

# MISSION STATEMENT

---



**Striving to be champions in our efforts to reach our community's needs and our Goals.**

Our principal mission is the promotion of youth soccer. We strive to instill a love for the game in each of our players and to provide an atmosphere where each player may participate and progress according to his or her interest and ability.

We take great pride in developing our players a athletes, students and responsible young men and women.

# VISION STATEMENT

---



Our aim is to create a fun and positive sporting environment to provide members of our community, no matter what age or ability, an opportunity to develop physically, mentally and socially through the sport of soccer. With a focus to continue to evolve our approach to coaching education, so that all players have access to quality training. Striving to continue to foster an enjoyable soccer experience for our community and guests alike.

# CORE VALUES

---



## **Courtesy**

Showing politeness and respect in attitude, action, and behavior toward others.

## **Integrity**

Being an individual of honest and having strong moral principles.

## **Perseverance**

Continue to work hard at a goal despite difficulty or delay in achieving success.

## **Self-Control**

The ability to control oneself in emotions, desires, expressions, and actions especially in difficult situations.

## **Indomitable Spirit**

A person: strong, brave, and impossible to defeat or make frightened. An indomitable spirit/will is the energy that someone shows in what they do.

# PHILOSOPHY

---



## **Playing Soccer Philosophy**

As a club we will strive produce teams that play a high intensity, aggressive, and pro-active style of soccer.

## **Developing Players**

Players will be developed physically, mentally/emotionally, technically, and tactically to execute the team's playing philosophy optimally, while also being prepared for the next level of competition. (next age group up, college, or professional).

## **Learning and educating players**

Players will learn core values like discipline, commitment, grit, work-ethic, integrity, and self-accountability in a safe and positive player-centered learning environment. They will take an active role, be responsible for their development and success on and off the field.

**Coaches will continually be encouraged to seek out their own personal development to gain more knowledge of the game to enhance the training environment.**

# STYLE OF PLAY

---



We always intend to establish control of the game through possession of the ball, with primary emphasis on advancing toward opposition's goal. We prioritize the ability to create and exploit time & space through intelligent & dynamic movement (of the ball & players). When we don't have possession of the ball, our main intentions are to recover it and/or deny advancement, with the ultimate aim of preventing goal-scoring opportunities. This action begins immediately with an aggressive yet controlled defensive behavior to recover the ball upon losing possession.

# STYLE OF PLAY IN THE ATTACK

---



- ❖ Value possession of the ball
  - Think and decide with the ball.
  - Player must have freedom with the ball.
- ❖ Constant desire to progress:
  - The shortest path to advance is almost never the most effective.
- ❖ Patient in the attack.
  - Determination to exploit immediate imbalances from the opponents
- ❖ Do not precipitate the finishing of the attack:
  - Explore other options that continue to ensure possession of the ball.
- ❖ Make your opponent a defender. The longer in possession of ball, opponent will develop defensive mentally.
  - Be the main field character with the ball.

# STYLE OF PLAY DEFENSIVELY

---



- ❖ Work collectively as a unit to:
  - Get compact and stay compact behind the ball.
- ❖ Immediate and constant desire of the ball to:
  - Recover the ball near the loss zone.
- ❖ Conditioning opponents to counter attack:
  - Prioritizing areas, moments, players ...
- ❖ Impenetrable unit:
  - Protecting certain spaces and certain situations.
  - Provide cover and delay opponent from breaking lines.

# PLAYER BEHAVIORS

---



- ❖ High-level of physical capacity: Demonstrates a great ability to win & protect the ball; is powerful, fast, and can maintain their intensity for most of the match.
- ❖ High-level of focus: Remains calm, composed, and focused on their tasks no matter what the situation maybe; will compete until the final whistle.
- ❖ High-level of game understanding and decision making: Demonstrates an ability to read the game well and will autonomously decide the best course of action.
- ❖ High-level of technical ability: Performs on-ball actions efficiently and optimally throughout the duration of the game.
- ❖ High-level of responsibility and pro-active: Can identify situations on and off the soccer field that need attention and will take action to correct the identified issue. Takes responsibility for their actions, performance, and development.



# PLAYER KEY QUALITIES

---



## FORWARDS

- ❖ Read the Game
- ❖ Physical break away speed
- ❖ Able to hold the ball while team moves into support positions.
- ❖ Confidence and ability to take on 1,2, 3 players in route to goal.
- ❖ Comfortable playing with both feet under pressure Superior Physical Fitness
- ❖ Finisher/Goal Scorer

# PLAYER KEY QUALITIES

---



## MIDFIELDERS

- ❖ Tactical ability to read and play within tempo of the game
- ❖ Superior Physical Fitness
- ❖ Physically strong and quick to avoid injury due to collisions and physical play
- ❖ Posses technical ability to play 1 and 2 touch game
- ❖ Able to play side to side as well as back to front
- ❖ Can and will defend when ball is lost. Thrives under pressure

