IMG ACADEMY SOCCER

PERFORMANCE PLAN

FALL 2023 / SPRING 2024 - VERSION 5.0





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(*UNDER DEVELOPMENT IN FALL 2023)

The IMG Soccer Performance Plan has evolved significantly since it's 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 seen numerous students graduate from IMG and move on to play at each level of NCAA competition. While there are multiple factors that help our players and teams to reach their own personal and sporting goals, this has shown that our Performance Plan can be a key part of this process through guiding each individual's soccer experience and progress.

Any plan is only as strong as the people executing it and we are excited to welcome our coaching staff and players back to IMG for the upcoming year. We are confident the program we have designed and opportunities we have through the Academy will lead to a strong year for all involved. As always, we invite everyone reading this to contribute positively to our 2023-2024 soccer year and feel free to bring any suggestions or feedback about our programming forward for discussions.

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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:



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VISION

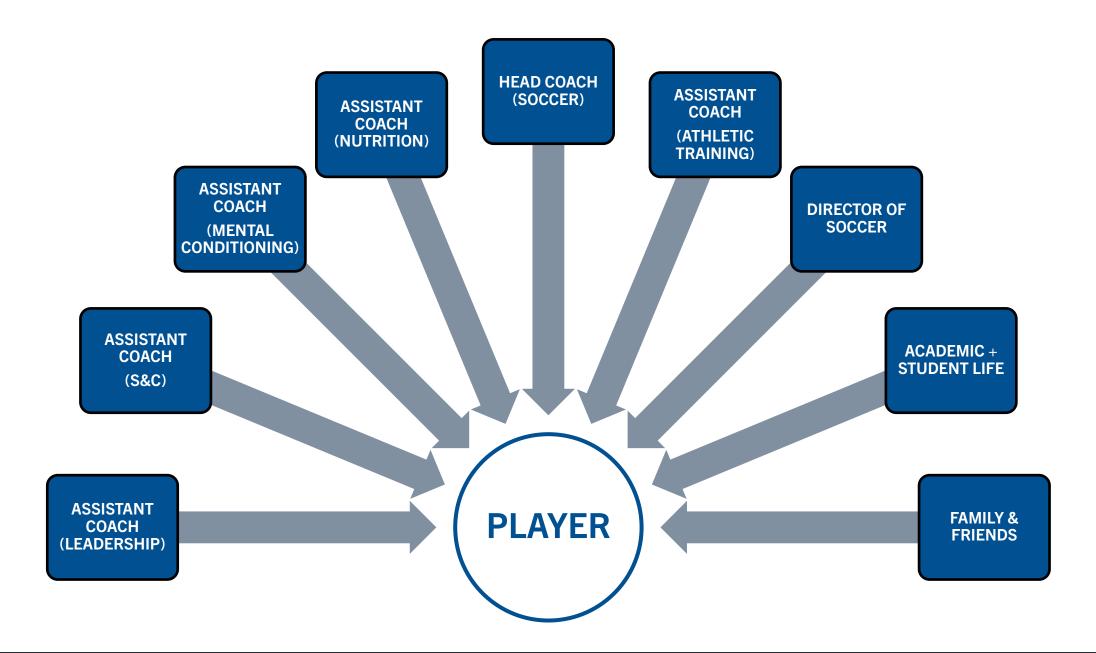
To provide a positive holistic development environment and enjoyable sporting experience that enables student athletes to achieve their personal and professional ambitions.



INDIVIDUALIZED, HOLISTIC & REALITY BASED APPROACH

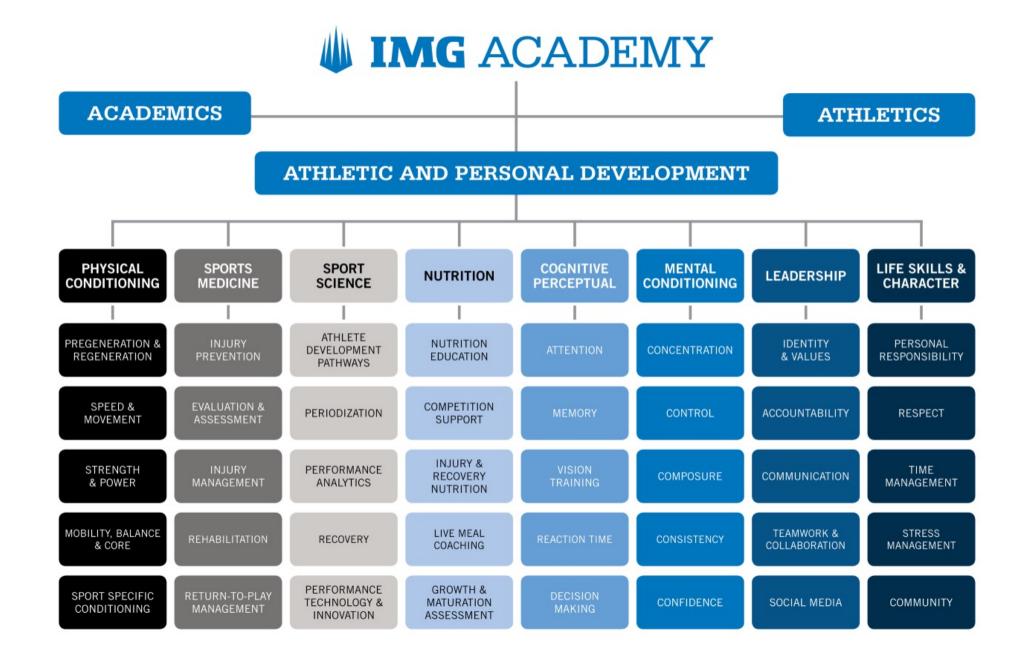
Our goal within the IMG Soccer department is to provide a positive sporting experience to all of our players and families. We do this by using an age and stage specific approach to develop each young person and assist them to meet their athletic and academic ambitions.

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.



WHAT IS APD?

IMG Academy's Athletic & Personal Development (APD) program offers performance training in areas such as leadership, vision training, nutrition, mental toughness and athletic body management. Developed over the course of 40 years by a team of innovative performance experts, our APD program promotes athletic progression, character development, and overall personal development. Our goal is to help young people fill their potential in sport and life, while preparing them to take on all of life's challenges.



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ATHLETIC & PERSONAL DEVELOPMENT MODEL

IMG ACADEMY SOCCER – PERFORMANCE PLAN – 2023-2024

IMG ATHLETIC & PERSONAL DEVELOPMENT MODEL

	Y	OUTH DEVELOPMENT PHA	ASE		COLLEGE PREPARATION PHA	SE
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
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
LEADERSHIP	MONTHLY RESOURCES	MONTHLY RESOURCES	MONTHLY WORKSHOP INDIVIDUAL CONSULTATIONS	MONTHLY WORKSHOP INDIVIDUAL CONSULTATIONS	MONTHLY WORKSHOP INDIVIDUAL CONSULTATIONS	MONTHLY WORKSHOP INDIVIDUAL CONSULTATIONS
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
MENTAL CONDITIONING	MONTHLY RESOURCES	MONTHLY RESOURCES	MONTHLY WORKSHOP INDIVIDUAL CONSULTATIONS	MONTHLY WORKSHOP INDIVIDUAL CONSULTATIONS	MONTHLY WORKSHOP INDIVIDUAL CONSULTATIONS	MONTHLY WORKSHOP INDIVIDUAL CONSULTATIONS
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
LIFESKILLS (MENTAL / LEADERSHIP / NUTRITION)	MONTHLY RESOURCES	MONTHLY RESOURCES	MONTHLY WORKSHOP INDIVIDUAL CONSULTATIONS	MONTHLY WORKSHOP INDIVIDUAL CONSULTATIONS	ON REQUEST	ON REQUEST
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
COLLEGE PREPARATION	ON REQUEST	ON REQUEST	INTRODUCTORY WORKSHOP INDIVIDUAL CONSULTATIONS	QUARTERLY WORKSHOPS INDIVIDUAL CONSULATIONS	MONTHLY WORKSHOP INDIVIDUAL CONSULTATIONS	MONTHLY WORKSHOP INDIVIDUAL CONSULTATIONS
AGE GROUP FOCUS	SOCCER STAFF TO PROVIDE	SOCCER STAFF TO PROVIDE	SOCCER STAFF TO PROVIDE	SOCCER STAFF TO PROVIDE	SOCCER STAFF TO PROVIDE	SOCCER STAFF TO PROVIDE
ASCENDER SESSIONS	ON REQUEST	ON REQUEST	QUARTERLY	QUARTERLY	QUARTERLY	QUARTERLY
AGE GROUP FOCUS	SOCCER STAFF TO PROVIDE	SOCCER STAFF TO PROVIDE	SOCCER STAFF TO PROVIDE	SOCCER STAFF TO PROVIDE	SOCCER STAFF TO PROVIDE	SOCCER STAFF TO PROVIDE
INDIVIDUAL DEVELOPMENT SESSIONS	ON REQUEST	ON REQUEST	ON REQUEST	ON REQUEST	ON REQUEST	ON REQUEST
AGE GROUP FOCUS	SOCCER STAFF TO PROVIDE	SOCCER STAFF TO PROVIDE	SOCCER STAFF TO PROVIDE	SOCCER STAFF TO PROVIDE	SOCCER STAFF TO PROVIDE	SOCCER STAFF TO PROVIDE

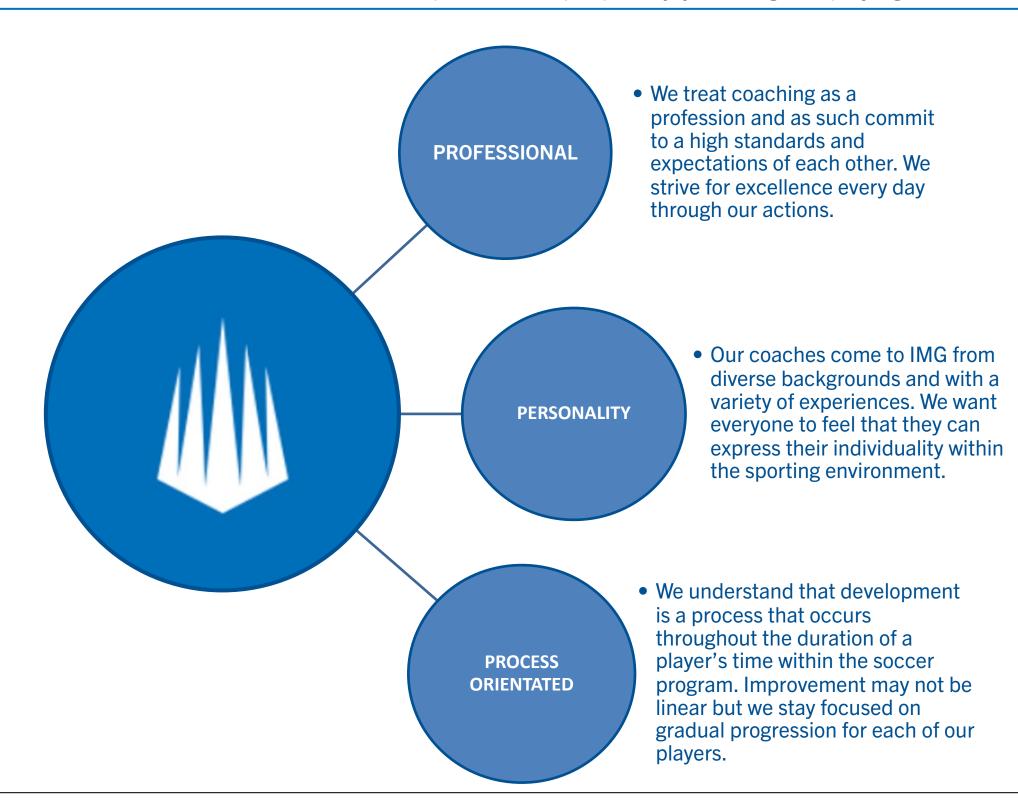


COACHING PHILOSOPHY

IMG ACADEMY SOCCER - PERFORMANCE PLAN - 2023-2024

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.



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COACHING PROCESS

IMG ACADEMY SOCCER - PERFORMANCE PLAN - 2023-2024

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

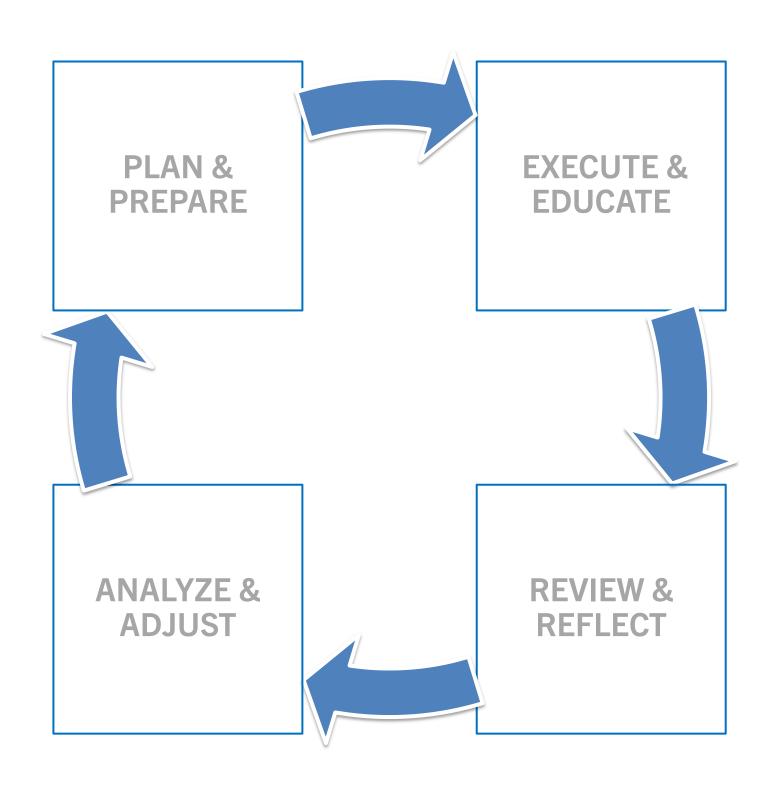
- Perform the session, practice or game
- Provide ongoing education to players, parents & staff regarding session theme and objectives

