

U14 Recreation “Tsunami” Program

**Overview:** Program for Boys / Girls ages 12 – 13 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.

**Player Selection:** Players are selected to teams via “Player Evaluation” through the Club, no special skills are required. Players will be evaluated and selected to the Travel program or In-House program. Parents can request not to travel, players will be given an evaluation level number that will change as the player develops from year to year.

**Team alignment:** Players need to be equal in size and ability for In-House soccer so the teams are balanced. The In-House program is for players that are at the beginning level and or have no desire to travel. The Travel program is for player’s that are higher skilled and seek team competition of the same. Teams need to be no more than 14-18 players in size. Teams will play in the 9v9 format with a keeper – In-House / 11v11 in the TCSL Players will report to a Coach / Manager on game days and Training days.

**Training:** Teams will train on Mondays and Fridays or Wednesdays and Fridays from 7:00pm – 8:00pm. We will use H.S. players that need Volunteer hours as Trainers and Assistants to help work with the players. Parent Coaches with no experience will serve as Managers to assist in the Team duties and communication to the parents. Experienced Coaches will serve as Trainers and work with the team each session. We will invite Club Trainers in to work with the teams periodically.

**Uniform** – Players should receive a Club Training shirt with their uniform. All Training shirts are same in color. Training shirts would be worn at each session. Each Coach will get a color matching Team jersey for easy identification.

**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:** Each designated team for the In-House program will have a game schedule and play games on Saturday mornings starting at 11:00am. The Travel teams will compete in the TCSL and may have games on Saturdays or Sundays.

**End of Season:** The Travel program will compete in the TCSL World Cup Tournament, the In-House program will end with a mini-tournament at Swan Park.

**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 “Select / Allstars for further development opportunities. These players and coaches can compete in the TCSL / DPL program, play other Club teams in Friendlies and or continue training prior to the Spring Season. Teams that have excelled in the Allstar program can stay together as a first level Competitive Team or the players / coaches can be invited to the Competitive Tryouts.

**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.