# PLAYER KEY QUALITIES

---



## DEFENDERS

- ❖ Read the game
- ❖ Posses physical speed to keep up with top strikers
- ❖ Determination to play within a teams defensive system
- ❖ Ability to play 40 yard passes accurately
- ❖ Able to control long passes from opponents
- ❖ Display ability to win 50/50 challenges consistently
- ❖ Have the focus & composure to create not just destroy

# PLAYER KEY QUALITIES

---



## GOALKEEPERS

- ❖ Reads the game with ability to focus for extended periods of time.
- ❖ Posses leadership with social skills to get along with and direct his defense
- ❖ Stature and physique that brings confidence to their teammates
- ❖ Ability to win 50/50 balls and avoid injury
- ❖ Display the ability to make 100% of saves in the middle two-thirds of goal as well as tougher saves to the corners.
- ❖ Positive distribution in their own half of the field with the ability to penetrate opponent's half with long punts, throws, or drop kicks.
- ❖ Willingness to work as hard in training to match what will be expected in the game
- ❖ Display the technical and tactical ability to play within the flow of the game.

# AGE & LEARNING STAGES

## AGE GROUP PRIORITIES



	<U11	U12	U13	U14	U15	U16	U17	U19
Build Up	I	P	P	AC	AC	M	M	M
Scoring	P	P	P	P	AC	AC	M	M
A<D	I	I	I	P	P	AC	AC	M
Pressing	I	P	P	AC	AC	AC	AC	M
Zonal Defending	I	I	I	P	P	AC	AC	M
Defending our Goal	I	I	P	P	AC	AC	M	M
D>A	I	I	I	P	P	AC	AC	M

I	Introduce
P	Learning Priority
AC	Apply Concept
M	Proficient > Master

# GAME MODEL

---

Tongie FC will adopt US Soccer Grassroots standard of the 1-4-3-3 formation.



# GAME MODEL ATTACKING

---



## TEAM PRINCIPLES

- ❖ Possess the ball out of the back and looks to go forward
- ❖ Work to unbalance opponent to create scoring opportunities

## SUB PRINCIPLES

- ❖ Spread out
- ❖ Utilize space & triangulate to create passing lanes
- ❖ Work to establish 2v1/1v1 opportunities in build up

## SUB-SUB PRINCIPLES

- ❖ Play early cross when there is space behind defense
- ❖ Get numbers in the box

# GAME MODEL DEFENDING

---



## TEAM PRINCIPLES

- ❖ Defend high whenever possible

## SUB PRINCIPLES

- ❖ Press immediately and attempt to win the ball when opportunity presents itself.

## SUB-SUB PRINCIPLES

- ❖ Make the field compact and deny penetration of defensive lines



# TRAINING MODEL

---



The game situations. Each training session is player centered and designed to challenge players. Players are encouraged primary player goal at all levels is to understand the principles of the game by practicing & transposing their technical skills in real to take direct risks and be creative. Every training session will challenge the players to improve. Each player is pushed to remained focused on the task at hand throughout the duration of the training session. We train a mentality to stay “switched on” as this will be required for the duration of a match. Everything in training is done at match speed. We must recreate the match conditions by training with intensity. Players must be able to read the game, make the right decision & then execute that decision. Training is where we work to make these executions of decision making as fast and clean as possible, both on & off the ball. Always quality over quantity! We train harder, faster, smarter for shorter periods of time. Players understand & read the game on a deeper level. This includes understanding the finer points of their specific position and how to play with spatial awareness, creativity and team tactics.

# RAE - RELATIVE AGE EFFECT

---



An earlier birth year is typically associated with increased physical ability. More mature soccer players tend to be faster than their 'less mature' peers due to a biological advantage. The relative age effect (i.e. being born later potentially puts you at a disadvantage) is principally due to being physically, emotionally and cognitively less developed than other children. For athletes, this process generally evens out after the age of 17, and may even reverse as less developed athletes negotiate and interact with a variety of methods to handle a more physically developed opponent.

**FOCUS ON PLAYER POTENTIAL**

# ROLE OF MATURATION IN OUR ATHLETES...

---



Maturation plays a significant role in motor skill development, social skills, strength, power, and even has implications on injury-risk in young athletes.

After puberty, strength increases develop differently between genders. As maximal strength seems to increase steadily for boys as they approach full adult maturity, girls tend to experience a plateau. It has been reported that the gap between strength and power widens between genders in the years after puberty.

**IT IS IMPORTANT TO KNOW BIRTH YEAR/MONTH WHEN EVALUTING PLAYER POTENTIAL.**

<https://www.scienceforsport.com/maturation/>

# PRINCIPLES - AGES & STAGES



	Introduce
	Understand
	Develop/Apply
	Master

ATTACKING
Spread out
Utilize space & triangulate
Pass or dribble forward or hold ball
Support the Attack
Create 2v1 or 1v1
Create diagonal passing lines
Vary types of runs to get behind/between lines
Play early cross in spaces behind defensive lines
Get numbers in the box
Push defensive line up/take preventive action

U11/U12	U13	U14	U15	U16	U17	U18	U19

TRANSITION: ATTACKING to DEFENDING
Pressure the ball immediately after dispossessed
Get organized/balanced as quickly as possible
Delay the opponents attack when outnumbered