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

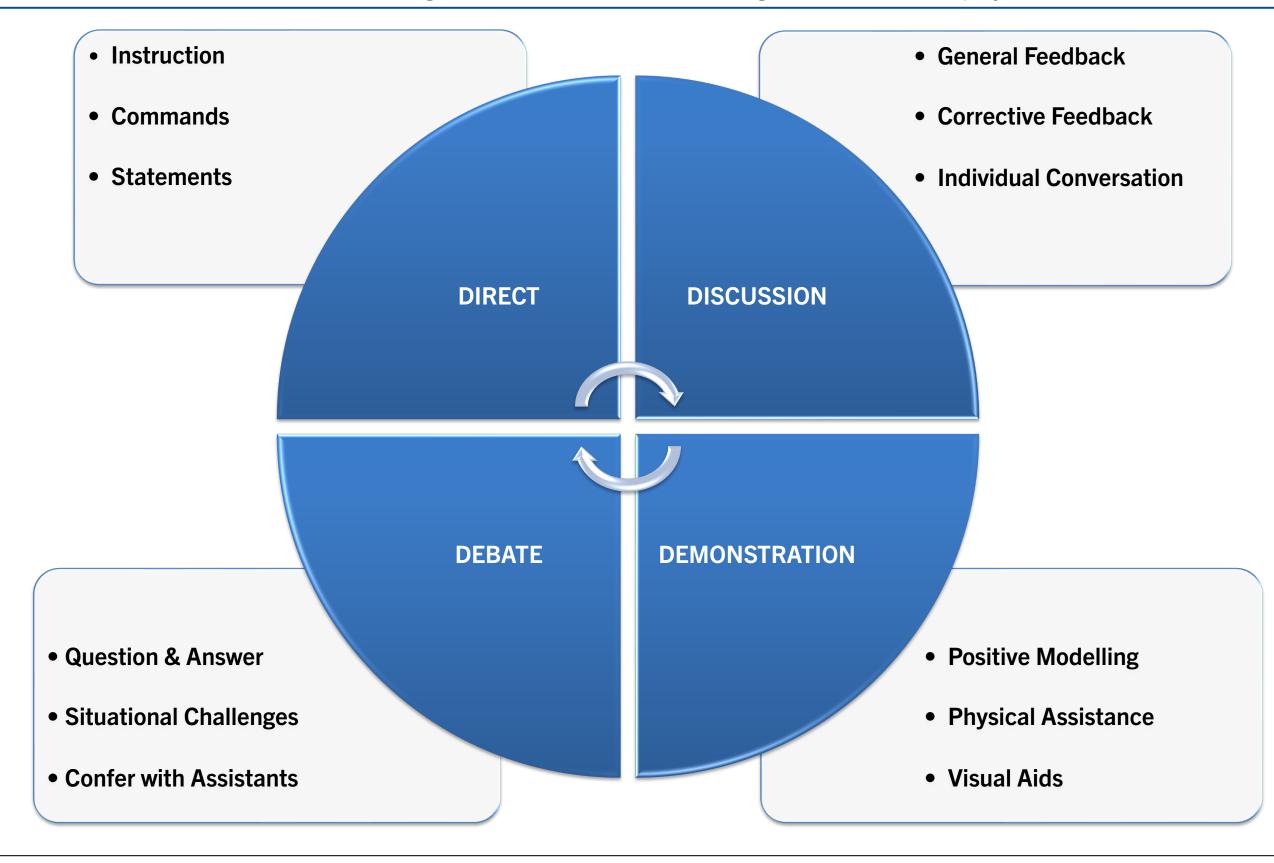




COACHING PEDAGOGY

IMG ACADEMY SOCCER - PERFORMANCE PLAN - 2023-2024

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.





COACHING BEHAVIORS

IMG ACADEMY SOCCER - PERFORMANCE PLAN - 2023-2024

Our IMG Soccer Coaching Behaviors are areas that we commit to as a staff and a department as a whole. The list is not exhaustive but brings our values to life through specific actions that we adhere to at all times with regards to our players, teams and each other.

1.

We commit to using the IMG Performance Plan, Periodization and Common Language 6.

We are punctual for all events.
On time is late.

2.

We design a Practice Session for every day and communicate this to our players prior 7

We use age and stage appropriate language with our players and teams

3.

Our field, areas and equipment are set up in advance of player arrival 8.

We respect all members of staff on campus and value their areas of expertise

4

On Game Day, we do not ask for, or applaud, bookings for our opponents 9.

We build relationships with our players & parents through open and honest dialogue and discussions

5.

Only the Head Coach talks with the Referee and Assistant Referee team 10.

We will not borrow or take another coaches equipment without asking first



IMG SOCCER DEVELOPMENT MODEL

IMG ACADEMY SOCCER - PERFORMANCE PLAN - 2023-2024

IMG SOCCER PLAYER DEVELOPMENT MODEL

The Player Development Model has been designed and updated to ensure age and stage appropriate development for each individual and team within the Academy. This model is a reference for both staff and players to identify guidelines based off academic research and aligned with the many years of practical experience within our coaching staff. While the programming has been split into Youth Development Phase (U13-U15) and College Preparation Phase (U16-U19) coaches may follow the guidelines based off the stage in development and performance level of the players (+/- 2 years).

	YOUTH DEVELOPMENT PHASE			COLLEGE PREPARATION PHASE		
AGE GROUP	U13	U14	U15	U16	U17	U19
CHRONOLOGICAL AGE	11-13 YRS OLD	12-14 YRS OLD	13-15 YRS OLD	15-16 YRS OLD	16-17 YRS OLD	17-19 YRS OLD
SOCCER AGE	+/- 2 YEARS	+/- 2 YEARS				
PLAYER POOL	LOCAL	LOCAL NON BOARDING BOARDING	LOCAL NON BOARDING BOARDING	LOCAL NON BOARDING BOARDING	NON BOARDING BOARDING	NON BOARDING BOARDING
NUMBER OF TEAMS	2 X BOYS 1 X GIRLS	2 X BOYS 1 X GIRLS	2 X BOYS 1 X GIRLS	2 X BOYS 2 X GIRLS	3 X BOYS 2 X GIRLS	4 X BOYS 2 X GIRLS
DEVELOPMENT PLATFORMS	MLS NEXT NATIONAL ACADEMY LEAGUE GIRLS ACADEMY SUNSHINE CONFERENCE	MLS NEXT NATIONAL ACADEMY LEAGUE UPSL GIRLS ACADEMY SUNSHINE CONFERENCE				
LTAD FOCUS	LEARNING TO TRAIN ACTIVE FOR LIFE	LEARNING TO TRAIN TRAINING TO TRAIN ACTIVE FOR LIFE	TRAINING TO TRAIN TRAINING TO COMPETE ACTIVE FOR LIFE	TRAINING TO COMPETE ACTIVE FOR LIFE	TRAINING TO COMPETE TRAINING TO WIN ACTIVE FOR LIFE	TRAINING TO WIN ACTIVE FOR LIFE
ATHLETIC PERFORMANCE FOCUS	FOUNDATION MOVEMENT SKILLS	FOUNDATION MOVEMENT SKILLS	FOUNDATION - INTERMEDIATE MOVEMENT SKILLS	FOUNDATION - INTERMEDIATE MOVEMENT SKILLS	INTERMEDIATE - ADVANCED MOVEMENT SKILLS	ADVANCED MOVEMENT SKILLS
PROGRAM FOCUS	SKILL ACQUISITION	SKILL ACQUISITION INDIVIDUAL PLAY	INDIVIDUAL PLAY SMALL GROUP (2-3)	SMALL GROUP (3-4) UNIT TACTICS	UNIT TACTICS TEAM TACTICS	TEAM TACTICS
SYSTEM(S) OF PLAY	AT LEAST 2 X FORMATIONS TO INCLUDE BACK 3 & BACK 4	AT LEAST 2 X FORMATIONS TO INCLUDE BACK 3 & BACK 4	AT LEAST 2 X FORMATIONS TO INCLUDE BACK 3 & BACK 4	PRIMARY FORMATION & SECONDARY FORMATION	PRIMARY FORMATION & SECONDARY FORMATION	PRIMARY FORMATION & SECONDARY FORMATION
POSITION(S)	MULTIPLE POSITIONS (IN MULTIPLE UNITS)	MULTIPLE POSITIONS (IN MULTIPLE UNITS)	2 X POSITIONS (IN MULTIPLE UNITS)	2 X POSITIONS (IN SPECIFIC UNIT)	SPECIALIZED POSITION (IN SPECIFIC UNIT)	SPECIALIZED POSITION (IN SPECIFIC UNIT)
TRAINING FREQUENCY	3 x A WEEK	4 X A WEEK				
TRAINING DURATION	75 MINS MAXIMUM (+ INDIVIDUAL TRAINING)	75 MINS MAXIMUM (+ INDIVIDUAL TRAINING)	90 MINS MAXIMUM	90 MINS MAXIMUM	90 MINS MAXIMUM	90 MINS MAXIMUM
AGE GROUP COACH	PREVIOUS U13 EXPERIENCE U.S SOCCER 'C' LICENSE	PREVIOUS U14 EXPERIENCE U.S SOCCER 'C' LICENSE	PREVIOUS U15 EXPERIENCE U.S SOCCER 'B' LICENSE	PREVIOUS U15-16 EXPERIENCE U.S SOCCER 'B' LICENSE	PREVIOUS U17-U19 EXPERIENCE U.S SOCCER 'A' LICENSE	PREVIOUS COLLEGE EXPERIENCE U.S SOCCER 'A' LICENSE

Methodology:

"A system of methods used in a particular area of study or activity"



Moments of Game

Within our Performance Plan we have identified 6 x Moments within each Game;

In Possession (Attacking), Out of Possession (Defending), Transition to Attack (TTA), Transition to Defense (TTD), Attacking Set Pieces (ASP) and Defensive Set Pieces (DSP)

Phases of Play

Our Phases of Play relates to the <u>aim</u> of the team at that time in relation to the Moments of the Game and Area of the Field where the ball is (**Third / Zone & Channel**).

Game Concepts

Our Game Concepts are taken from the Phases of Play and are tactical principles that we have identified as being key to our game plan and model.

Game References

Our Game References are designed to create game specific <u>situations & scenarios</u> for our players. These should always include the position of the **Ball**, the position and organization of your **Opponent**, the position and organization of your **Teammates** and a consideration of **Space** on the field.

Game Actions

Our Game Actions are created from the process of **Communication** — **Decision Making** — **Execution** (C-D-E). Communication within this reference can be verbal, non verbal or awareness based, Decision Making is centered around the player's perception of this, with the Execution being the <u>skill</u> then selected to perform.

Coaching Considerations

Our Coaching Considerations are primarily related to our chosen <u>approach and behaviors</u> within each practice session. This may be **Direct** (Coach Instruction), **Discussion** (Individual Feedback), **Debate** (Q&A with Unit / Team) or **Demonstrate** (Players or Coach Perform Actions).

Counter Principles

Our Counter Principles are the direct opposite to the Phase of Play & Game Concepts within a practice and can be an area of <u>focus for the Opponent</u> or Opposition Unit / Team.

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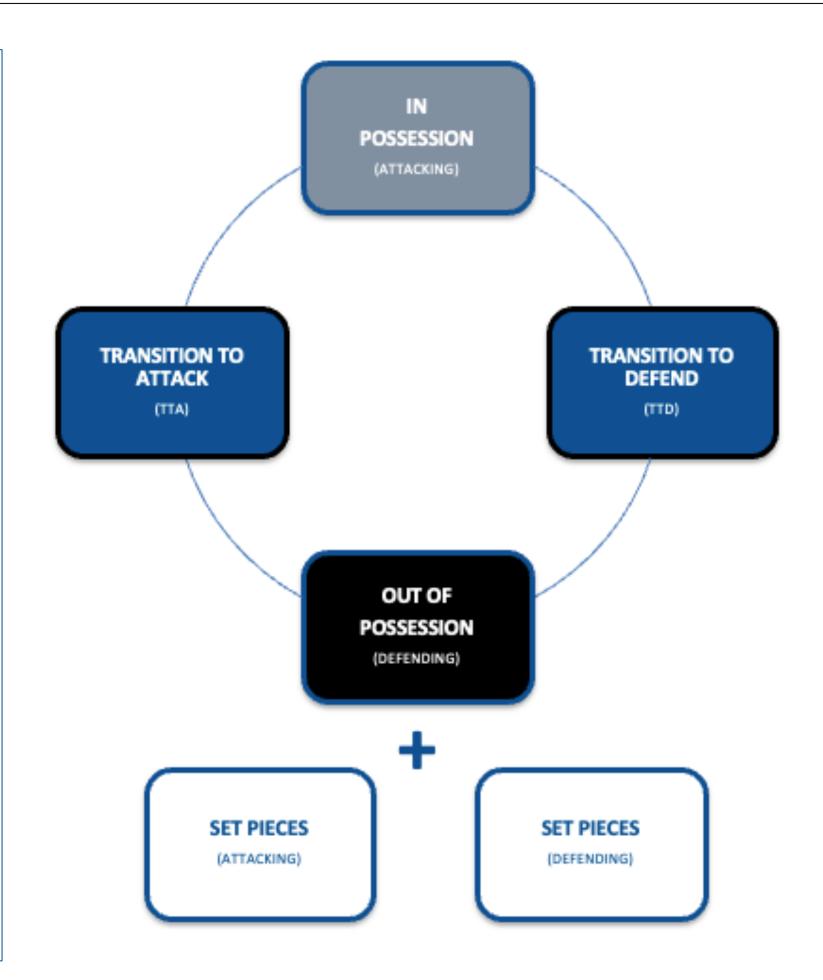
Within the Performance Plan we have recognized and identified 6 x Moments within each game;

- In Possession (Attacking)
- Out of Possession (Defending)
- Transition to Attack (TTA)
- Transition to Defense (TTD)
- Attacking Set Pieces (ASP)
- Defensive Set Pieces (DSP)

Traditional models have primarily addressed four of these areas in attacking, defending and both moments of transition within a cycle. We have displayed our model this way but recognize that the modern game demands that each phase should not be considered independently of the others.

The reason for this is that each moment needs to be considered in close relation to the others as teams will be in one moment but also considering and preparing for others, depending on the outcome of the situation or action.

Set pieces have been included due to being a specific area of importance to our Academy and one which we will focus on in more detail in 2023 – 2024.





