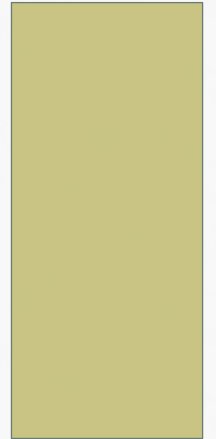


*Children Are Our  
Priority*

ORCHARD VALLEY  
SOCCER

JULY 2013



# ALL ABOUT THE CHILD

Disturbing Fact: 70% of Kids Quit Sports by Age 14

## Player AND Child Development

- Coaches Will
  - Make Training Fun, Interesting & Appropriately Challenging
- Parents Will
  - Feed, Hydrate, Cloth & Prepare Child for Training
- Players Will
  - Perform the Drills Properly with Maximum Effort & Focus



# OPTIMAL LEARNING ENVIRONMENT

## Players Making Independent Decisions While Working Towards a Common Goal



- Unpredictable, Frenetic
  - Constantly Changing
  - Split Second Decisions
  - Problems to Solve
- Player Based Sport
  - Make Decisions
  - Experiment
  - Show Skills
  - Invent Techniques, Skills & Ideas

# EYES UP



- \$10 of Awareness
  - Spend it wisely
- Magic Square
  - Support Teammates
- Bricks to Knowledge
  - Mistake Ritual
- Speed of Play
  - Appropriate to Foster Learning
  - Enable Child to get Eyes Up
  - Determinant of Playing Level

# ORCHARD VALLEY KNOWN FOR

- Skilled Players
- Hard 90' Battle
- Creative, High Energy, Attacking Style of Play
- Positivity<sup>3</sup>
- Adults Encouraging
- Long Term Player and Child Development
- Honor the Game
- Fair Play



# ORCHARD VALLEY'S APPROACH

- Players Encouraged to be Creative & Attack
- Re-Frame “Winning”
- Adults Provide Positive, Nurturing Environment
- Create Soccer Players
- Ability Based Training
- Build The Childs’:

*ARSENAL OF WEAPONS  
SKILLS FOR LIFE*

**Training**

**Home Play**

**Performance**



# TOOLS FOR A STRONG SELF WORTH



- Allow Players to Show Their Skills

- Reward: **Effort**

**Displays of Confidence**

**Creativity**

**Improvement**

**Utilizing Arsenal of Weapons**

**Leadership**

**Ideas**

**Positivity<sup>3</sup>**

**Inventiveness**

- Adults “Expect” Positive Results
- Child “Owns” Decisions
- Positivity<sup>3</sup>

# DEVELOP SKILLED, CONFIDENT CREATIVE PLAYERS

- Inspire a Love & Passion for the Game
- Show a Willingness to Experiment and Take Risks
- Have a Positive Outlook
- Create High Self Value
- Build Trust & Faith in Training
- Enable a Hi Internal Drive
- Build Mental Toughness  
& Resiliency
- Be Flexible!

Create A General Sense  
The Player Can Handle It!



