



SSA – 2010 1U6 Girls – ECNL-RL

TEAM GOALS

- To develop players fundamental movement skills, develop scanning skills, continue to develop player fundamental skills with and without the ball under a high level of pressure and to develop a high level of structure team play.
- Learn and implement 2 forms of play, Tactics and check ins with coach once a week to discuss positioning on the field, tactics and improvements going forward if necessary ● Understand and implement during games and trainings sessions the Club and coach Methodology. to be discussed with the team, Biweekly Email to Parents

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. This is a competitive team, players gain playing time on practices and games by performances, effort, accountability...
- Represent the SSA club in a respectful manner at all times.

SEASON PLAN

Leagues

- ECNL/winter - early November-mid April (tbd)
- ECNL Spring/Summer - April-July (tbd)

Tournaments

- **Nov 28-30 Surf college cup (San Diego, CA) TBD**
- **Jan 31-Feb 2 Nike college Showcase (Eden Prairie MN) TBD**
- **Jan 11-13 ECNL National events (Lakewood Ranch, FL) TBD**
- **Feb 20-22- Mayors cup (Las Vegas, NV) TBD**
- May 23-25– Disney memorial day soccer tournament (Orlando, FL) or
- May 28-Jun 1 Minnesota cup (twin cities metro) TBD
- July– Target USA Cup (MN)

Training

- Winter (November – March) – 3X per week
 - Turf Skills Training (2)
 - Gym-Futsal (1)
 - Strength & Conditioning-Training HAUS (2)
 - Scrimmages

- Spring/Summer (March – July) – 4-5X per week
 - League/Tournament Games
 - League/Tournament Games