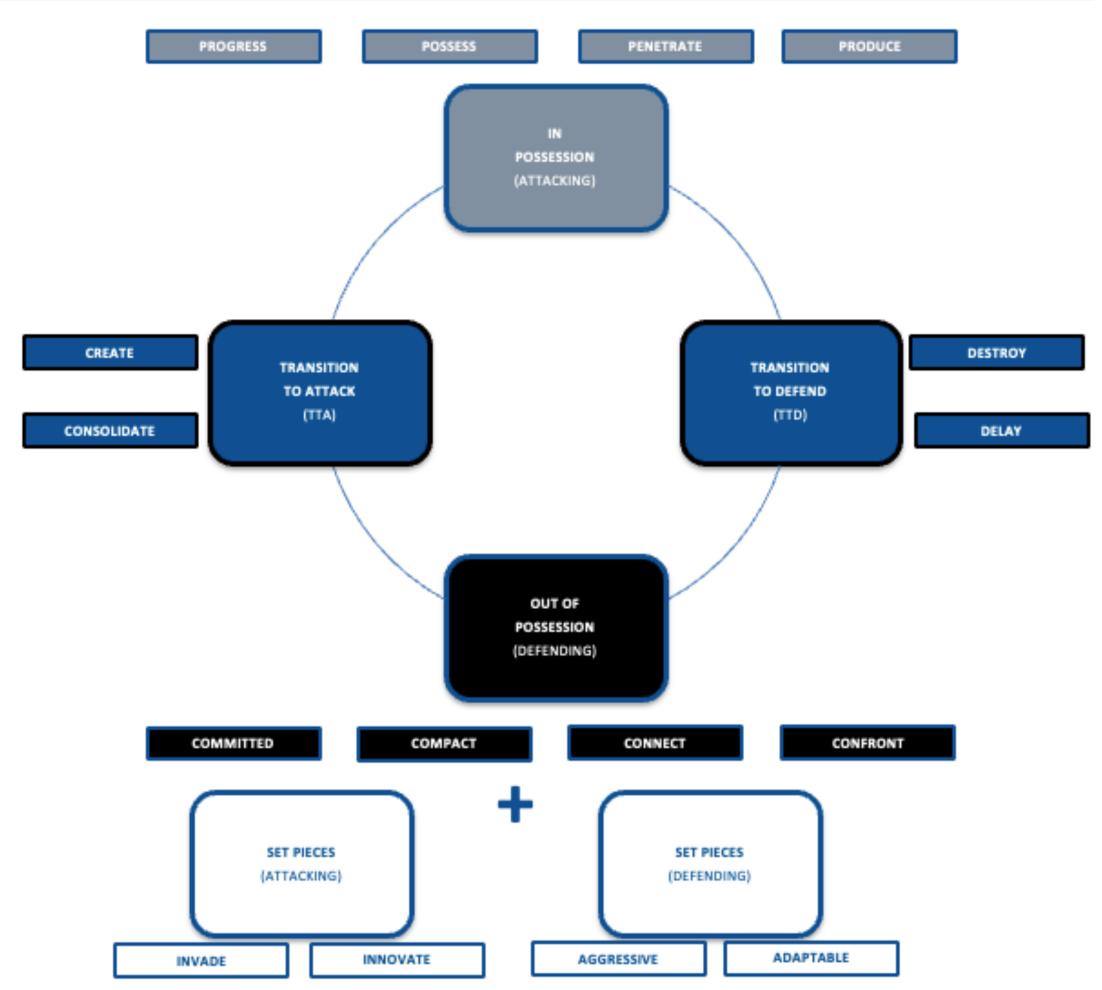
IMG ACADEMY SOCCER - PERFORMANCE PLAN - 2023-2024

Our Phases of Play relate to the <u>aim</u> of the team at that time in relation to the Moment of the Game.

There may be more than one Phase of Play present during any Moment of Game. They can be addressed simultaneously and do not happen in isolation to each other.

The Phase of Play can relate to the area of field (zone / channel) where the ball is but is not dependent on this. The aim of the phase is based off the intention of the team & players in that moment rather than being defined by a space or area.

The use of words for each phase that all begin with the same letter has been shown to assist with learning and retention so should assist coaches and players in utilizing the terminology within discussions.





GAME CONCEPTS

IMG ACADEMY SOCCER - PERFORMANCE PLAN - 2023-2024

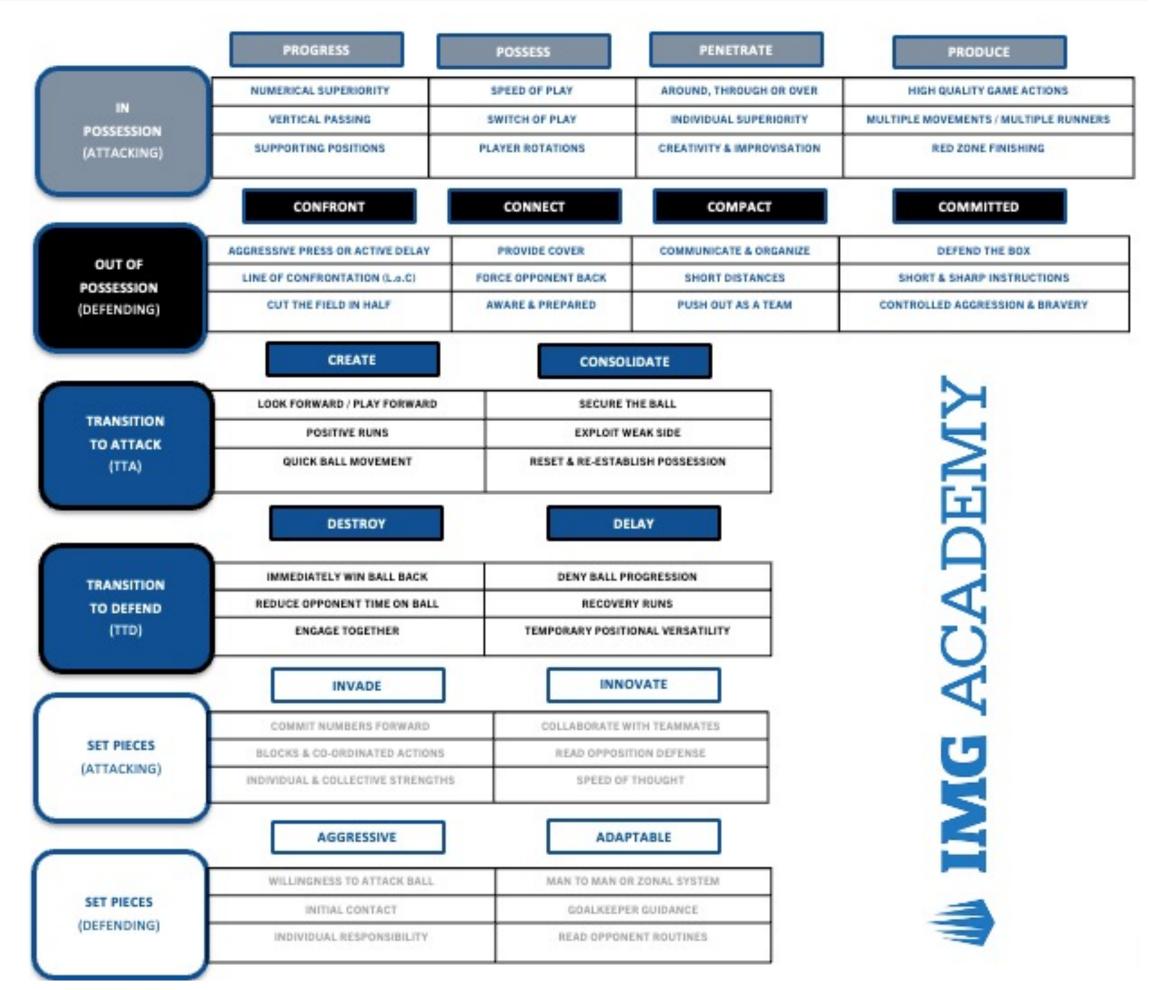
Our Game Concepts are taken from the Phases of Play and are tactical principles that we have identified as being key to our game plan and model.

For each phase we have identified 3 primary concepts that our teams and players should understand and be able to perform within a game.

Further concepts may be referenced by coaches for development or performance related purposes but we should primarily focus on the ideas outlined within each Phase of Play.

Our Game Concepts build on or replace the principles and sub principles that were outlined in previous versions.

The simplified language and definitions should assist coaches and players when discussing our IMG game model.





FIELD REFERENCES

IMG ACADEMY SOCCER - PERFORMANCE PLAN - 2023-2024

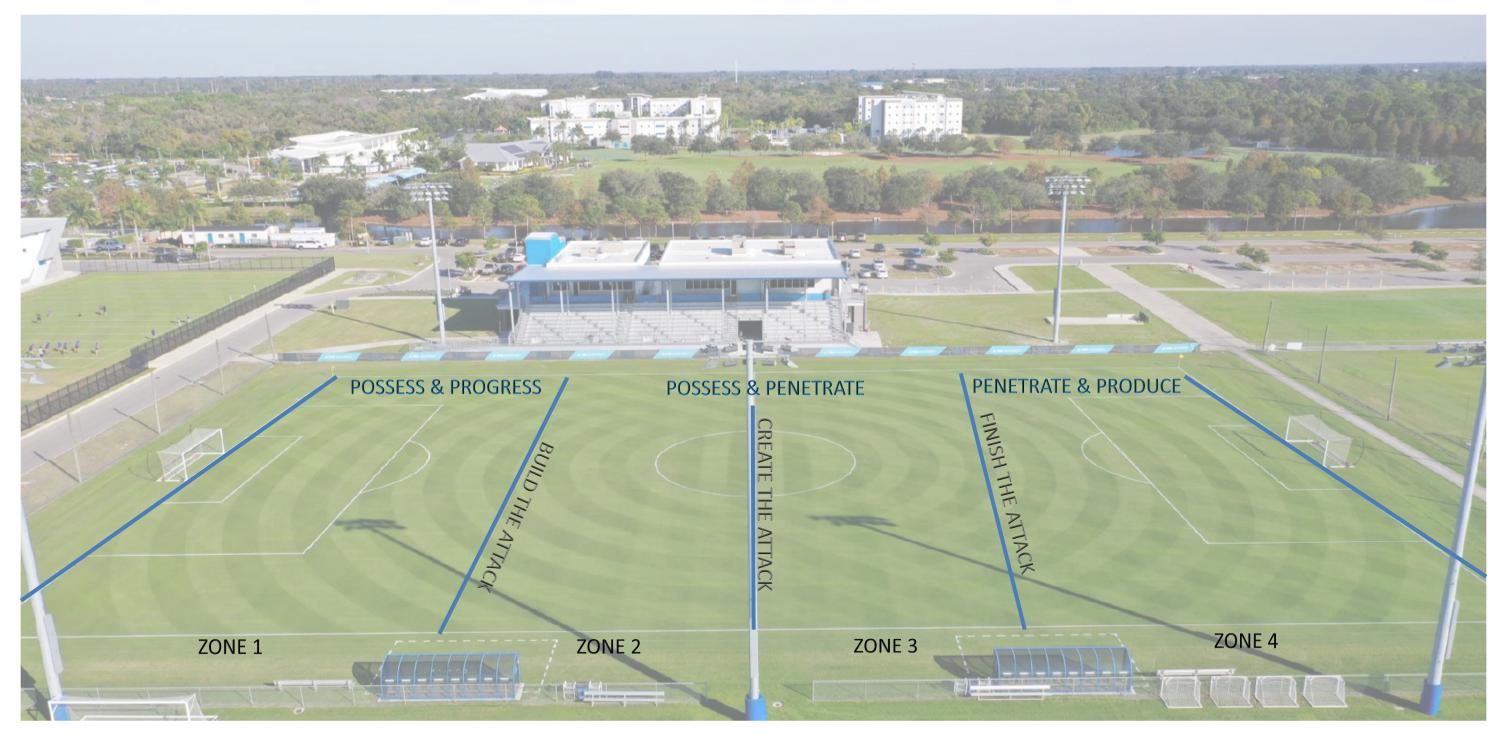


AGE GROUP	U13	U14	U15	U16	U17	U19
RECOMMENDED ZONE REFERENCES	ATTACKING HALF DEFENSIVE HALF	ATTACKING THIRD MIDDLE THIRD DEFENSIVE THIRD	ATTACKING THIRD MIDDLE THIRD DEFENSIVE THIRD	ZONES 1-4	ZONES 1-4	ZONES 1-4
RECOMMENDED CHANNEL REFERENCES	WIDE CHANNEL CENTER CHANNEL	WIDE CHANNEL CENTER CHANNEL	WIDE CHANNEL CENTER CHANNEL HALF SPACES	WIDE CHANNEL CENTER CHANNEL HALF SPACES	WIDE CHANNEL CENTER CHANNEL HALF SPACES	WIDE CHANNEL CENTER CHANNEL HALF SPACES



GAME CONCEPTS - IN POSSESSION (ATTACKING)

IMG ACADEMY SOCCER - PERFORMANCE PLAN - 2023-2024



What does an IMG Soccer Team Look Like in Possession?

In Possession, our teams will play expansive & dynamic soccer which excites our players, parents & staff. When we have the ball we will play with the following structure, depending on game capacity & situations:

- When possession is secure, we will play with options and width across all 5 x vertical channels.
- Players will be positioned on up to $7\,x$ horizontal lines but are fluid with their movements to exploit spaces.
- We will create and exploit numerical superiority, with specific emphasis on quick switches of play to penetrate in the wide channels.
- We will encourage our players to be creative and willing to take risks, specifically in Zones 3 & 4.

