

INTRODUCTION

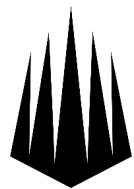
IMG ACADEMY SOCCER – PERFORMANCE PLAN – 2023-2024

The IMG Soccer Performance Plan has evolved significantly since its introduction in 2019 to meet the sporting needs of our student athletes, families and staff within the soccer program. The content for this updated version has been created through collaboration within the soccer department, with coaches and players having a direct input into what we want the program to be, how we would like our teams to play and, most importantly, how we can best ensure the holistic development of our athletes as both players and people during their time here with us at IMG.

While the information and content presented is contained within this document, the key for all of us is to bring it to life on the field. The concepts, actions and common language outlined are not an exhaustive list but are instead reference points for our teams designed to help with understanding and learning through our game model.



Over the past few years we have seen our teams earn their first National Championships within both the boys and girls programs, have had multiple players participate in Youth National Teams across the world and have



MISSION, PURPOSE & CORE VALUES

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MISSION:

At IMG Academy, we are committed to a personalized, purpose-driven learning environment in which boarding school student-athletes are challenged to master a broad range of skills and competencies. Motivated by the belief that passion drives, drive focuses, and focus empowers, rigor and quality performance define our foundational approach to growth, both in the classroom and on the playing field for boarding school students. Equally important is our embedded emphasis on character development and social responsibility, which we adjudge to be a vital component in our quest to prepare boarding school student-athletes for the next step in their life's journey.

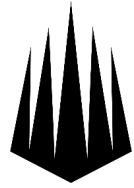
PURPOSE:

To ensure all people are destined to succeed by enabling them to rise up to their full potential

CORE VALUES:

In accordance with our Purpose and Core Values, we welcome individuals of all races, ethnicities, sexual orientations, political and religious beliefs, and other unique identifiers to IMG Academy. Our Core Values are:





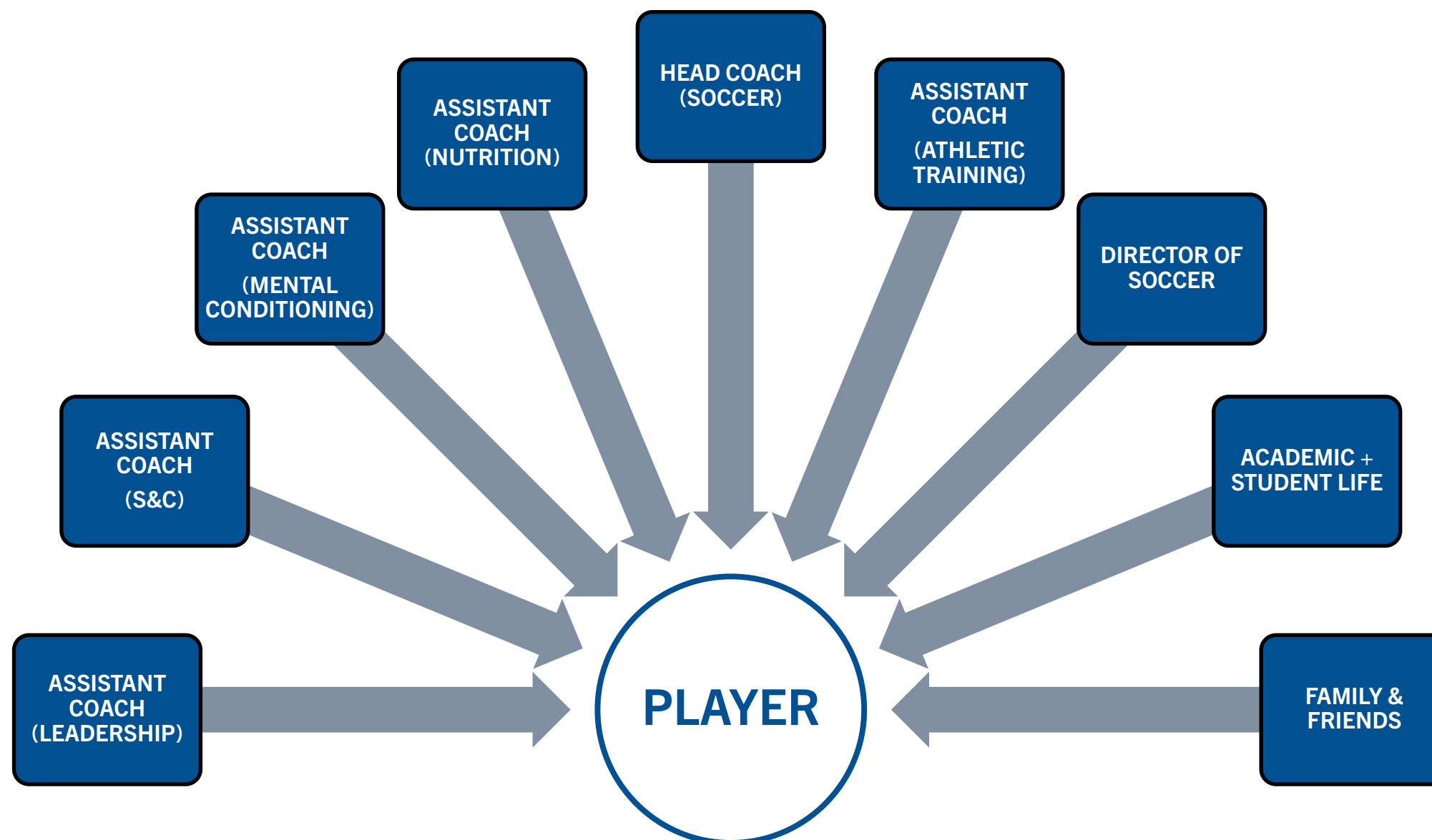
PLAYER CENTERED ENVIRONMENT

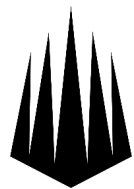
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INDIVIDUALIZED, HOLISTIC & REALITY BASED APPROACH

Our goal within the IMG Soccer department is to provide a positive sporting experience to all of our players and families. We do this by using an age and stage specific approach to develop each young person and assist them to meet their athletic and academic ambitions.

We place the player at the center of this experience. We utilize sport specialists through our APD program to provide support and opportunities to every one of our players. Through collaboration and communication with our colleagues we offer an **individualized, holistic & reality based** approach to soccer development and performance.



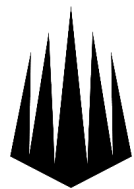


ATHLETIC & PERSONAL DEVELOPMENT MODEL

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IMG ATHLETIC & PERSONAL DEVELOPMENT MODEL

	YOUTH DEVELOPMENT PHASE			COLLEGE PREPARATION PHASE		
AGE GROUPS	U13	U14	U15	U16	U17	U19
ATHLETIC TRAINING	DAILY TREATMENT DELIVERY	DAILY TREATMENT DELIVERY	DAILY TREATMENT DELIVERY	DAILY TREATMENT DELIVERY	DAILY TREATMENT DELIVERY	DAILY TREATMENT DELIVERY
AGE GROUP FOCUS	APD STAFF TO PROVIDE	APD STAFF TO PROVIDE	APD STAFF TO PROVIDE	APD STAFF TO PROVIDE	APD STAFF TO PROVIDE	APD STAFF TO PROVIDE
STRENGTH & CONDITIONING	AT HOME PROGRAMS	AT HOME PROGRAMS	AT HOME PROGRAMS 2 X A WEEK	2 X A WEEK	2 X A WEEK GAME DAY WARM UP	2 X A WEEK GAME DAY WARM UP
AGE GROUP FOCUS	APD STAFF TO PROVIDE	APD STAFF TO PROVIDE	APD STAFF TO PROVIDE	APD STAFF TO PROVIDE	APD STAFF TO PROVIDE	APD STAFF TO PROVIDE
YOGA / VISION	MONTHLY RESOURCES	MONTHLY RESOURCES	WEEKLY OPTIONS	WEEKLY OPTIONS	WEEKLY OPTIONS	WEEKLY OPTIONS
AGE GROUP FOCUS	APD STAFF TO PROVIDE	APD STAFF TO PROVIDE	APD STAFF TO PROVIDE	APD STAFF TO PROVIDE	APD STAFF TO PROVIDE	APD STAFF TO PROVIDE
NUTRITION	MONTHLY RESOURCES	MONTHLY RESOURCES	MONTHLY WORKSHOP INDIVIDUAL CONSULTATIONS	MONTHLY WORKSHOP INDIVIDUAL CONSULTATIONS	MONTHLY WORKSHOP INDIVIDUAL CONSULTATIONS	MONTHLY WORKSHOP INDIVIDUAL CONSULTATIONS

