



SSA – 2013 13U Girls– ECNL-RL

2026 TEAM PLAN & EXPECTATIONS

PLAYER EXPECTATIONS

- Provide 100% effort and focus at every practice/game.
- Commit yourself to the team and strive to improve every day.
- Be accountable for your own actions and learn from my mistakes.
- Play with a winning mentality. Confidence. Composure. Passion.
- Support and display a positive attitude toward all teammates at all times, both on and off the field.
- Attend practice if you expect to play – it is **NOT optional!** If a player is going to miss practice, direct communication with the coach must be made in advance.
- Arrive on time and prepared for practices/games. On time means on the field, dressed, and ready to compete.
- No discussion about playing time immediately before, during, or immediately following a game.
- Represent the SSA club in a respectful manner at all times.

SEASON PLAN

Leagues

- ECNL-RL League Season-September-July

Tournaments

- 1-2 Out of State Tournaments
- 2-3 In State Tournaments
- ECNL-RL College Showcase
- May-MN Cup-Minnesota

Training *(Include # of times per week and days)*

- Winter (November – March) – 4X per week (mandatory)
 - Turf-Skills Training (2)
 - Gym-Futsal (1)
 - Strength & Conditioning Training w/ Training HAUS (2)
- Spring/Summer (March – July) – 4-5X per week
 - Training/Conditioning
 - League/Tournament Games

Additional

- An Individual Player Development Plan for the season (IDP)
- Team Tactical Analysis sessions 2 times a month