IMG SOCCER ACADEMY – IN POSSESSION

Moment of Game & Phases of Play



PROGRESS

POSSESS

PENETRATE

PRODUCE

19



GAME CONCEPTS - IN POSSESSION (ATTACKING)

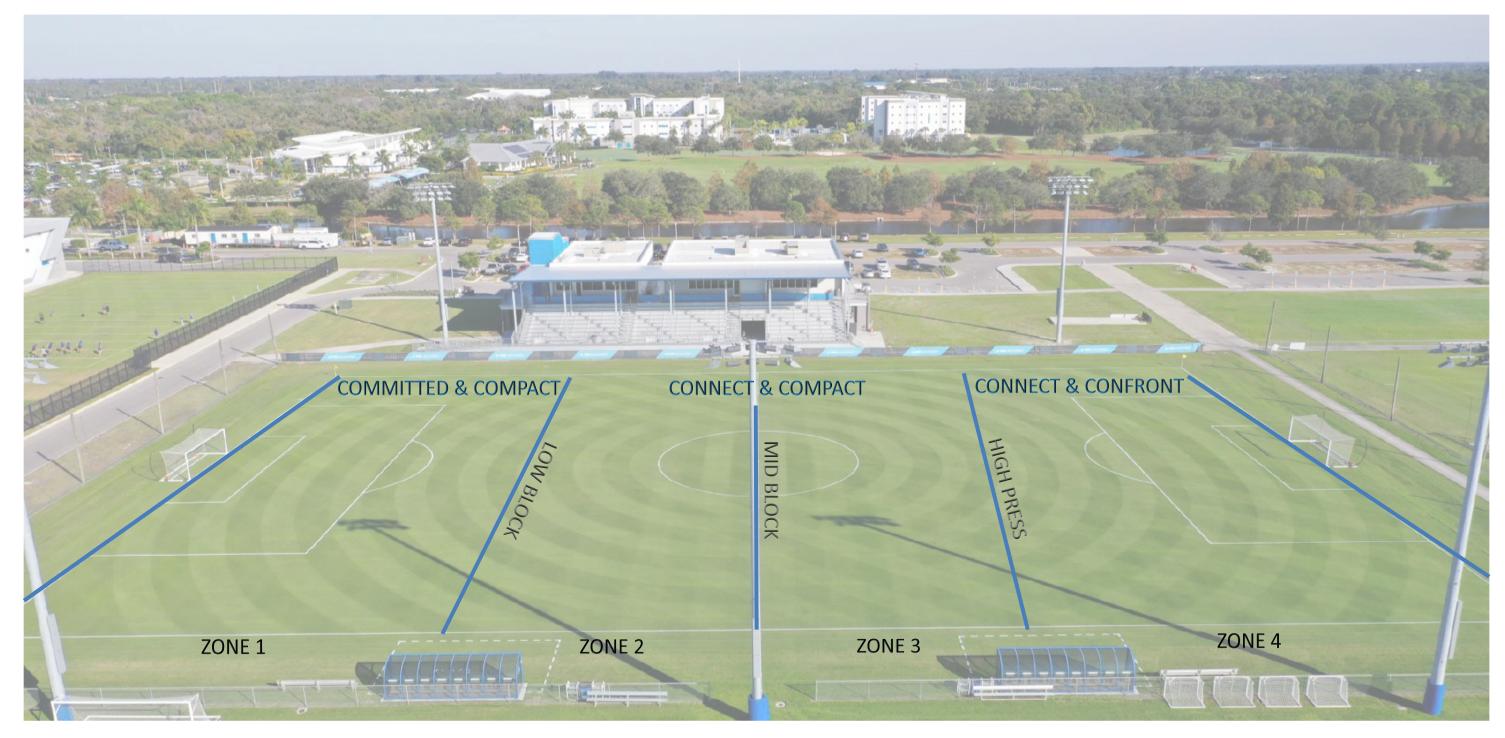
IMG ACADEMY SOCCER – PERFORMANCE PLAN – 2023-2024

MOMENTS OF GAME	PHASES OF PLAY	GAME CONCEPTS
IN POSSESSION (ATTACKING)	PROGRESS	1. Establish Numerical Superiority (+1 minimum), including GK, and utilize space effectively to move ball forward with speed
		2. Vertical passing options to break opposition lines quickly (over multiple zones if possible)
		3. Supporting positions to offer alternative options around the ball for controlled progression and build out if required
IN POSSESSION (ATTACKING)	POSSESS	1. Establish a rhythm in possession, utilizing high tempo ball movement to increase speed of play
		Make use of the switch of play to move opposition out of their defensive shape and create space for player movement into
		3. Encourage player rotations , especially in center midfield, to lose direct marker and receive ball to play forward
IN POSSESSION (ATTACKING)	PENETRATE	1. Play around, through or over the opponent to get behind, and stay behind, the opposition lines
		2. Identify and isolate direct opponents to dominate with individual superiority , with emphasis on central channel & half spaces
		3. Use disguise and deception within game actions to create goalscoring opportunities through creativity & improvisation
IN POSSESSION (ATTACKING)	PRODUCE	 Ability to produce a variety of high quality game action(s) when outnumbered by opposition
		2. Multiple movements , explosive & multi directional, in and around box from multiple runners
		3. Create and convert high % chances, specifically finishing within the Red (Goal) Zone



GAME CONCEPTS - OUT OF POSSESSION (DEFENDING)

IMG ACADEMY SOCCER - PERFORMANCE PLAN - 2023-2024



What does an IMG Soccer Team Look Like Out of Possession?

Out of Possession, our teams will be organized, compact and aggressive in winning the ball back. When we do not have the ball we will play with the following structure, depending on game capacity & situations:

- We will all recover behind the ball quickly if we do not win ball in initial pressing actions.
- Our teams will defend across 3 x vertical channels and 2 x horizontal zones for connection & compactness.
- When pressing, we will move as a collective with co-ordinated movements designed to make play predictable and force the turnover. We will be on the front foot when defending.
- We will encourage our players to be brave, committed and intense with their actions, specifically in Zone 1.

IMG SOCCER ACADEMY – OUT OF POSSESSION

Moment of Game & Phases of Play



COMMITTED

COMPACT

CONNECT

CONEDONT



GAME CONCEPTS - OUT OF POSSESSION (DEFENDING)

IMG ACADEMY SOCCER - PERFORMANCE PLAN - 2023-2024

MOMENTS OF GAME	PHASES OF PLAY	GAME CONCEPTS
OUT OF POSSESSION (DEFENDING)	CONFRONT	Player closest to the ball to confront the opponent in possession, with consideration of aggressively pressing or actively delaying
		2. Establish a Line of Confrontation (LoC) if opposition have secure possession of the ball
		3. Force the play one way to cut the field in half to make play more predictable for defensive units behind
OUT OF POSSESSION (DEFENDING)	CONNECT	Defensive units behind ball to work together to provide cover for player(s) on first line of confrontation
		Restrict options ahead of ball to force opponent to play back or laterally and attempt to intercept miscues
		Be aware and prepared for opponent movement off the ball and potential for direct pass over or behind our defensive line
OUT OF POSSESSION (DEFENDING)	COMPACT	Communicate and organize across the field as we defend as 11 players
		2. Ensure short horizontal and vertical distances between units and teammates to manage space and threat
		3. Push out as a team on cues to avoid playing deep in block for long durations within game
OUT OF POSSESSION (DEFENDING)	COMMITTED	Defend the box, with all players contributing with intensity to the battle to avoid conceding
		2. Short & sharp instructions to pass players on in zonal or man marking situations
		3. Controlled aggression and bravery to make a committed action to nullify threat or chance



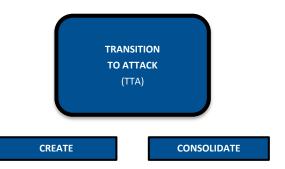
GAME CONCEPTS - TRANSITION (TO ATTACK & DEFENSE)

IMG ACADEMY SOCCER - PERFORMANCE PLAN - 2023-2024



IMG SOCCER ACADEMY – TRANSITION TO ATTACK

Moment of Game & Phases of Play



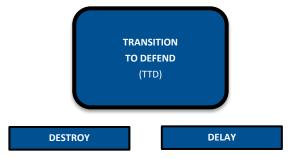
What does an IMG Soccer Team Look Like in Transition to Attack?

In Transition to Attack (Counter Attacking) we will react quickly to the moment and explode forward with high quality and speed. When we have just won the ball we will play with the following ideas in mind:

- Play vertically quickly with quality. Play through zones at speed.
- Play across multiple channels to move opponent and exploit space on weak side.
- If we cannot play forward & run forward, move to secure in possession phase.

IMG SOCCER ACADEMY – TRANSITION TO DEFENSE

Moment of Game & Phases of Play



What does an IMG Soccer Team Look Like in Transition to Defense?

In Transition to Defense (Counter Pressing) we will react quickly to the moment and look to press aggressively as individuals and as a collective. When we have just lost the ball we will play with the following ideas in mind:

- Pressure on the ball immediately to win ball back in minimum time.
- Support from teammates to identify threat and options and lock on opponents.
- If we cannot win ball, move to connected and compact out of possession phase.



GAME CONCEPTS - TRANSITION (TO ATTACK & DEFENSE)

IMG ACADEMY SOCCER - PERFORMANCE PLAN - 2023-2024

MOMENTS OF GAME	PHASES OF PLAY	GAME CONCEPTS
TRANSITION TO ATTACK (TTA)	CREATE	Look forward & play forward on moment of winning the ball back when opposition are unbalanced
		2. Commit to positive runs into attacking areas on identification of transition moment
		3. Quick ball movement , individually or as a team, to create an opportunity to score
TRANSITION TO ATTACK (TTA)	CONSOLIDATE	1. If we cannot play forward, secure the ball through an action out of the initial area of pressure
		2. Opportunity may be available for a longer (diagonal) pass to exploit the weak side (if retained on right or left)
		3. Willingness to reset and reestablish possession and avoid forcing the ball into a potential turnover
TRANSITION TO DEFENSE (TTD)	DESTROY	1. On turnover, individual to press the ball in an action (or multiple actions) designed to immediately win it back
		Avoid fouling where possible but ensure opponent has reduced time on the ball to make next decision
		3. Avoid pressing in isolation for prolonged period by connecting with teammates to engage together
TRANSITION TO DEFENSE (TTD)	DELAY	If ball cannot be won immediately, deny opposition ball progression through initial positioning
		2. Commit to recovery runs to connect with teammates and reduce space closer to our goal
		3. To reduce space, this may require a player to show temporary positional versatility by filling in for a teammate as they run back



GAME CONCEPTS - SET PIECES (ATTACKING & DEFENDING)

IMG ACADEMY SOCCER - PERFORMANCE PLAN - 2023-2024



IMG SOCCER ACADEMY – SET PIECES - ATTACKING

Moment of Game & Phases of Play



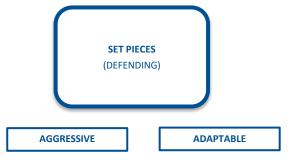
What does an IMG Soccer Team Look Like at Attacking Set Pieces?

In Attacking Set Pieces we will be innovative and creative, with a high level of execution. When we have attacking set pieces we will play with the following ideas in mind:

- For attacking corners, we will prioritize inswinging deliveries with multiple runners attacking the ball with a desire to score, specifically in the red zone.
- For free kicks in Zones 3 & 4, we execute short routines to move opponents and create high % scoring opportunities.

IMG SOCCER ACADEMY – SET PIECES - DEFENDING

Moment of Game & Phases of Play



What does an IMG Soccer Team Look Like at Defensive Set Pieces?

In Defending Set Pieces we will be organized and disciplined, with a high level of focus. When we are defending set pieces we will play with the following ideas in mind:

- For defensive corners, we will be organized man for man, zonal or a clear mixed system that is understood and set up by our players.
- For free kicks in Zones 1 & 2, we will be brave with our defensive line and play high, with our Goalkeeper taking an aggressive starting position. .

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GAME CONCEPTS - SET PIECES (ATTACKING & DEFENDING)

IMG ACADEMY SOCCER - PERFORMANCE PLAN - 2023-2024

MOMENTS OF GAME	PHASES OF PLAY	GAME CONCEPTS
SET PIECES (ATTACKING)	INVADE	1. Commit numbers forward to set pieces opportunities, including set IMG corner kick routines
		2. Make use of blocks and co-ordinated actions to free player to attack ball within the limited space
		3. Consider our individual & collective strengths and aim to exploit this area through delivery
SET PIECES (ATTACKING)	INNOVATE	Collaborate with teammates on routines that could be utilized effectively within games
		Read opposition defensive structure and initial actions in selection of action to execute during set piece
		3. Speed of thought is critical to taking advantage of situations that may arise on stoppages or restarts
SET PIECES (DEFENDING)	AGGRESSIVE	1. Display a willingness to attack the ball, with an expectation that there will be physical contact
		2. Make clean initial contact on ball to clear wide or high where possible, while preparing for 2 nd phase
		3. Individual responsibility to ensure that the direct opponent or area covered is not vulnerable to attack
SET PIECES (DEFENDING)	ADAPTABLE	 Flexibility to set up in either a Man for Man or Zonal Marking system, with an understanding of role in each
		2. Goalkeeper guidance will be ordered by each to assist with organization and set up to their requests
		3. Read opponent routines and work together with teammates to reduce and eliminate threat

At IMG Academy we embrace the diversity amongst our coaching staff and the unique background & experiences that each of them bring to the program. As such, each coach has the freedom to express themselves in an authentic way with use of language that is natural to them. We have provided some of the words and terminology below that we use throughout each age group to deliver and reinforce our game concepts, with an emphasis on the age and stage considerations highlighted.

DEFEND 3 x VERTICAL CHANNELS & 2 X HORIZONTAL ZONES

NO BOUNCE SHAPE BEHIND BALL

TRANQUILO RECOVERY RUNS

RISE UP

FORCE INSIDE

PROACTIVE DEFENDING

SPLIT PASS RELOAD THREATEN THE LINE

TRACK RUNNERS

AGE & STAGE BETWEEN THE LINES NO TURN

HALF TURN PLAY FORWARD, RUN FORWARD THIRD MAN RUNS

PRESS THE BALL

SOCCER SPECIFICITY

LINE OF CONFRONTATION

BIG SWITCH
GAME SOLUTIONS

ISOLATE TO EXPLOIT

MAN ON

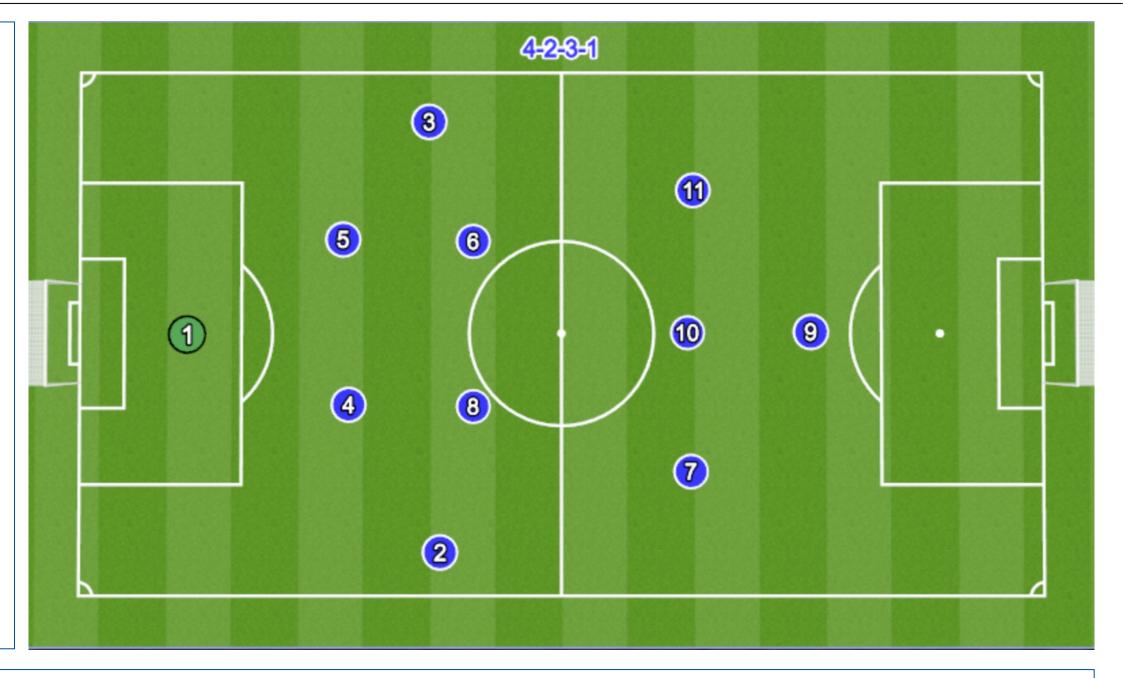
*RECOMMENDED FOR U13-U15

*RECOMMENDED FOR U16-U19

Within our System of Play please refer to the players using the position terminology outlined below:

- 1. Goalkeeper
- 2. Right Back
- 3. Left Back
- 4. Right Center Back
- **5. Left Center Back**
- 6. Holding Midfielder
- 7. Right Attacking Midfielder
- 8. Center Midfielder
- 9. Center Forward
- **10.Attacking Center Midfielder**
- 11.Left Attacking Midfielder

Avoid using 'outside back', 'center half', and other non IMG terms where possible



TACTICAL FLEXIBILITY (BACK 4)

Within the program, coaches have the ability to chose a system of play that best fits the players they have within their group and their own coaching preferences, in consultation with the Director of Soccer & Head of Player Development.