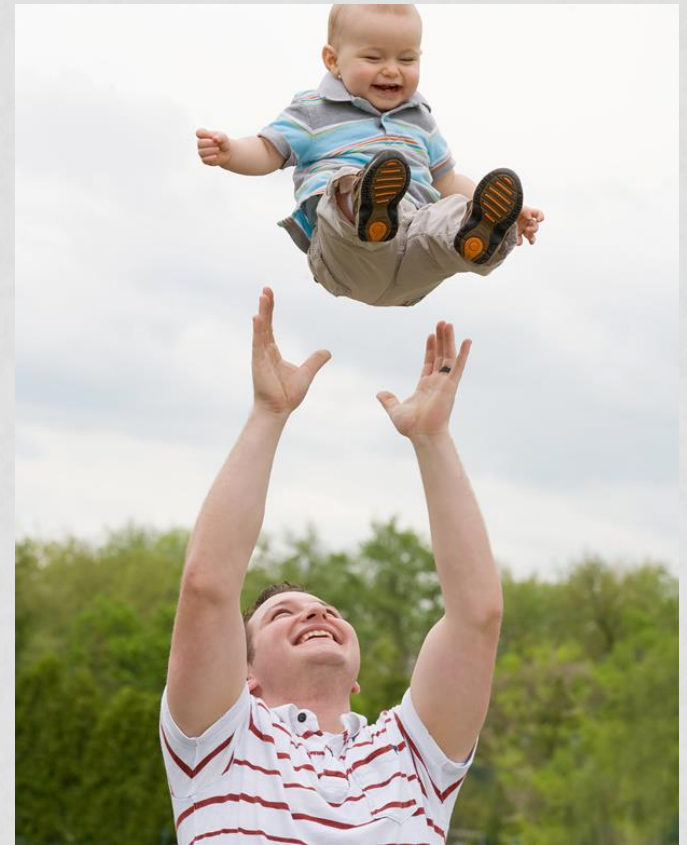


# COACHES

- ELM Tree – Acorn
- Evangelize Positivity
- Fill Emotional Bank
- Non-Attachment
- \$10 of Attention
- Free-Play
- Accountability
- Model Desired Behavior

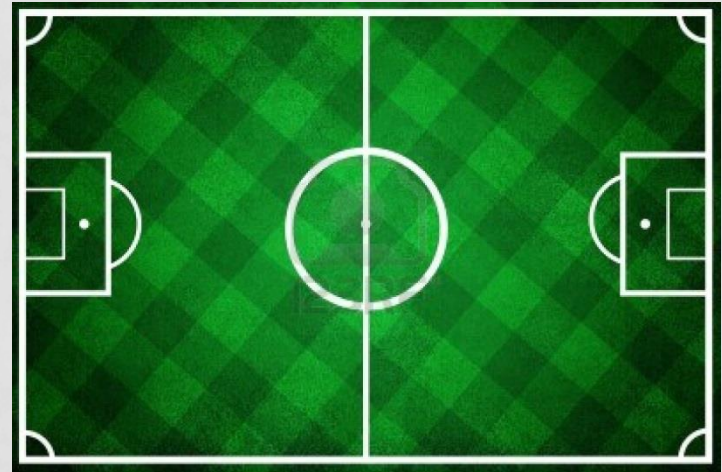
**Make  
it Fun!**

*Respond to Behavior We  
Wish To Have Repeated*



# TRAINING STRUCTURE

- 9 Month Training Cycle
- Basics, Basics, Basics
- 1 Theme per Session
- 1v1, 2v1, 1v2
- Supporting Ball with  
Triangles & Diamonds
- 30/30/30 Training Methodology
  - 30' 1 Player -- per Ball
  - 30' 2-3 Players -- per Ball
  - 30' Small Sided Games
  - End with Home Play Assignments



1v1 & Individual skills  
Passing & Receiving  
15'+ of Silence

# KEY COACHING POINTS

Under no circumstances should coaches exploit or hold players back in the misplaced quest for winning

- Sam Snow, US Youth Coaching Director

- “Teach”
- Massaging the Drill
- K.I.S.S.
- Ability Based Training
- Exclusion for Inclusion
- “We Don’t Do That Here”
- Find Teachable Moments
- How Will This Effect Development
- Have Fun!

# LINGO

- What Can I **Learn**
- Most Important - **NBA**
- **Happy Feet**
- **Can Do**
- Have A **Plan**
- **Trust** – Training/Team
- **Relax** – Take your time
- **Eyes Up**
- **Scan** – Left & Right
- What Do You **See**
- How Can I **Support**
- **Smile** – It's a Game
- **Own it** – Good & Bad
- **Battle** – 50/50 Balls
- **Anticipate** – 2<sup>nd</sup> Ball
- **Good Idea**
- **You Decide**
- **Fix It**
- **Win it Back**
- **Think**
- **Well Done**
- **Brick** of Knowledge

# EDUCATION

- Coaching Classes

U6 – U10 Rec            OV 1 day Clinic    or    CYSA 'F'

U8 – U11                NSCAA Level 4    or    CYSA 'E'

U12+                    NSCAA Level 6    or    CYSA 'D'

- Fiorentina (NorCal)

- Clinics

- OV - Every Other Friday

- Referee

- Maintain a Grade 8
- 3 Games per year

# ORCHARD VALLEY SOCCER

Are you ready for your  
“Mallory Moment”

*Players Play*

*Officials Officiate*

*Coaches Coach*

*Parents Nurture*