



SOUTH SHORE FUTBOL TRAINING DEVELOPMENT PLAN

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“The message that comes across to me is that the clubs that take the development of young players seriously can be the clubs to benefit the most.”

- Liam Brady, Arsenal FC Academy Director

Vision and Mission:

The primary objective of South Shore Futbol Training is the development of a player-centered, community-focused soccer program dedicated to the physical, mental and emotional growth and development of our local youth through the sport of soccer. Our goal is to share our talents and passion to create a first class youth soccer training environment at an affordable price to all. We will take a professional approach towards the development of our local youth soccer players by providing a program that is comprehensive to each individual player's needs. This will include the provision of a safe and supportive community based environment which encourages skill development, game understanding, fitness, fair play and teamwork. Our goal is to increase player retention rates within our affiliated clubs by working in partnership to address the ever-changing needs of our individual players.

Philosophy:

South Shore Futbol Training is insistent upon whole player development by providing players with an opportunity to join a competitive team to enrich their soccer skills and tactical abilities, but remain connected to their home club as a support for their growth and development.

We believe in the importance of remaining connected to the home club in order to foster a player's social as well as soccer development. With that being said, each player is different and each player must find the right competitive environment in order to continue improving their soccer development. South Shore Futbol Training will provide our local players with the competitive environment necessary to continue to develop while staying connected to their home club.

Organizational Structure and Leadership:

President – Charlie Brostowski

The President is responsible for all day-to-day operations of the organization. He is also responsible for assisting in marketing, fundraising, and overall administration of the organization. The relationship between the President and the members of our affiliated clubs is critical to the success of South Shore Futbol Training.

Co-President & Director of Coaching – Jason Garguilo

In addition to assisting with the overall administration and operations of the organization, the Director of Coaching is responsible for designing coach and player education resources and executing the Technical Development Plan of each club. In addition, the DOC must assist in the recruitment, development, and assessment of the club's coaching staff. The DOC is also responsible for overseeing all programs and levels of play within the affiliated clubs.

Technical Directors - TBA

This position reports directly to the Director of Coaching. The Boys and Girls Technical Directors are responsible for overseeing the specific phases of the development plan for the organization. They will provide monthly reports on age group developments, mentor their staff coaches, as well as coach multiple teams within their groups. All conflicts will be resolved through the Technical Directors.

Team Coaches

South Shore Futbol Training firmly believes that the development of our coaches is essential to the growth and development of our program and players. Team coaches will initially be placed according to their coaching education as well as individual personality to fit their respective team's needs. These coaches must be respectful, team players, who always put their players first. They will be selected based upon previous coaching experience as well as overall general character. Our goal as an organization is to increase our total number of qualified head coaches by providing mentorship programs and requiring and assisting our coaches in taking advanced level coaching courses in addition to exploring the many other coaching education resources available to them regardless of the age or division that they currently coach. We believe that coaching must be treated as a passion, not just a profession, and is therefore a life-long learning process.

“No coach ever stops learning. That’s what makes the great coaches great. They strive to learn more every day and they never stop asking questions.”

Player Development Plan:

Player Development Philosophy

South Shore Futbol Training believes in developing the person, and then the player. Using a player-centered decision making process we will focus on the long term development of our individual players that will result in the benefit of our local communities and affiliated clubs. Our programs will emphasize not only the technical, tactical, physical and psychological components of the game, but also the personal character development of our players as well.

We will teach our players to understand why we do what we do on and off of the field. We believe that it is our duty as coaches to articulate how the game should be played and therefore train the way we want to play. We acknowledge the fact that at times we may endure short-term losses for the benefit of the long-term development of our players. We also realize the importance that match playing time plays in the development of our players, and therefore will ensure that each of our players are placed accordingly into environments conducive to their individual success.

Curriculum

South Shore Futbol Training's curriculum will serve as the blueprint for our age-appropriate player development plan. This curriculum will provide our affiliated club's with continuity in outlining each age group's training priorities and objectives. It will also serve to connect our players' development through each phase of the teaching process. Each of our South Shore Futbol Training staff coaches will be held to the highest standard to effectively follow and implement the club curriculum. Furthermore, this curriculum will serve as a means to assess the overall effectiveness of our coaches and the program as a whole, as well as providing our organization with a unique identity.

Programming:

Foundation Phase (5 – 8 year olds)

This phase in the development of our players will serve as the brick and mortar for our South Shore Futbol Training players. During this phase of development, we will continue to work with each of the individual affiliated clubs' intramural players once a week during their regularly scheduled training sessions. This phase serves as the player's introduction to the game of soccer, and as such, our primary goal is to provide a fun, positive environment which stimulates a love for the game. Players will be introduced to basic fundamental movement skills and individual soccer skills with an emphasis on ball possession. These skills will be introduced through the use of fun games that encourage free play and self-discovery. Each player should have a ball at all times during these sessions. Games at these age groups are a forum for players to test their ball skills and should be considered an additional means of development, rather than the objective.

Development Phase I (9 and 10 year olds)

During this phase of the player's development, the goal is to teach players the importance of focus and effort in training. Basic principles of attack and defense will be introduced to cultivate a training environment. Training during this Phase will continue to include technical repetitions, but start to incorporate small group tactics with a focus on those principles of play.

Small-sided games including 1v1 up to 4v4 scenarios will be used to maximize reps and simulate realistic match situations. Our aim during this Phase is to develop technically superior players who possess the ability to think on the field. Players will now be challenged within a positive but competitive environment.

Development Phase II (11 and 12 year olds)

The goal during this phase of the player's development is to perfect the training environment. The training load and specificity during training will be increased from Development Phase I. The focus of training is to improve soccer-specific skills, soccer IQ, small group tactics and general style of play. Players begin to understand the results of focused and dedicated training. Ball skill will still be emphasized, as well as awareness and an appreciation for taking calculated risks in the attack through the 3v3 to 9v9 game model.