We highly recommend playing with a <u>4-2-3-1</u> as a base (starting) formation within games. This formation is recommended as it allows coaches and players tactical flexibility to make game specific fluid changes to the system more easily, as is common practice in elite level games.

The changes that may be utilized for both a Back 4 and Back 3/5 are outlined within this plan.



SYSTEMS OF PLAY (BACK FOUR)

IMG ACADEMY SOCCER - PERFORMANCE PLAN - 2023-2024



4-2-3-1

Recommended base formation for all IMG Academy teams playing with a Back 4. #6 & #8 should both be considered Holding Midfielders initially.



4-4-2

Attacking Center Midfielder (#10) moves higher to play alongside or just off Center Forward (#9). #7 & #11 move wide to play as Right / Left Midfielders.



4-3-3

Right / Left Attacking Center Midfielders (#7/#11) move higher and wider into channels. Center Mid (#8) may push up for 1-2 shape in middle.



4-4-2 (Diamond)

Attacking Center Midfielder (#10) moves higher to play alongside or just off Center Forward (#9). #8 plays behind them with #7 & #11 narrow centrally.



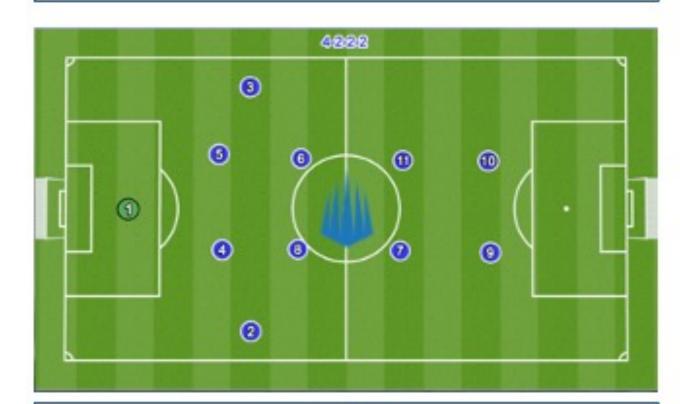
SYSTEMS OF PLAY (BACK FOUR)

IMG ACADEMY SOCCER - PERFORMANCE PLAN - 2023-2024



4-4-1-1

Attacking Center Midfielder (#10) plays behind Center Forward (#9). May be given free role to play across field and in between lines.



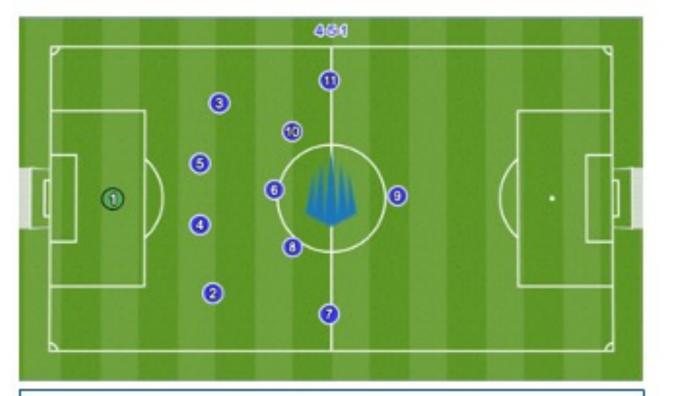
4-2-2-2

Players are positioned in relation to each other within the central channel. #7 & #11 move centrally and behind #9 & #10.



4-1-4-1

Holding Midfielder (#6) plays as the lone pivot as midfield line (#7, #8 , #10 & #11) moves higher and wider.



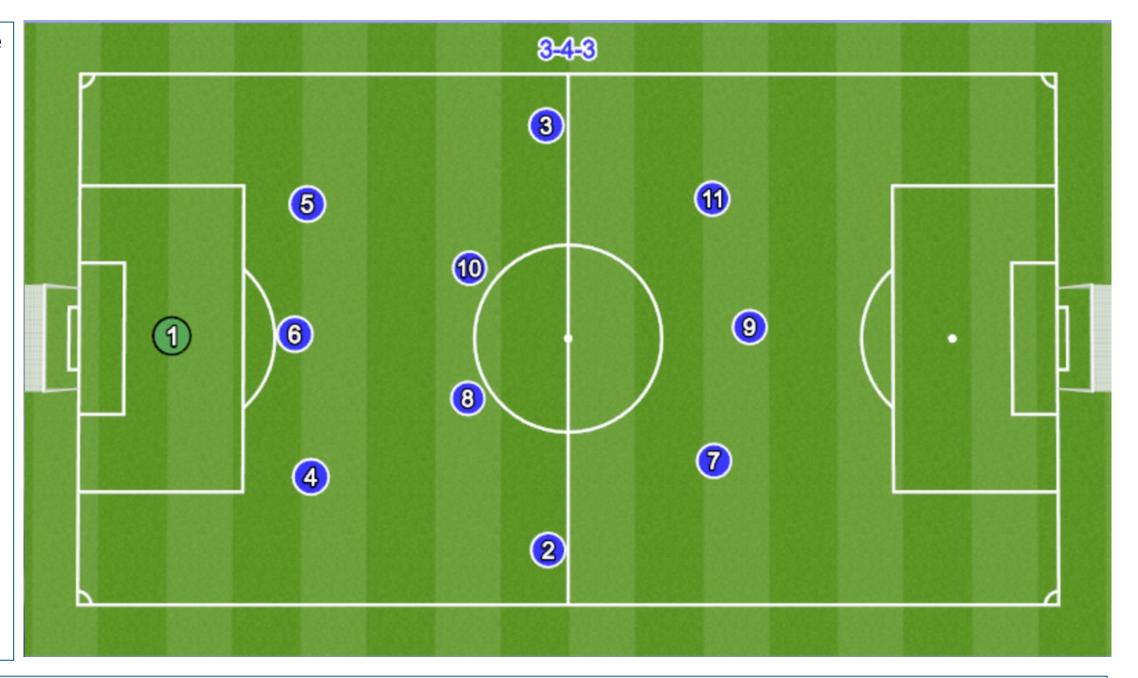
4-5-1

Mainly utilized as a defensive system, the back 4 (#2, #3, #4 & #5) play narrow and closer to midfield line in front of them. #9 acts as outlet for team.

Within our System of Play please refer to the players using the position terminology outlined below:

- 1. Goalkeeper
- 2. Right Wing Back
- 3. Left Wing Back
- 4. Right Center Back
- **5. Left Center Back**
- 6. Center Back
- 7. Right Forward
- 8. Center Midfielder
- 9. Center Forward
- 10.Center Midfielder
- 11.Left Forward

Avoid using 'outside back', 'center half', and other non IMG terms where possible



TACTICAL FLEXIBILITY (BACK 3/5)

Within the program, coaches have the ability to chose a system of play that best fits the players they have within their group and their own coaching preferences, in consultation with the Director of Soccer and Head of Player Development.

While we highly recommend playing with a <u>4-2-3-1</u> as a base (starting) formation within games, age groups and teams may be introduced to playing with a back 3/5 as an alternative. To achieve this, the base (starting) formation would be <u>3-4-3</u>.

The changes that may be utilized for both a Back 4 and Back 3/5 are outlined within this plan.



SYSTEMS OF PLAY (BACKTHREE / FIVE)

IMG ACADEMY SOCCER - PERFORMANCE PLAN - 2023-2024



3-4-3
Recommended base formation for all IMG Academy teams playing with a Back 3. #2 & #3 are considered to be Wing Backs in this system.

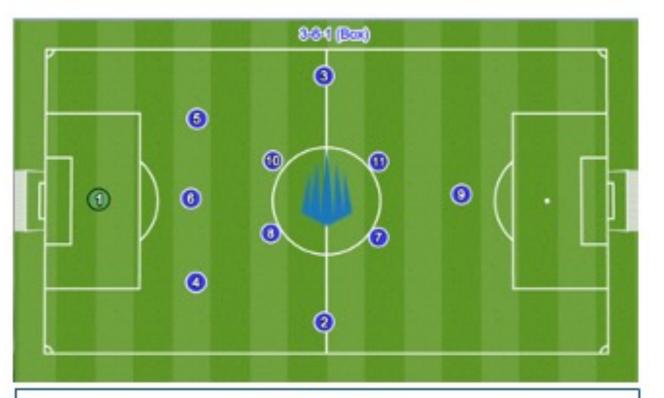


3-4-3 (Diamond) #2 & #3 move to Center to play on right and left of Diamond. #8 plays at the base as Holding Midfielder with #10 pushing higher as Attacking Center Mid.



3-4-3 (Box)

#2 & #3 move to central channel to play as Holding Midfielders (#6's), with #8 & #10 ahead as Attacking Center Midfielders (#10's).



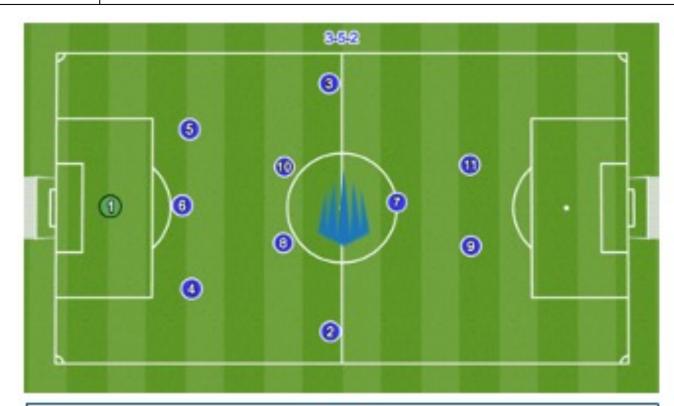
3-6-1 (Box)

#7 & #11 play behind #9 as Attacking Center Midfielders (#10's) with #2 & #3 remaining as Wing Backs.



SYSTEMS OF PLAY (BACKTHREE / FIVE)

IMG ACADEMY SOCCER - PERFORMANCE PLAN - 2023-2024



3-5-2 #7 moves to play behind as Attacking Center Mid with #9 & #11 as Center Forwards.



#2 & #3 play deeper as Full Backs in a back line of 5 alongside Center Backs (#4, #5, #6). #7 drops to play as Center Midfielder with #8 & #10.



#2 & #3 play deeper as Full Backs in a back line of 5 alongside Center Backs (#4, #5, #6).

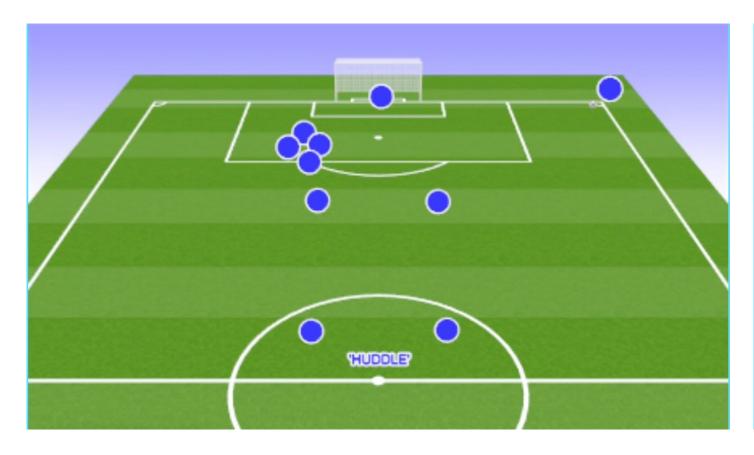


5-4-1 2 & #3 play deeper as Full Backs in a back line of 5 alongside Center Backs (#4, #5, #6). #7 & #11 drop to play as Wide Midfielders next to #8 & #10.



SET PIECES (ATTACKING)

IMG ACADEMY SOCCER - PERFORMANCE PLAN - 2023-2024







All teams should have four attacking corner kick routines that they can perform during games. We recommend that each coach adopts the three routines shown in the animations as well as one further option of their own design, in consultation with players:

1. 'Huddle'

2. 'Train'

3. 'Crowd'

4. Coaches Choice

For all attacking corner routines we encourage teams to deliver inswinging corners, unless opposition analysis suggests otherwise. The three corner kick options suggested have been designed with this in mind. For Coaches Choice we suggest that this option is an innovative short corner routine. This can be provided for any age group on request. Further graphics will be provided to coaches for use for assignments on game day.