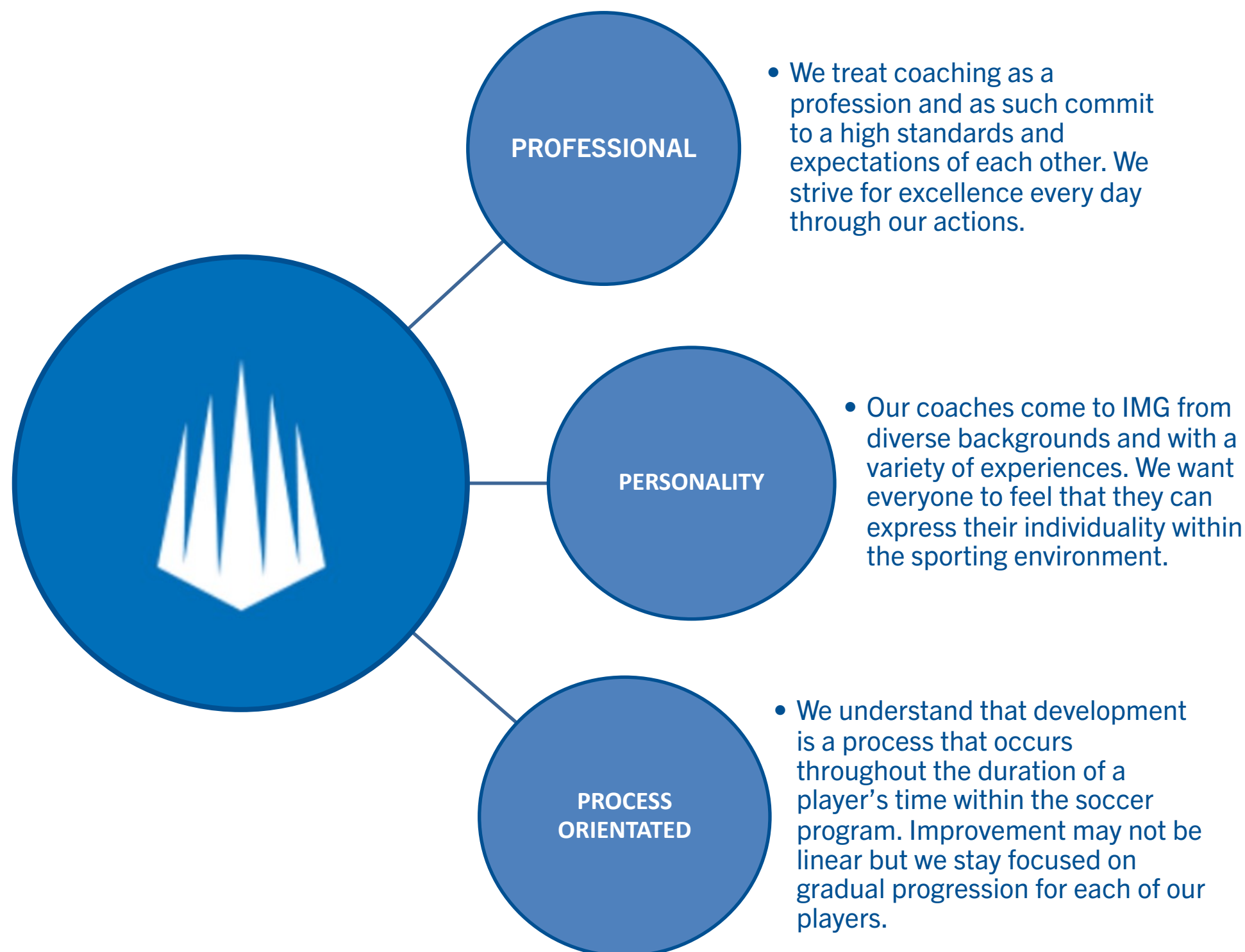


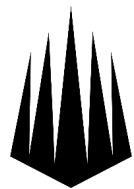
COACHING PHILOSOPHY

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Our IMG Soccer Coaching Philosophy is our statement on specific values and behaviors that we will adopt to ensure a positive sporting experience for every individual within our program. Our ‘Triple P’ approach to our work as developers and teachers of the game should encourage our players and lead to strong relationships with not only them but also their family members, our colleagues within the department, coaches from across our campus and all others within the wider soccer community locally and nationally.

We want IMG Soccer to be a place where people enjoy working and playing.





COACHING PROCESS

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The IMG Coaching Process is an in depth approach to soccer development and performance, with the IMG Soccer Coach leading this in collaboration with their team and players.

The model presented is primarily for use within session/ practice planning but ultimately can be utilized across the department for any aspect of program delivery.

An outline of what is required within the process is below. At each of the stages there may be additional resources or information requested if it is available.

