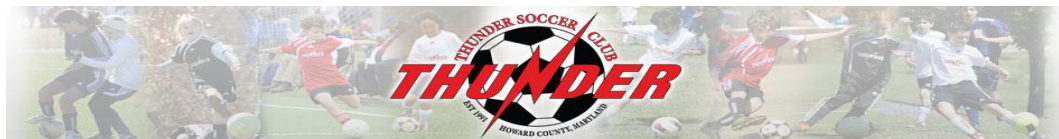


THUNDER SOCCER CLUB

U17/19 Developmental Soccer



| Age | U17/19 |
|----------------------------------|--|
| Fitness | <ul style="list-style-type: none"> • Fitness testing (standards-based) • Overload training • Periodization of training |
| Technique (Field Players) | <ul style="list-style-type: none"> • Technical speed of play (all skills rehearsed at match speed and under game conditions) • Technical-functional training |
| Technique (Goalkeepers) | <ul style="list-style-type: none"> • Power diving • Skill mastery (technical execution under pressure) |
| Tactics (Field Players) | <ul style="list-style-type: none"> • Situational tactics (winning/losing by a goal with 10 minutes to play, tactical adjustments for specific opponents, etc.) • Ability to shift system of play during the run of play • Zonal and man-marking combinations in defense • Phase play and patterns of play • Creativity in attack • “Total soccer” concept • Tactical-functional training |
| Tactics (Goalkeepers) | <ul style="list-style-type: none"> • Organization of team shape during run of play • Command beyond the penalty area |
| Psychology | <ul style="list-style-type: none"> • Leadership skills • Playing a role (starter vs. substitute, “piano player vs. piano carrier”) • Emotional control during matches • Reducing mental mistakes • Dedication and commitment to excellence and achievement • Responsibility for off-field factors that influence on-field performances • Selflessness (team comes first) • Results orientation (wins, championships, etc.) |
| Training | <ul style="list-style-type: none"> • 90-120 practices per year for premier/advanced players (mix of team and functional/specialized training, 105-120 minutes/practice) • Separate functional training for goalkeepers (30-60 hours/year) • Majority of training activities have 4-12 players per ball |
| Competition | <ul style="list-style-type: none"> • 11v11; Two 45 minute periods; Size 5 Ball • No more than 5 scrimmages per year (using approved U19 rules) • 35-45 games per year, be part of organized leagues/tournaments or scrimmages (using approved U19 rules) • Practices and games played outside the club (school teams in the Fall) • No more than 2-4 tournaments per season; State Cup & President Cup competitions |
| Coaching | <ul style="list-style-type: none"> • Paid Coaches |

| | |
|---------------------------|---|
| Playing Levels | <ul style="list-style-type: none">• Advanced• Premier |
| Year round program | <ul style="list-style-type: none">• Summer: July 10th - August 15th ; 10-12 practices• Fall: August 15th - November 15th; 36-38 practices• Winter: January 1st - March 1st; 16 practices• Spring: March 1st - May 31st; 36-38 practice |
| Attendance | <ul style="list-style-type: none">• Minimum 85-90% attendance at practice and games |
| Positioning | <ul style="list-style-type: none">• Positioning, including goalie what best fits the players and the teams need. However some players will play multiple positions |
| Playing Time | <ul style="list-style-type: none">• Advanced and Premiere teams playing time will be at the coach's discretion based upon player level of commitment, attitude and ability level. |