SET PIECES (DEFENDING)

IMG ACADEMY SOCCER - PERFORMANCE PLAN - 2023-2024





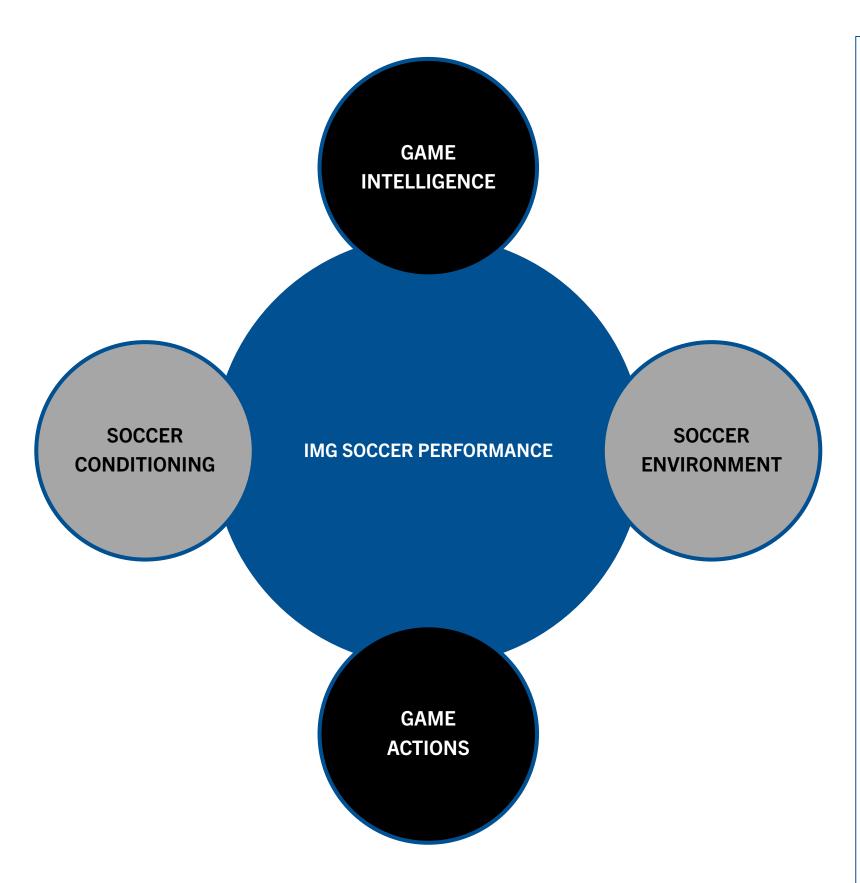


For defending corner kicks all teams should understand how to set up within a structure that is most effective for the players at that age and stage of development. We recommend that each coach coaches the three options outlined below with a focus on the mixed / hybrid system, with a consideration also for short corners:

Man for Man
 Zonal
 Man for Man + Zonal (Mixed)
 Defending Short Corners

It should be highlighted that defensive organization for corner kicks is the responsibility of the Head Coach and this should be coached by them within activities and practices. Assistant and GK Coaches may be utilized to assist with this but the structure should primarily be decided on by the Head Coach and executed by the players.





For years, soccer performance has been presented as a 4 corner model, combining technical, tactical, physical and psychological (psycho-social) components.

While we acknowledge this model, and we may still make reference to these areas, we do not want to consider each in isolation and believe it is important to understand that there are multiple factors that contribute to player performance and development.

• Game Intelligence

An understanding and ability to read the game, including systems and styles of play.

• Game Actions

The ability to receive and perceive information to make situation specific decisions before executing a skill or movement.

• Soccer Conditioning

The body (physical) and mind (mental) are inextricably linked within preparation and performance. As such both can be discussed within this area.

• Soccer Environment

Includes soccer personality, family, friends, coach and program support as well as lifestyle considerations (nutrition & sleep).

2



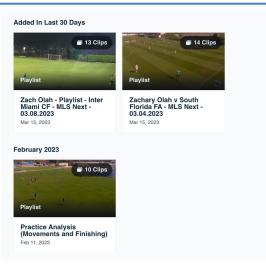
INDIVIDUAL PLAYER DEVELOPMENT

IMG ACADEMY SOCCER - PERFORMANCE PLAN - 2023-2024

Each student athlete within the IMG Academy Soccer program will be have access to a variety of platforms, products and events designed to help them to develop and reach their potential. We strive to continuously innovate and introduce new methods to engage our players while always placing the importance of the player — coach relationship at the center of everything that we do.



Individual APD Specialization



Individual Video Analysis



Individual Performance Review



Individual Game Day Coaching



External Development Opportunities



Progressive Possession Presentation - CF's Mar 22, 2023

Individual / Small Group Presentations



IMG Academy Soccer - IDP Activity Example - 2022-2023



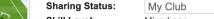
Sharing Status:

Liam Lacy **Updated: 12-Oct-2022** Functional: Striker My Club Mixed age Activity Objective: Improve Center Forward (#9) movement off of

Individual Development Plans



Individual Physical Data



IDP Activities



PLAYER BEHAVIORS

IMG ACADEMY SOCCER - PERFORMANCE PLAN - 2023-2024

Our IMG Soccer Player Behaviors are areas identified by IMG Soccer staff as being important with regards to how we represent ourselves and the program as a whole. The list is not exhaustive and can be adapted when agreed upon with the players within each team and age group but this list serves as a minimum standard that we expect from IMG Soccer players.

1.

We are punctual for all events.
On time is late.

6.

We leave facilities & restaurants as clean as when we arrived, if not cleaner.

2.

We display good manners (please & thank you) and hold doors for others.

7.

We wear clean & appropriate gear / equipment at all games and practices

3

We shake hands with the opposition coach on arrival at all games. 8.

We respect all members of staff on campus and treat them as we would each other

4.

On Game Day, we do not ask for, or applaud, bookings for our opponents 9.

We build relationships with each other and welcome new teammates into the group

5.

Only the Team Captain talks to the referee. We never crowd him or her. 10.

We will communicate with all coaches within the department using appropriate language



(IMG) Soccer Fundamentals

What does an IMG Soccer Player Look Like?

While the game of soccer, and our programming, will continue to evolve and change, there are fundamentals of the sport that should be ever present regardless of these. Our IMG Soccer Fundamentals are designed to help future proof our players so that they can adapt and perform within the modern game. New systems, styles and ideas about the game will continue to improve the overall speed and standard of soccer so it is our responsibility to consider what the game will look like in 5-10> years as much as it is to consider the here and now. Our coaching staff will focus on each of these soccer fundamentals throughout the year as they should be ever present in our practices and games. More specifically, they will incorporate these into the Player Profiles for each position that we have designed so that the fundamentals outlined can be considered in more detail at each stage of the development pathway.

SOCCER ENVIRONMENT	LOVE OF THE GAME	PREPARED TO PLAY	ATTITUDE TO COMPETE	LIFELONG LEARNER	POSITIVE RELATIONSHIPS	GLOBAL CITIZEN
SOCCER CONDITIONING	SPEED	POWER	AGILITY	REACTION	ENDURANCE	BALANCE
GAME INTELLIGENCE	IN POSSESSION READING THE GAME	OUT OF POSSESSION READING THE GAME	TRANSITION READING THE GAME	SET PIECES READING THE GAME	GAME SCENARIOS	GAME CAPACITY
GAME ACTIONS	RECEIVING	PASSING	RUNNING WITH THE BALL	SHOOTING & FINISHING	HEADING	CHALLENGING FOR THE BALL
IMG GOALKEEPING	HAND SHAPE	POSITIONING	BOX MANAGEMENT	DISTRIBUTION	SHOT STOPPING	ORGANIZATION



POSITION PROFILE—GOALKEEPER

IMG ACADEMY SOCCER – PERFORMANCE PLAN – 2023-2024

Game Intelligence		
IN POSSESSION		
OUT OF POSSESSION		
TRANSITION		
SET PIECES		
GAME SCENARIOS		
GAME CAPACITY		



Game Actions		
RECEIVING		
PASSING		
RUNNING WITH THE BALL		
SHOOTING & FINISHING		
HEADING		
CHALLENGING FOR THE BALL		

Soccer Conditioning		
SPEED		
POWER		
AGILITY		
REACTIONS		
ENDURANCE		
BALANCE		

	Soccer Environment
LOVE OF THE GAME	- Has a true passion for the game of soccer. Enjoys the sport and wants to play whenever the opportunity arises.
PREPARED TO PLAY	- Takes care off the field to give themselves the best opportunity to develop and perform. This includes ensuring to get adequate sleep each night and appropriate dietary choices.
ATTITUDE TO COMPETE	- Enjoys the competitive nature of the sport and environment. Wants to test themselves every day in practice and in games.
LIFELONG LEARNER	- Committed to continuous improvement, both on and off the field. Reflects on performance and embraces feedback designed to progress.
POSITIVE RELATIONSHIPS	- Has the personal skills to participate in the program and build positive sporting relationships with teammates, coaches and officials. Key relationship with CB's & FB's.
GLOBAL CITIZEN	- Aware of the wider world and takes an active role in making the world a better place for us and generations to come. This is reflected in choices and behavior on and off the field.





POSITION PROFILE – CENTER BACK

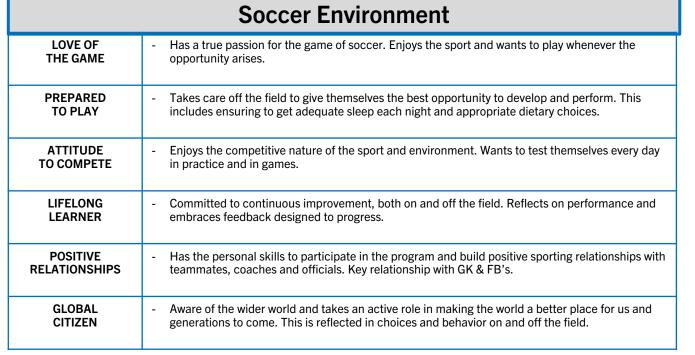
IMG ACADEMY SOCCER - PERFORMANCE PLAN - 2023-2024

	Game Intelligence
IN POSSESSION	 Ability to drive forward from defensive position / area to begin attack. Awareness of when to drop off to offer deep support option and recycle ball. Willingness to take risks within game through individual creativity to penetrate.
OUT OF POSSESSION	 Understanding of defensive role. Stay connected to FB's. Command back line. Decision on when to step line up to press or drop to protect space in behind. Knowledge of strengths of direct opponent and type of player they are (e.g strength + speed).
TRANSITION	 In attacking transition, first priority is to assist with playing forward through getting on ball and playing forward. Move forward and ensure structure is kept around ball (incase of counter). In defensive transition, decision on whether to press (first priority) or to recover to defend.
SET PIECES	 Can be a threat from attacking set pieces. Likely to take position in opposition box. Effective during defensive set pieces, likely through contributing directly back in the defensive line and organizing with teammates.
GAME SCENARIOS	 Can identify and adapt to playing against different systems (e.g False 9). Can help with game management when winning through ensuring we keep numbers behind ball and avoid overcommitting in attacking moments.
GAME CAPACITY	 Can adapt to playing within games either at, above or below the individual and team capacity Enjoys the challenge of playing and testing themselves against a high level direct opponent (CF).



	Game Actions
RECEIVING	 Size and direction of first touch based off reference points of ball, opponent, teammate & space. Ability to receive from GK and play forward. Can bounce ball off FB or HM to then play through. Ability to receive with multiple surfaces to manipulate the ball away from direct opponent.
PASSING	 Range of passing to be able to execute over short, medium and long distances. Ability to play ball directly into forward positions (if playing over high press). Ability to play diagonal ball to opposite FB or WM (over the head of opposition FB if possible)
RUNNING WITH THE BALL	 Awareness of when there is space to run with the ball. Need to know pressure from CF. Can push ball ahead of them with appropriate size of touch for direct running into midfield. Play in tight areas with the ability to keep ball close on the dribble to possess or progress
SHOOTING & FINISHING	 Variety of finishing techniques over a range of scenarios and distances to score goals. Can strike the ball accurately with power with both feet to shoot from inside and outside of box. Can arrive at near or far post to strike or head ball, likely delivered from set piece.
HEADING	 Can judge flight and meet the ball with multiple surfaces of head to direct to target or clear. In attacking situations, can make contact with ball to head at goal when under pressure / contact. Ability to get above opponent to win direct / long balls (especially direct from GK).
CHALLENGING FOR THE BALL	 Willingness to use physical contact with opponent to unbalance to win or intercept the ball. Press to win ball at appropriate angle and speed. Take the final step where possible to go through and take possession of the ball. Avoid going to ground.

	Soccer Conditioning
SPEED	- Has the physical capacity to travel at pace through direct running in defensive moments. This may include pace to track runner in behind or to recover to covering position.
POWER	- Creation of force to assist with attacking movements such as jumping to challenge for aerial balls (against physical CF).
AGILITY	- Ability to change direction quickly and effectively while under control, such as turning to defend ball in behind.
REACTIONS	- Identification of the situation and footwork to move sharply over the initial steps of the soccer action.
ENDURANCE	Aerobic capacity to be able to perform high quality soccer actions and movements for the entire duration of the soccer event (practice or game).
BALANCE	- Ability to manage contact and stay balanced through upper body strength or use of low center of gravity.







POSITION PROFILE – FULL BACK

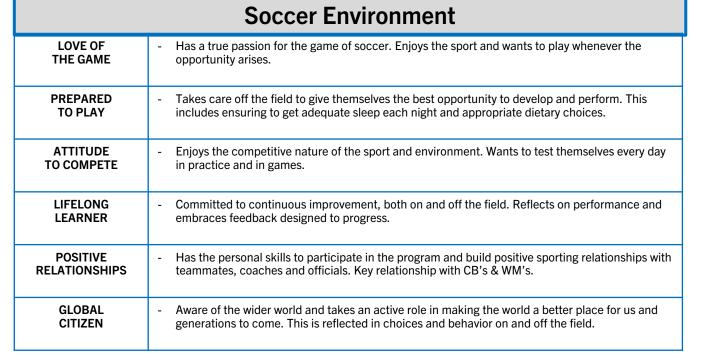
IMG ACADEMY SOCCER - PERFORMANCE PLAN - 2023-2024

	Game Intelligence
IN POSSESSION	 Understanding of moments to move forward to offer option in attack (zones 3 & 4). Awareness of when to move inside to take CM position and provide option in center. Willingness to take risks within game through individual creativity to penetrate.
OUT OF POSSESSION	 Understanding of defensive role. Stay connected to CB's (avoid being outside of line of ball). Force outside to wide area (use touchline) or inside (to defensive pressure). Knowledge of strengths of direct opponent and type of player they are (e.g fast in behind).
TRANSITION	 In attacking transition, first priority is to assist with playing forward through getting on ball and playing forward. Move forward and decide whether to support or stay for security. In defensive transition, decision on whether to press (first priority) or to recover to defend.
SET PIECES	 Can be a threat from attacking set pieces. Likely to take position defending against CF. Effective during defensive set pieces, likely through contributing directly back in the defensive line or may be asked to take position on post (GK preference).
GAME SCENARIOS	 Can identify and adapt to playing against different systems (e.g WM = wide or inside). Can help with game management when winning through keeping possession of the ball in either half. Use of range of passing and ability to keep the ball with teammates or play direct.
GAME CAPACITY	 Can adapt to playing within games either at, above or below the individual and team capacity Enjoys the challenge of playing and testing themselves against a high level direct opponent (WB / WM / WF).



