts? Try-out dates are set for June 22 and 23 at Grand Park

What uniforms will we wear? 2020 is a new uniform cycle. During the tryout process the girls will be asked to try on uniforms for sizing for next season.

What will the ECNL fees be for 2020-21? The fee structure for the ECNL teams has not yet been finalized. We anticipate having that information by the end of May.

What do I need to know for League games and Showcase team travel? All families are expected to secure and pay for travel to and from all league games and showcases. We will get on-line booking links for hotels where we will stay together as a team. At Showcases, all players and staff are required by the ECNL to stay at the assigned hotel.

Where will IFJ ECNL train and play their home games? It is the hope that in 2020-2021 all IFJ training will occur at Grand Park, with most of our matches to be played at Grand Park as well

Additional questions can be sent to mmclaughlin@indianafirejuniors.com



From Our Director...

As we move into the 2020-2021 season, the staff is extremely excited and anxious to get back on the field. The objective of the ECNL at IFJ is to develop high level versatile players with a tactical understanding of the game. All of this while providing them a pathway to continue their career beyond their club experience. The league platforms, showcases and multiple non-ECNL events that our teams participate in allow for this to occur.

With that development and commitment by our players, come expectations. It is the objective of the IFJ ECNL program to be the best teams in Indiana, finish in the top three in the conference and compete on a national stage at the end of the ECNL and USYSA seasons.

Having those clearly defined goals, we look forward to getting back on the field and working on improving as individuals, bonding as a group and finding success not only in wins and losses, but developing fine upstanding young ladies in the process.





Thank you for your time!