During the early stages of a player's development, the game is the best teacher. Let the kids learn from it by setting up opportunities for them to play. Allow kids to learn in environments that are sensitive to age and abilities (emotional and athletic) and that offer a variety of experiences. Age, ability and the level of competition are central elements in a player's development. At the youth level, a competitive environment is not a result-oriented environment. The differences must be clear. A competitive environment at the youth level encourages decisions from player and coach alike that focus on performance rather than results. (Favoring ball skill and inventiveness as the means to find success within the rules and spirit of the game)

Tactical Phase (13 to 18 year olds)

At this Phase in the development plan, the goal is to provide our players with an elite program that prepares them for playing at the next level, whether that may be high school, college or beyond. We want to begin expanding player understanding of the game as much as the players technical and game maturity will allow. We aim to develop tactical concepts of the game while continuing to develop technical abilities. Whole team tactical concepts and strategies are introduced. Training sessions become more tactically complex, covering various formations, strategies and tactics. A player's chances of success at this phase are greatly enhanced by mastering the building blocks of soccer that are addressed at the preceding Developmental Phases.

Specialized Programs

In addition to our Developmental and Team Training, our South Shore Futbol Training players will benefit from a number of additional specialized programs throughout the course of the year including but not limited to:

1. Goalkeeper training led by the organization's licensed goalkeeper coach
2. Winter indoor technical training
3. Speed and Agility training
4. Seasonal player assessments
5. Team or club building events
6. Spring and Summer camps and clinics
7. Position-specific clinics
8. Individual or small-group private training
9. Assistance with the college-recruitment process
10. Coaching education

Core Values:

Community. Culture. Passion. Inspiration. Education.

Community

- Club First: A strong club is a platform for individual and group success
- Club Representation: We are proud to positively represent our club
- Giving back: Community involvement increases the impact of both the player and coach's experience
- Selfless Attitude: We care for those around us

Culture

- Respect each other: Teammates, opponents, officials, staff, parents...everyone
- Safety: Member health and well-being is always the top priority
- Confidence: Take charge and make an impact
- Humility: We win and lose with grace and dignity
- Responsibility: We are accountable for our role in all situations

Passion

- Enjoy the game: play, watch, teach and learn
- Take risks: We encourage creativity and bravery

- Compete: In practice and in games, for oneself and their teammates
- Dedicate: Be your absolute best
- Strive for excellence: work hard when nobody is watching

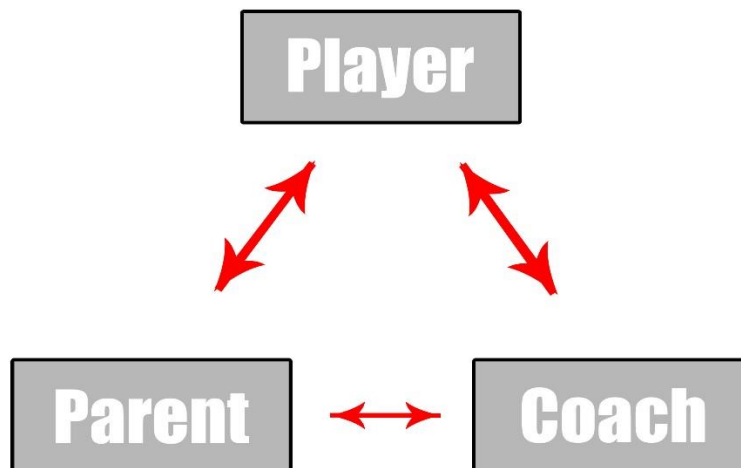
Inspiration

- Lead the way: Don't stand by, help the situation
- Mentor: Everyone has attributes to share with others
- Role Model: Be a positive inspiration to others in the community
- Create: Support and encourage our players' expression of self
- Impact: Make decisions, impact situations

Education

- Always, always, always be learning.

Parent Integration and Expectations:



South Shore Futbol Training's belief is that parents, and the relationship between our coaching staff and parents is critical to the development process of our players. For this reason we will set up pre-season club-wide meetings for all parents conducted by the Club directors and coaching staff to provide clear expectations for our clubs. In addition, team coaches will be expected to provide regular feedback on player development to both players and parents as the season progresses.

If parents have questions for team coaches we ask that they be presented at an appropriate time and not before, during or after a match or training when our staff coaches are working hard to prepare and develop their players. If a conflict exists we ask that it be brought to the attention of the director of coaching to find a resolution. We will also provide an annual parent survey to assess the club experience and make changes accordingly.

Assessment and Accountability:

We want to ensure that our players are all training in a top-notch, quality environment, and our clubs are continuously growing. To do so, we will provide parents and board members with surveys and questionnaires to monitor the overall experience and quality of the training; Coaches will be assessed monthly by their respective Technical Directors as well as the Director of Coaching to monitor the development of our coaches. We believe that success is not a matter of chance, but instead a matter of choice. We are committed to building a successful program and culture that produces not only quality soccer players, but quality individuals as well.



SOUTH SHORE
FUTBOL TRAINING

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CAMPS
CLINICS
TEAM TRAINING
PRIVATE TRAINING
DEVELOPMENTAL TRAINING

The graphic features a background image of a long bridge over water at sunset. A glowing soccer ball with energy trails is positioned in the upper right. A shield-shaped logo in the lower center contains the text 'SOUTH SHORE' at the top, 'LI FC NY' in the middle, and a soccer ball icon at the bottom. The text 'CONTACT US' and the email address 'SOUTHSHOREFUTBOL@GMAIL.COM' are in red, while the list of services is in white.