	Game Actions
RECEIVING	 Size and direction of first touch based off reference points of ball, opponent, teammate & space. Ability to receive and open to play forward. May need to touch inside if line ball is blocked. Ability to receive with multiple surfaces to manipulate the ball away from direct opponent.
PASSING	 Range of passing to be able to execute over short, medium and long distances. Play on angles. Ability to play ball with curl to hit ball down line and keep it in play for runner. Ability to play switch ball to opposite CB to break pressure and progress attack.
RUNNING WITH THE BALL	 Awareness when to run with the ball and when to take touch to draw pressure and move ball on. Can push ball ahead of them with appropriate size of touch for direct running into space. Play in tight areas with the ability to keep ball close on the dribble to possess or penetrate.
SHOOTING & FINISHING	 Variety of finishing techniques over a range of scenarios and distances to score goals. Can strike the ball accurately with power with both feet to shoot from inside and outside of box. Can arrive at far post / back of box to strike ball delivered from cross or quick switch of play.
HEADING	 Can judge flight and meet the ball with multiple surfaces of head to direct to target. In attacking situations, can make contact with ball to head at goal when under pressure / contact. Ability to get above opponent to win direct / long balls (especially diagonals).
CHALLENGING FOR THE BALL	 Willingness to use physical contact with opponent to unbalance to win or intercept the ball. Press to win ball at appropriate angle and speed. Take the final step where possible to go through and take possession of the ball. Avoid going to ground.

	Soccer Conditioning
SPEED	- Has the physical capacity to travel at pace through direct running in attacking moments. This may include bursts to support the attack in wide channels.
POWER	- Creation of force to assist with attacking movements such as jumping to challenge for aerial balls (diagonals into channel).
AGILITY	- Ability to change direction quickly and effectively while under control, such as turning to recover into defensive position wide.
REACTIONS	- Identification of the situation and footwork to move sharply over the initial steps of the soccer action.
ENDURANCE	- Aerobic capacity to be able to perform high quality soccer actions and movements for the entire duration of the soccer event (practice or game). Will have high total distance covered.
BALANCE	Ability to manage contact and stay balanced through upper body strength or use of low center of gravity.







POSITION PROFILE – HOLDING MIDFIELDER

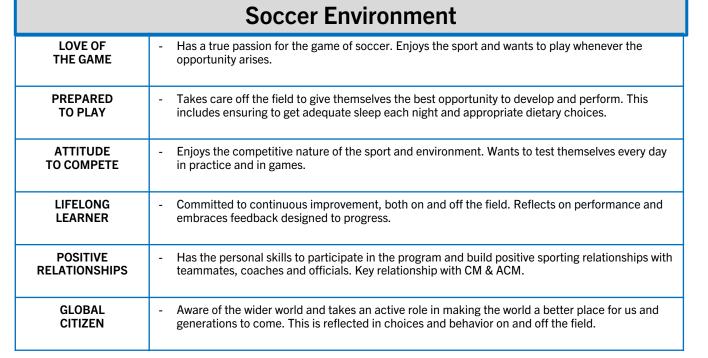
IMG ACADEMY SOCCER - PERFORMANCE PLAN - 2023-2024

	Game Intelligence
IN POSSESSION	 Understanding of positional interchange in central areas with CM & ACM to get on ball. Ability to dictate tempo and rhythm of game from deep lying position. Willingness to take risks within game through individual creativity to penetrate.
OUT OF POSSESSION	 Understanding of defensive role. May be primary organizer of pressing structure & triggers. Force outside to wide area (use touchline) or inside (to defensive pressure). Help FB's. Screen balls into opposition CF's through positioning to cut off or intercept.
TRANSITION	 In attacking transition, first priority is to assist with playing forward through getting on ball and playing forward. Move forward but keep shape behind the ball for security. In defensive transition, decision on whether to press (first priority) or to recover to defend.
SET PIECES	 Can be a threat from attacking set pieces. Likely to take deep position (cover the counter). Effective during defensive set pieces, likely through contributing directly back in the defensive line and assisting with marking set up and organization.
GAME SCENARIOS	 Can identify and adapt to playing against different systems (e.g 2 x ACM / False 9). Can help with game management when winning through keeping possession of the ball in either half. Use of range of passing and ability to keep the ball with teammates or play direct.
GAME CAPACITY	 Can adapt to playing within games either at, above or below the individual and team capacity Enjoys the challenge of playing and testing themselves against a high level direct opponent (ACM or CM).



Game Actions	
RECEIVING	 Size and direction of first touch based off reference points of ball, opponent, teammate & space. Ability to receive and play facing back with pressure from behind. Movement to face forward. Ability to receive with multiple surfaces to manipulate the ball away from direct opponent.
PASSING	 Range of passing to be able to execute over short, medium and long distances. Ability to switch the play through a long, driven ball just off the ground into FB's. Ability to play a range of through balls from deep positions or in attacking half.
RUNNING WITH THE BALL	 Awareness when to run with the ball and when to take touch to draw pressure and move ball on. Can push ball ahead of them with appropriate size of touch for direct running into space Play in tight areas with the ability to keep ball close on the dribble to possess or penetrate.
SHOOTING & FINISHING	 Variety of finishing techniques over a range of scenarios and distances to score goals. Can strike the ball accurately with power with both feet to shoot from inside and outside of box. Can finish with minimal touches in goal zone through inside foot, outside foot or poke technique.
HEADING	 Can judge flight and meet the ball with multiple surfaces of head to direct to target. In attacking situations, can make contact with ball to head at goal when under pressure / contact. Ability to get above opponent to win direct / long balls.
CHALLENGING FOR THE BALL	 Willingness to use physical contact with opponent to unbalance to win or intercept the ball. Press to win ball at appropriate angle and speed. Take the final step where possible to go through and take possession of the ball. Decision on technique (slide, step, poke, block).

	Soccer Conditioning
SPEED	- Has the physical capacity to travel at pace through direct running in attacking moments. This may include bursts to cover ground in defensive moments (cover FB if needed).
POWER	- Creation of force to assist with attacking movements such as jumping to challenge for aerial balls (direct / long balls from GK and / or CB's)
AGILITY	- Ability to change direction quickly and effectively while under control, such as screening balls into opposition center forward.
REACTIONS	- Identification of the situation and footwork to move sharply over the initial steps of the soccer action.
ENDURANCE	Aerobic capacity to be able to perform high quality soccer actions and movements for the entire duration of the soccer event (practice or game).
BALANCE	Ability to manage contact and stay balanced through upper body strength or use of low center of gravity.







POSITION PROFILE – CENTER MIDFIELDER

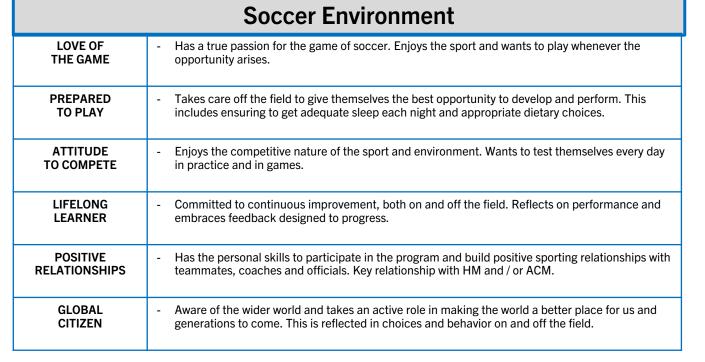
IMG ACADEMY SOCCER - PERFORMANCE PLAN - 2023-2024

Game Intelligence	
IN POSSESSION	 Understanding of positional interchange in central areas with HM & ACM to get on ball. Awareness of space in central areas to be able to receive and possess ball. Willingness to take risks within game through individual creativity to penetrate.
OUT OF POSSESSION	 Understanding of defensive role. 2nd or 3rd line of confrontation from opposition build out. Force outside to wide area (use touchline) or inside (to defensive pressure). Press with intensity, ensuring to do so with support from teammates (not in isolation).
TRANSITION	 In attacking transition, first priority is to assist with playing forward either through getting on ball and playing forward or through run to stretch opponents or support attack. In defensive transition, decision on whether to press (first priority) or to recover to defend.
SET PIECES	 Can be a threat from attacking set pieces. Likely to take position on edge of box (2nd phase). Effective during defensive set pieces, either through contributing directly back in the defensive line or positioning for possible 2nd balls.
GAME SCENARIOS	 Can identify and adapt to playing against different systems (e.g diamond midfield). Can help with game management when winning through keeping possession of the ball in opposition half. Use of range of passing and ability to keep the ball with teammates.
GAME CAPACITY	 Can adapt to playing within games either at, above or below the individual and team capacity Enjoys the challenge of playing and testing themselves against a high level direct opponent (CM or HM).



Game Actions	
RECEIVING	 Size and direction of first touch based off reference points of ball, opponent, teammate & space. Ability to receive in tight spaces with players pressing aggressively from different angles. Ability to receive with multiple surfaces to manipulate the ball away from direct opponent.
PASSING	 Range of passing to be able to execute over short, medium and long distances. Ability to switch the play through a long, driven ball just off the ground. Ability to play a range of through balls from deep positions or in attacking half.
RUNNING WITH THE BALL	 Awareness when to run with the ball and when to take touch to draw pressure and move ball on. Can push ball ahead of them with appropriate size of touch for direct running into space Play in tight areas with the ability to keep ball close on the dribble to possess or penetrate.
SHOOTING & FINISHING	 Variety of finishing techniques over a range of scenarios and distances to score goals. Can strike the ball accurately with power with both feet to shoot from inside and outside of box. Can finish with minimal touches in goal zone through inside foot, outside foot or poke technique.
HEADING	 Can judge flight and meet the ball with multiple surfaces of head to direct to target. In attacking situations, can make contact with ball to head at goal when under pressure / contact. Ability to get above defender to attack crosses to score.
CHALLENGING FOR THE BALL	 Willingness to use physical contact with opponent to unbalance to win or intercept the ball. Press to win ball at appropriate angle and speed. Take the final step where possible to go through and take possession of the ball. Be firm in tackles in center of field.

	Soccer Conditioning
SPEED	- Has the physical capacity to travel at pace through direct running in attacking moments. This may include bursts from defensive half (zones 1 & 2) into attacking half (zones 3 & 4).
POWER	- Creation of force to assist with attacking defensive movements such as jumping to challenge for aerial balls (direct from GK).
AGILITY	- Ability to change direction quickly and effectively while under control, such as combination play or playing within a tight space.
REACTIONS	- Identification of the situation and footwork to move sharply over the initial steps of the soccer action.
ENDURANCE	- Aerobic capacity to be able to perform high quality soccer actions and movements for the entire duration of the soccer event (practice or game). This includes high total distance.
BALANCE	Ability to manage contact and stay balanced through upper body strength or use of low center of gravity.







POSITION PROFILE – CENTER ATTACKING MIDFIELDER

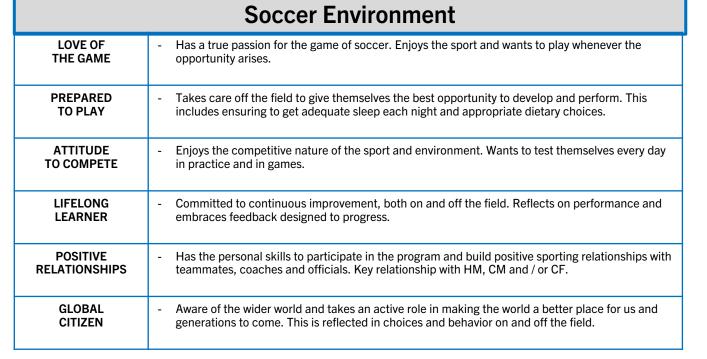
IMG ACADEMY SOCCER - PERFORMANCE PLAN - 2023-2024

Game Intelligence	
IN POSSESSION	 Ability on the ball to progress the ball, particularly in the attacking half. Identification of spaces to play to move / unbalance opposition. Willingness to take risks within game through individual creativity to penetrate.
OUT OF POSSESSION	 Understanding of defensive role. 1st or 2nd line of confrontation from opposition build out. Force outside to wide area (use touchline) or inside (to defensive pressure). Press with intensity, ensuring to do so with support from teammates (not in isolation).
TRANSITION	 In attacking transition, first priority is to assist with playing forward either through run in behind or through link up / combination play to advance the ball. In defensive transition, decision on whether to press (first priority) or to recover to defend.
SET PIECES	 Can be a threat from attacking set pieces. Likely to deliver ball if free kick / corner. Effective during defensive set pieces, either through contributing directly back in the defensive line or role or as a counter option / threat.
GAME SCENARIOS	 Can identify and adapt to playing against different systems (e.g playing 2 x HM or 1 x HM). Can help with game management when winning through keeping possession of the ball in opposition half (does not need to be dribble to corner).
GAME CAPACITY	 Can adapt to playing within games either at, above or below the individual and team capacity Enjoys the challenge of playing and testing themselves against a high level direct opponent (CM or HM).



Game Actions	
RECEIVING	 Size and direction of first touch based off reference points of ball, opponent, teammate & space. Ability to receive in tight spaces with pressure from different angles. Ability to receive on the move, with first touch to beat opponent if possible.
PASSING	 Range of passing to be able to execute over short, medium and long distances. Ability to disguise passes to make play unpredictable in and around the opposition box. Ability to play with different surfaces for spin, swerve, curl and ball manipulation.
RUNNING WITH THE BALL	 Awareness when to run with the ball to draw opponents and move players. Can push ball into space with correct size of touch to keep ball and progress play. Play in tight areas with the ability to keep ball close on the dribble to possess or penetrate.
SHOOTING & FINISHING	 Variety of finishing techniques over a range of scenarios and distances to score goals. Can strike the ball accurately with power with both feet to shoot from inside and outside of box. Can finish with minimal touches in goal zone through inside foot, outside foot or poke technique.
HEADING	 Can judge flight and meet the ball with multiple surfaces of head to direct to target. In attacking situations, can make contact with ball to head at goal when under pressure / contact. Ability to get above or around defender to attack crosses to score.
CHALLENGING FOR THE BALL	 Willingness to use physical contact with opponent to unbalance to win or intercept the ball. Press to win ball at appropriate angle and speed. Take the final step where possible to go through and take possession of the ball.

Soccer Conditioning	
SPEED	- Has the physical capacity to travel at pace through direct running in attacking moments. This may include bursts to receive the ball between lines in opposition half.
POWER	- Creation of force to assist with attacking movements such as jumping to challenge for aerial balls (crosses into box).
AGILITY	- Ability to change direction quickly and effectively while under control, such as combination play or moving to avoid tackle from opponent.
REACTIONS	- Identification of the situation and footwork to move sharply over the initial steps of the soccer action.
ENDURANCE	Aerobic capacity to be able to perform high quality soccer actions and movements for the entire duration of the soccer event (practice or game).
BALANCE	- Ability to manage contact and stay balanced through upper body strength or use of low center of gravity. Key in congested central areas.