- **Plan & Prepare**

- Reference Performance Plan, Annual Plan, Development Plans & Periodization
- Consider Weekly & Daily Schedules, including APD

- **Execute & Educate**

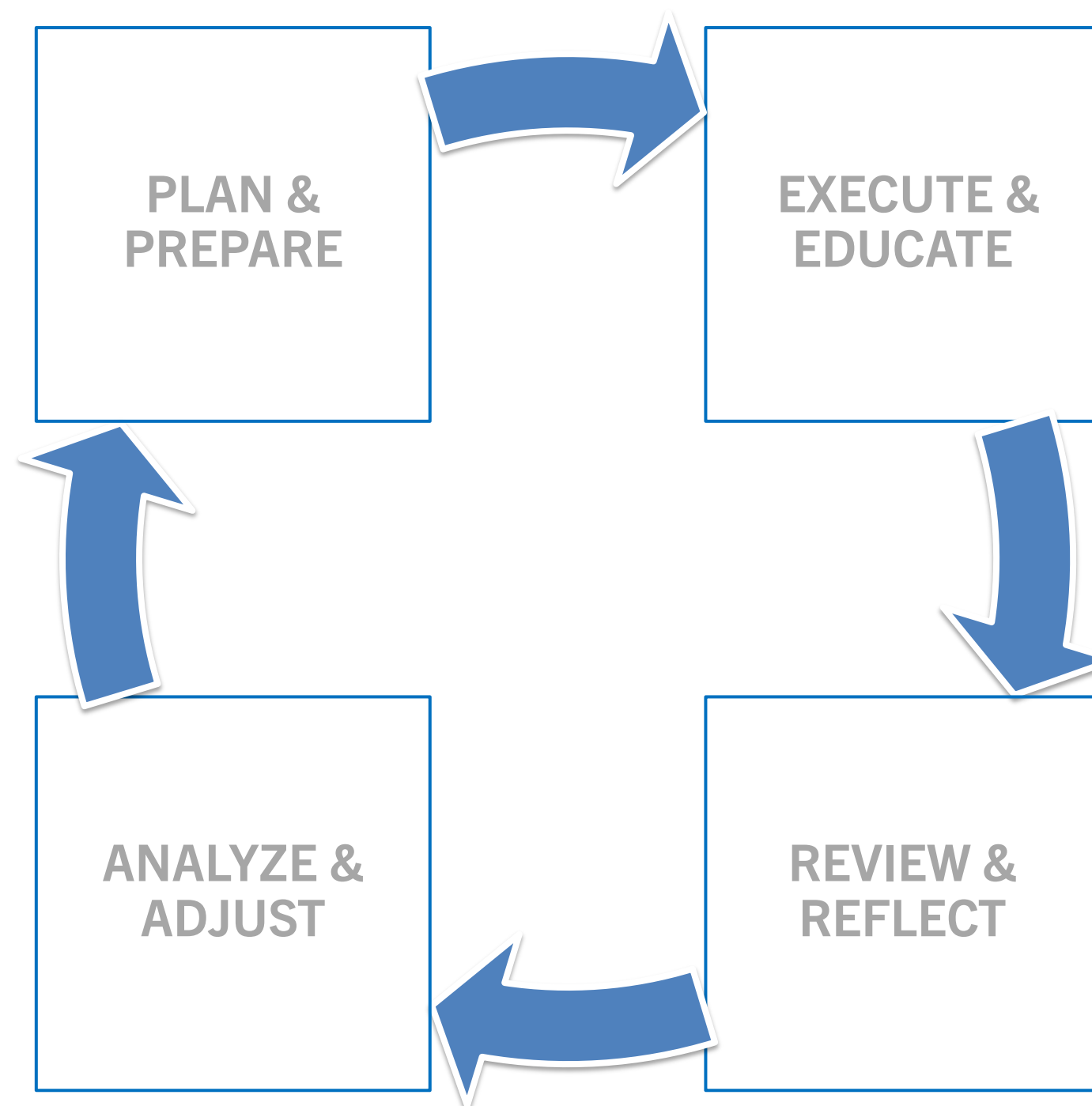
- Perform the session, practice or game
- Provide ongoing education to players, parents & staff regarding session theme and objectives

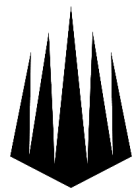
- **Review & Reflect**

- Discussions with Director of Soccer, Team Leaders, Coaching Staff, Players & Parents
- Personal Coach Reflections on Sport Session Planner
- Coach Review & Analysis with Head of Player Development

- **Analyze & Adjust**

- Make use of subjective (player / coach feedback) and objective (physical & technical) data
- Consider possible adjustments to content and delivery based off analysis





COACHING PEDAGOGY

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As professional coaches who have an influence on the growth and development of young people we have to be intentional about how we approach our planning and execution within both practices and games. This requires a consideration of how we interact, communicate and teach our players every day. The coaching actions listed under each category below should be utilized within specific practices and activities, with an understanding on the outcome on the resulting behavior from our players.

