

Cascade FC – Developing Excellence

At Cascade FC we pride ourselves on player development. Our long-term objectives are to **Develop Excellence** with every player at the club, unlock all opportunities and support athletes to reach their dream soccer goal.

Cascade FC's specialized development model allows us to develop each athlete to their full potential. Please read our overview of the **Cascade FC Development Model**:

Our Long-Term Plan with Our Players

Starting off with our **Long-Term Player Development Plan (LTPDP)**. Cascade FC provides a pathway for every player at the club. The LTPDP leads players toward high school soccer, college soccer, and other levels of the game which allow an individual to achieve their overall soccer goals.

Each stage outlines the age group benchmarks and objectives, the culture we instill, formations we play, the positions we develop, the playing principles and individual attributes that we teach. Each stage progresses onto the next, adding more depth and detail, ensuring there is continuity with every age group.

This Is How We Play

At Cascade FC we have a distinct way we play; you will see similarities between our U8 teams all the way through to our U19 teams

Game Model

At Cascade FC we have a progressive **game model** for all game formats; 4v4, 7v7, 9v9 and 11v11. Our refined playing principles and efficient playing style gives a distinguished brand that can be recognized across all age groups and genders.

Cascade FC Playing Philosophy

At Cascade FC we set out to play the most exciting, attractive, organized soccer in all competition. We produce a direct, attacking style built around possession, abiding by our in-possession principles in all three thirds of the field. Our team's aim of seamless transition from attack to defense, (following our principles in all three thirds of the field), allows us to instantly apply pressure, organize units and regain possession as soon as possible.

Curriculum Season Planner

We take our playing philosophy, game model and playing principles and methodically plan out our seasons and year using our **curriculum season planner (CPS)**. The CPS supports coaches to build out their seasons and divide the game moments, thirds of the field, our playing principles, themes, and techniques over the course of a year. We plan out our year to achieve the age group benchmarks,

enhance our strengths, develop our areas of focus, and ultimately execute the game model in all competition.

This Is How We Train and Develop Our Players

Training

At Cascade FC all our teams practice three (3) times a week. We have developed a unique training methodology, accelerating player development and providing athletes with the tools and understanding to execute their role, effect the game consistently, and performance at their greatest. Coaches are supported with The Cascade FC Curriculum, The Cascade FC Manual and The Coaching Manual™.

U16+ teams participate in three team practices a week. U9 – U15 teams receive two (2) team practices and one (1) player technical training (PTT). U8 teams receive two (2) team practices a week.

PTT is a unique training session for U9 – U15, giving all players 3 practices a week. PTT is designed to give a high repetition of techniques in opposed and unopposed situations, developing players to become sharper with the ball at their feet, with an overall goal of having techniques transfer into competitive weekend games and allowing athletes to affect the game more. The PTT curriculum aligns directly with the CFC playing philosophy, principles, and game model.

We offer 3 practices a week for all of our Cascade FC teams. For U15 and below ages, the 3rd practice is Player Technical Training (PTT). PTT gives players a different coach voice and different players to compete against, with an end goal of having players on the field 3 times a week, which helps to refine specific techniques and increase game sharpness. As well as giving players a session that is different than team practices, PTT is designed to reduce the chance of “burnout” and increase enjoyment in their personal development.

Technical Foundation U9 – U12

In the first stage of the LTPDP we build a technical foundation (individual actions) with all our players at this age group, allowing teams to execute the desired game model, tactics, and “plan” during competition. We achieve this by having a by-weekly technical focus. This age group will receive a technical card, containing an activity or a technique that directly aligns with the Cascade FC game model. Players and teams will visit this activity or technique in their two practices, their PTT session and as a part of their weekly homework. Visiting the technical topic 8 times over the two-week period.

Technical curriculum and cards are developed by Cascade FC Technical Director (U8 – U12)

Physical Development & injury prevention at U13+

At age U13+ we introduce a physical development program. This consists of potentiating movements, exercises, and a unique player specific fitness program to prepare players physically as the demands of the game increase.

High School preparation at U15+

Cascade FC run HS aged players through preseason training, July – August for girls and January – February for boys, preparing players in all four corners of the game (Technically, Tactically, Physical and Mentally/Socially) and setting them up for success for HS tryouts.

High School preseason training developed and delivered by Cascade FC Technical Director (U15 – U19)

Goalkeeper Academy

Goalkeepers are our first attackers and play a massive role in our success. We know it is important to develop the safest hands possible. Our Goalkeeper Academy develops and produces elite level GKs, giving teammates the confidence to attack and defend with the reinforcement of a refined GK behind them. Our GK academy follows the Cascade FC Goalkeeper playing philosophy, providing all goalkeepers specialty training, allowing the #1 to execute their role in all competition.

Cascade FC goalkeepers receive an additional goalkeeper practice once a week, where our goalkeeper academy coach develops players in all four corners of the game (Technically, Tactically, Physical and Mentally/Socially) as well as give players mentorship, guidance, and support.

The Competition Our Teams Play In

League

Cascade FC are proud members of Washington Youth Soccer's **Regional Club League** (RCL), comprised of the top clubs in the state, and providing the highest-level league play and player development.

As well as the RCL we are also proud members of the **North Puget Sound League** (NPSL), giving year round competition to all of our teams at Cascade FC.

Tournaments

Cascade FC follows the Long-Term Player Development Plan when selecting tournaments for all teams. Our **Developmental** stages enter jamborees and local competitive tournaments, **Progressive & Competition** will be playing in sanctioned tournaments helping them with league placement and development. And **Placement/Showcase** will be competing in showcase tournaments promoting themselves to collegiate coaches.

At Cascade FC we utilize travel tournaments as a key part of our player development plan. In the Summer and the Winter, we travel out of state to competitive soccer tournaments in OR, CA, AZ, FL, and other states. We have our athletes and teams set SMART goals in an opening meeting upon arrival, preparing players to compete at their best. The combination of preparation, travel, and team bonding puts games on a pedestal, unlocking a mindset and performance stronger than before. Players return to WA more competitive.

State Cup

At Cascade FC we utilize Washington Youth Soccer's State Cups, competing in State Championships, Presidents Cup and Founders Cup.

This Is How We Evaluate Our Players

Player Development Plans (PDPs)

Throughout the season each player at the club receives a player development plan. Players are evaluated against the benchmarks of their stage in the LTPDP. Coaches and players go through the evaluation in a player-coach 1 on 1. During this meeting players set process and performance SMART goals with the facilitation from the coach, ensuring the player leads the goal setting process and is intrinsically motivated to achieve the goals they set.

This Is How We Prepare Our Players for College Soccer

Playing in College

At Cascade FC, we empower our players to take ownership of their futures. Our **Playing in College** program encourages all our high school players to pursue soccer after they graduate, whether that is at the varsity, club, or intramural level. Our amazing coaching staff work hard to excite players and support them on their journeys to stay connected with soccer beyond their experience at Cascade FC.

All High School players are supported and mentored by Cascade FC Technical Director (U15 – U19)

George Taylor – Cascade FC Director of Coaching