POSITION PROFILE – WIDE ATTACKING MIDFIELDER

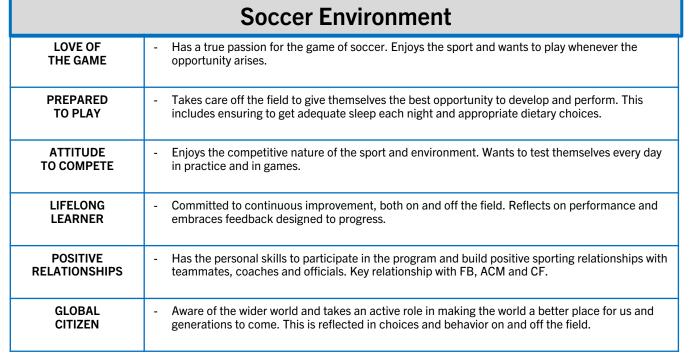
IMG ACADEMY SOCCER - PERFORMANCE PLAN - 2023-2024

Game Intelligence	
IN POSSESSION	 Movement in behind or in front of opposition back line / defensive unit. Understanding of when to stretch the game (offside back to onside) or drop deep to assist with ball progression. Willingness to take risks within game through individual creativity to penetrate.
OUT OF POSSESSION	 Understanding of defensive role. 1st or 2nd line of confrontation from opposition build out. Force outside to wide area (use touchline) or inside (to defensive pressure). Press with intensity, ensuring to do so with support from teammates (not in isolation).
TRANSITION	 In attacking transition, first priority is to assist with playing forward either through run in behind or through link up / combination play to advance the ball. In defensive transition, decision on whether to press (first priority) or to recover to defend.
SET PIECES	 Can be a threat from attacking set pieces. Likely to take position in box (runner) for corners. Effective during defensive set pieces, either through contributing directly back in the defensive line or role or as a counter option / threat.
GAME SCENARIOS	 Can identify and adapt to playing against different systems (e.g playing v FB or WB). Can help with game management when winning through keeping possession of the ball in opposition half (does not need to be dribble to corner).
GAME CAPACITY	 Can adapt to playing within games either at, above or below the individual and team capacity Enjoys the challenge of playing and testing themselves against a high level direct opponent (FB or WB).



Game Actions	
RECEIVING	 Size and direction of first touch based off reference points of ball, opponent, teammate & space. Ability to receive with body on angle to touchline (facing inside or outside). Quick turns. Ability to receive on the run when breaking through back line or first touch to beat opponent.
PASSING	 Range of passing to be able to execute over short, medium and long distances. Ability to lay ball off in minimal touches on angles for supporting runners underneath or behind. Ability to play a variety of crosses in and around the box (lofted, driven, curled, cut back).
RUNNING WITH THE BALL	 Awareness when to run with the ball into bigger spaces or dribble if pressed – play 1v1. Can push ball ahead of them with appropriate size of touch for direct running at goal. Play in tight areas with the ability to keep ball close on the dribble to possess or penetrate.
SHOOTING & FINISHING	 Variety of finishing techniques over a range of scenarios and distances to score goals. Can strike the ball accurately with power with both feet to shoot from inside and outside of box. Can finish with minimal touches in goal zone through inside foot, outside foot or poke technique.
HEADING	 Can judge flight and meet the ball with multiple surfaces of head to direct to target. In attacking situations, can make contact with ball to head at goal when under pressure / contact. Ability to get above defender to attack crosses to score.
CHALLENGING FOR THE BALL	 Willingness to use physical contact with opponent to unbalance to win or intercept the ball. Press to win ball at appropriate angle and speed. Take the final step where possible to go through and take possession of the ball.

Soccer Conditioning	
SPEED	- Has the physical capacity to travel at pace through direct running in attacking moments. This may include bursts in behind the opposition defense or runs into the channel when countering.
POWER	- Creation of force to assist with attacking movements such as jumping to challenge for aerial balls (diagonal ball from CB into wide area).
AGILITY	- Ability to change direction quickly and effectively while under control, such as combination play to spin in behind.
REACTIONS	- Identification of the situation and footwork to move sharply over the initial steps of the soccer action.
ENDURANCE	Aerobic capacity to be able to perform high quality soccer actions and movements for the entire duration of the soccer event (practice or game).
BALANCE	- Ability to manage contact and stay balanced through upper body strength or use of low center of gravity.







POSITION PROFILE – CENTER FORWARD

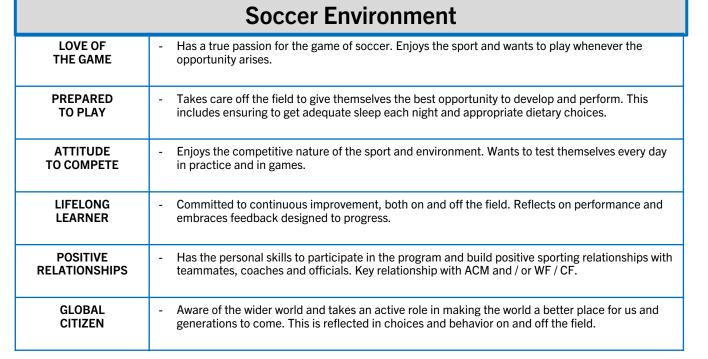
IMG ACADEMY SOCCER - PERFORMANCE PLAN - 2023-2024

	Game Intelligence
IN POSSESSION	 Movement in behind or in front of opposition back line / defensive unit. Understanding of when to stretch the game (offside back to onside) or drop deep to assist with ball progression. Willingness to take risks within game through individual creativity to penetrate.
OUT OF POSSESSION	 Understanding of defensive role. First line of confrontation from opposition build out. Force outside to wide area (use touchline) or inside (to defensive pressure). Press with intensity, ensuring to do so with support from teammates (not in isolation).
TRANSITION	 In attacking transition, first priority is to assist with playing forward either through run in behind or through link up / combination play to advance the ball. In defensive transition, decision on whether to press (first priority) or to recover to defend.
SET PIECES	 Can be a threat from attacking set pieces. Likely to take position in 6yd box on corners (v GK). Effective during defensive set pieces, either through contributing directly back in the defensive line or role or as a counter option / threat.
GAME SCENARIOS	 Can identify and adapt to playing against different systems (e.g 3 x CB's or 2 x CB's). Can help with game management when winning through keeping possession of the ball in opposition half (does not need to be dribble to corner).
GAME CAPACITY	 Can adapt to playing within games either at, above or below the individual and team capacity Enjoys the challenge of playing and testing themselves against a high level direct opponent (CB).



	Game Actions
RECEIVING	 Size and direction of first touch based off reference points of ball, opponent, teammate & space. Ability to receive with back to goal (protect the ball). Use of body (backside & arms) to hold off. Ability to receive on the run when breaking through back line.
PASSING	 Range of passing to be able to execute over short, medium and long distances. Ability to lay ball off in minimal touches on angles for supporting runners underneath or behind. Ability to play disguised pass with correct weight, accuracy and spin for teammate.
RUNNING WITH THE BALL	 Awareness when to run with the ball into bigger spaces or dribble if pressed. Can push ball ahead of them with appropriate size of touch for direct running at goal. Play in tight areas with the ability to keep ball close on the dribble to possess or penetrate.
SHOOTING & FINISHING	 Variety of finishing techniques over a range of scenarios and distances to score goals. Can strike the ball accurately with power with both feet to shoot from inside and outside of box. Can finish with minimal touches in goal zone through inside foot, outside foot or poke technique.
HEADING	 Can judge flight and meet the ball with multiple surfaces of head to direct to target. In attacking situations, can make contact with ball to head at goal when under pressure / contact. Ability to get above defender to attack crosses to score.
CHALLENGING FOR THE BALL	 Willingness to use physical contact with opponent to unbalance to win or intercept the ball. Press to win ball at appropriate angle and speed. Take the final step where possible to go through and take possession of the ball.

	Soccer Conditioning
SPEED	Has the physical capacity to travel at pace through direct running in attacking moments. This may include bursts in behind the opposition defense or runs into the channel when countering.
POWER	- Creation of force to assist with attacking movements such as jumping to challenge for aerial balls (crosses into box).
AGILITY	- Ability to change direction quickly and effectively while under control, such as combination play to spin in behind.
REACTIONS	- Identification of the situation and footwork to move sharply over the initial steps of the soccer action.
ENDURANCE	Aerobic capacity to be able to perform high quality soccer actions and movements for the entire duration of the soccer event (practice or game).
BALANCE	Ability to manage contact and stay balanced through upper body strength or use of low center of gravity.





MACRO (ANNUAL) CYCLE #1 - QUALIFIED FOR PLAY OFFS / NATIONAL FINALS

AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY
OFF	PRE + IN SEASON	POST SEASON	POST SEASON								

MACRO (ANNUAL) CYCLE #2 — DID NOT QUALIFY FOR PLAY OFFS / NATIONAL FINALS

AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY
PRE-SEASON	IN SEASON	OFF	OFF								

MESO (MONTHLY) CYCLES – 2023-2024 SOCCER YEAR

CYCLE	# OF WEEKS	DATES
PRE SEASON	4	MONDAY 14 TH AUGUST, 2023 — SUNDAY 10 TH SEPTEMBER, 2023
COMPETITIVE CYCLE #1	6	MONDAY $11^{ ext{TH}}$ SEPTEMBER, $2023 - SUNDAY 22^{ ext{ND}}$ OCTOBER, 2023
COMPETITIVE CYCLE #2	6	MONDAY 23 RD OCTOBER, 2023 — SUNDAY 3 RD DECEMBER, 2023
COMPETITIVE CYCLE #3	4	MONDAY 4 TH DECEMBER, 2023 – SUNDAY 31 ST DECEMBER, 2023
COMPETITIVE CYCLE #4	6	MONDAY $1^{ ext{ST}}$ JANUARY, $2024-$ SUNDAY $11^{ ext{TH}}$ FEBRUARY, 2024
COMPETITIVE CYCLE #5	6	MONDAY 12 TH FEBRUARY, 2024 — SUNDAY 24 TH MARCH, 2024
COMPETITIVE CYCLE #6	6	MONDAY 25 [™] MARCH, 2024 — SUNDAY 5 [™] MAY, 2024
COMPETITIVE CYCLE #7	4	MONDAY 6 TH MAY, 2024 – SUNDAY 2 ND JUNE, 2024
POST SEASON	TBD	TBD – JUNE / JULY 2024



Periodization is the systematic planning of athletic (soccer) training, with the aim of reaching our best possible performance in the most important competition of the year. For 2023-2024 we have redesigned our pre season, competitive and post season cycles to reflect this. The updated periodization document includes reference to our models & methodology as each needs to be considered within our daily, weekly and monthly planning and preparation.

PRE SEASON CYCLE				WEEK 1				
DATE	DATE MONDAY 14 TH AUGUST TUESDAY 15 TH AUGUST 2023		WEDNESDAY 16 TH AUGUST THURSDAY 17 TH AUGUST 2023		FRIDAY 18 TH AUGUST 2023	SATURDAY 19 TH AUGUST 2023	SUNDAY 20 TH AUGUST 2023	
GAME DAY +/-	NO PRACTICE	NO PRACTICE	GD -3	GD -2	GD -1	GAME DAY	OFF	
TEAM FUNCTION			Preparation	Preparation	Preparation			
DURATION			60 Minutes	60 Minutes	60 Minutes			
TRIALIST / CAMP PLAYERS			None	None	None			
# OF PLAYERS			18 x Players + 2 x GK's	18 x Players + 2 x GK's	18 x Players + 2 x GK's			
ТНЕМЕ			Introduction to IMG Soccer Small Sided Games	Introduction to IMG Soccer Small Sided Games	Introduction to IMG Soccer Small Sided Games			
MOMENT OF GAME			In Possession	Out of Possession	Transition to Attack			
PHASE OF PLAY			Possess & Progress	Compact & Committed	Create			
GAME CONCEPT(S)			Supporting Positions Speed of Play	Communicate & Organize Controlled Aggression	Positive Runs Quick Ball Movement			
ZONES / CHANNELS			All Zones All Channels	Zones! & 2 Half Spaces & Central Channel	Zones 2, 3 & 4 All Zones & Channels			
COUNTER PHASE OF PLAY			Confront & Connect	Penetrate & Produce	Delay			
COUNTER GAME CONCEPT(S)			Aggressive Press Provide Cover	Around, Through or Over Creativity & Improvisation	Deny Ball Progression			
INDIVIDUAL INFLUENCE (PRIMARY)			All	GK, CB's & FB's	CM's, WF's & CF			
INDIVIDUAL INFLUENCE (SECONDARY)			All	HM's	FB's			
PRACTICE FORMAT			Small Sided Games	Small Sided Games	Small Sided Games			
COACHING METHODOLOGY			Discussion	Direct	Demonstrate			
COMMON LANGUAGE			Tempo Between the Lines	Defend 3 x vertical channels & 2 x horizontal zones	Play Forward Run Forward			
GOALKEEPING TIME			45 Mins	45 Mins	45 Mins	GK Warm Up		
GOALKEEPING FOCUS			Hand Shape	Box Management	Shot Stopping	GK Game Preparation		
SESSION PLAN LINK			To be uploaded	To be uploaded	To be uploaded			
PRACTICE / GAME LINK			To be uploaded	To be uploaded	To be uploaded	To be uploaded		
PHYSICAL DATA LINK			To be uploaded	To be uploaded	To be uploaded	To be uploaded		

For 2023-2024 we will again be utilizing Sport Session Planner for our session planning, design and implementation. We have introduced Session Standards to be used within our templates in order to enable us to be able to view and share each other's sessions more easily. By having uniform standards across the program each of our coaches, players and families can understand more clearly what is being communicated and addressed within practices and games.

1. TITLE: Sessions should be saved in the following format:

Team - Phase (Game Concept) - Cycle / Week / Session # - Date

Example: U15 Boys Elite - Progression (Numerical Superiority)

- CC#1 / WK#1 / Session #1 - 08.29.2023

2. CATEGORY: Updated Game Concept list submitted to SSP

3. SKILL LEVEL: Include Age Group of team

4. SESSION LANGUAGE: English

5. SESSION START: Date & Time from Calendar icon

6. OVERALL DESCRIPTION: Details taken from Periodization. To include:

Title – Team Function – Moment of Game – Phase of Play – Game Concepts - Learning Objectives / Goals

7. ACTIVITIES: Details taken from Performance Plan. To include:

Title - Category - Objective - Duration - Intensity - Work:Rest Ratio - Organization - Progression / Adaptation / Constraints

8. COACHING PRACTICE & REFLECTION: Notes to be updated after practice completion. To include:

Coaching Behaviors – Coach Review – Coach Action Points

9. LINKS: YouTube / website links. Can include video and animations.

