

PSL Soccer Club “Allstar Select” Program

**Overview:** Program for Boys / Girls ages 7 – 15 years old. This is an advanced program designed to focus on player skills and teamwork in a developmental structured environment. Focus is on individual development, team development and skill sets in preparation for the Competitive program.

**Player Selection:** Players are selected to teams via “Player Evaluation” through Recreation program. Teams can be formed at the conclusion of the Fall Recreation Soccer Season each year, players and coaches are encouraged to participate if they have excelled during the season in the recreation program.

**Team alignment:** Teams are formed only as needed, the goal is to develop a team over time. There’s no specific amount of teams required to participate in the program, teams formed would be gender specific. Players / Coaches Selected to teams will have the opportunity to compete in Leagues from Jan. to May each year. Teams that excel during League play during the Fall Season will be invited to the Competitive program. If a team cannot be formed, players will have invites to competitive tryouts.

**Training:** Teams will train on Tuesday and Thursday evenings with the Competitive program and have access to Club Trainers. Players would be given the opportunity to individual training if available.

**Uniform** – Teams will be given the Allstar uniform, each player will receive a training shirt to wear at training sessions.

**Curriculum:** Each Coach / Trainer will follow a pre-planned curriculum that will highlight each week during the season on what key development plans will be covered. This will help the program develop together and give a perspective on what is to be expected in the players and coaches continued growth.

**Game Days:** Teams will follow a league schedule and games can be played on a Saturday or Sunday depending on the schedule.

**End of Season:** At the conclusion of the Allstar program, the players and or team will be invited to the competitive program. The players and or team if not choosing to advance to the competitive program will be placed back into the recreation program so they can play the following seasonal year in the Fall Season. An Allstar team can be formed at the conclusion of the Fall Season the following season with some or all of the returning players and or coach.

**Next Steps:** “Player Identification” – Coaches and Director of Coaches - will identify players and coaches that have excelled in the program and may be asked to join the Competitive program for further development opportunities.

**Club Goal:** To grow players physically, technically and psychologically through enhanced training and player development. We want to foster a love for the game and a desire to want more. The process should be fun yet specific focused on developing the player’s skill sets. For coaches we will provide more advanced training / development and Classes designed for the advancement and education for continued growth.