# PRINCIPLES - AGES & STAGES



	Introduce
	Understand
	Develop/Apply
	Master

## DEFENDING

Make it compact
Keep it compact
Pressure player with the ball, cover & balance
Always press in the identified situations
Outnumber the opponent
Provide cover & delay opponents attack
Stay in def zone when opponent changes position
When necessary, switch from zonal to man marking
Anticipate the long ball played behind def. line
Defensive line works as a collective unit
Take anticipated attacking action

U11/U12	U13	U14	U15	U16	U17	U18	U19

## TRANSITION: DEFENDING to ATTACKING

Pass or dribble forward
Create passing lanes
Give support
Keep the ball when you can't play forward
Push defensive line up


# NUTRITIONAL CONSIDERATIONS...FOOD = ENERGY

---



When people think about being a good soccer player, they tend to talk about an individual's abilities. Can he or she dribble well? Is he or she fast? Do they have a knack for scoring goals? What most people forget is that for any individual at any level, being a good soccer player starts with being healthy and eating right.



**GOOD DIET  
AND THE RIGHT  
NUTRITION**



**ILLNESS/INJURY  
DECREASE**



**BRAIN FUNCTION  
INCREASE**



# NUTRITIONAL CONSIDERATIONS...THE BASICS

The basics of eating right will provide you with a great starting point to live a healthy and active lifestyle and will allow you to investigate any specific needs you may require. The U.S. government recommends that the average male should consume around 2,700 calories per day and the average female around 2,200. However, this is individual and dependent on weight, height and of course physical activity levels. For example, research has shown that soccer players can use around 300 calories for every 30 minutes of training or playing.



CALORIES ARE ENERGY  PROVIDED BY FOOD

1 GRAM OF CARBOHYDRATE = 4 CALORIES



1 GRAM OF PROTEIN = 4 CALORIES



1 GRAM OF FAT = 9 CALORIES

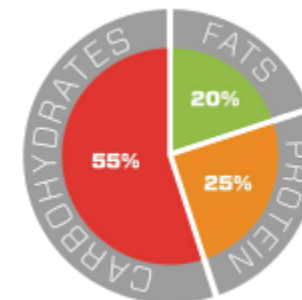


# NUTRITIONAL CONSIDERATIONS...NUTRIENTS

There are six categories of nutrients that are essential to keep us alive that we must take in from food because the body does not have the ability to produce them on its own.



A macro-nutrient is something the body requires in large quantity to provide all the energy needed to function. A micro-nutrient, is something the body requires in smaller amounts for maintaining health, growth, and development of all body functions.





# NUTRITIONAL CONSIDERATIONS...CARBOHYDRATES

---



A whole carbohydrate is something that has not gone through processing and is found in the natural environment and contains fiber (important for health and digestion), while refined carbohydrates have often been processed and have all the natural fiber taken out. The best approach is to stick to whole carbohydrate and avoid refined carbohydrates.

Good carbohydrate choices:

- Vegetables (a variety of colors and types should be consumed with every meal, including broccoli, potatoes, carrots, spinach, lettuce and cucumber)
- Whole Fruits (should have a variety of colors and types Includes: apples, oranges, bananas and strawberries)
- Legumes (lentils, kidney beans and peas)
- Nuts and Seeds (the best are unsalted and in raw form, including almonds, walnuts, hazelnuts, macadamia nuts,peanuts, chia seeds, flax seeds and pumpkin seeds)
- Whole Grains (whole oats, quinoa, and brown rice)

One myth you may hear is that you need to "carb load," which is the idea of loading your body full of carbohydrate prior to a game or event. This practice is not required within soccer and could lead to bloating and excessive calorie intake.

# NUTRITIONAL CONSIDERATIONS...PROTEIN

---



Protein is hugely important and required for the body to repair this muscle, and without it the body would not be able to recover and get stronger. That is why after playing soccer it is a good idea to have a protein rich meal to ensure the body has a source to start the rebuilding process.

Good protein choices:

- Fresh Meat (chicken, turkey, pork and beef)
- Fresh Fish (cod or salmon)
- Animal Products (milk, cheese, eggs and yogurt)
- Vegetable Product (tofu, soy protein, soy milk, legumes, lentils and nuts)

It is possible to get all the protein required for recovery from a "food first" approach. If food quality or availability is poor, then protein shakes become a useful alternative.

# NUTRITIONAL CONSIDERATIONS...FATS



Fat is essential for the proper functioning of the body, and provides fatty acids which are not made by the body and must be obtained from the food we eat. These essential fatty acids help control inflammation, blood clotting and brain development. Fat also helps provide people with healthy skin and hair, as well as supporting and delivering vitamin A, D, E and K through the bloodstream.

## Good Fat Choices

- Nuts (almonds, cashews, peanuts, pecans)
- Vegetable Oils (olive oil, canola oil, peanut oil)
- Peanut butter, almond butter, cashew butter
- Fish (salmon, herring, sardines, trout) high in good omega-3 fatty acids
- Seeds (sunflower, pumpkin, sesame)
- Tofu, roasted soy bean and soy nut butter
- Avocado

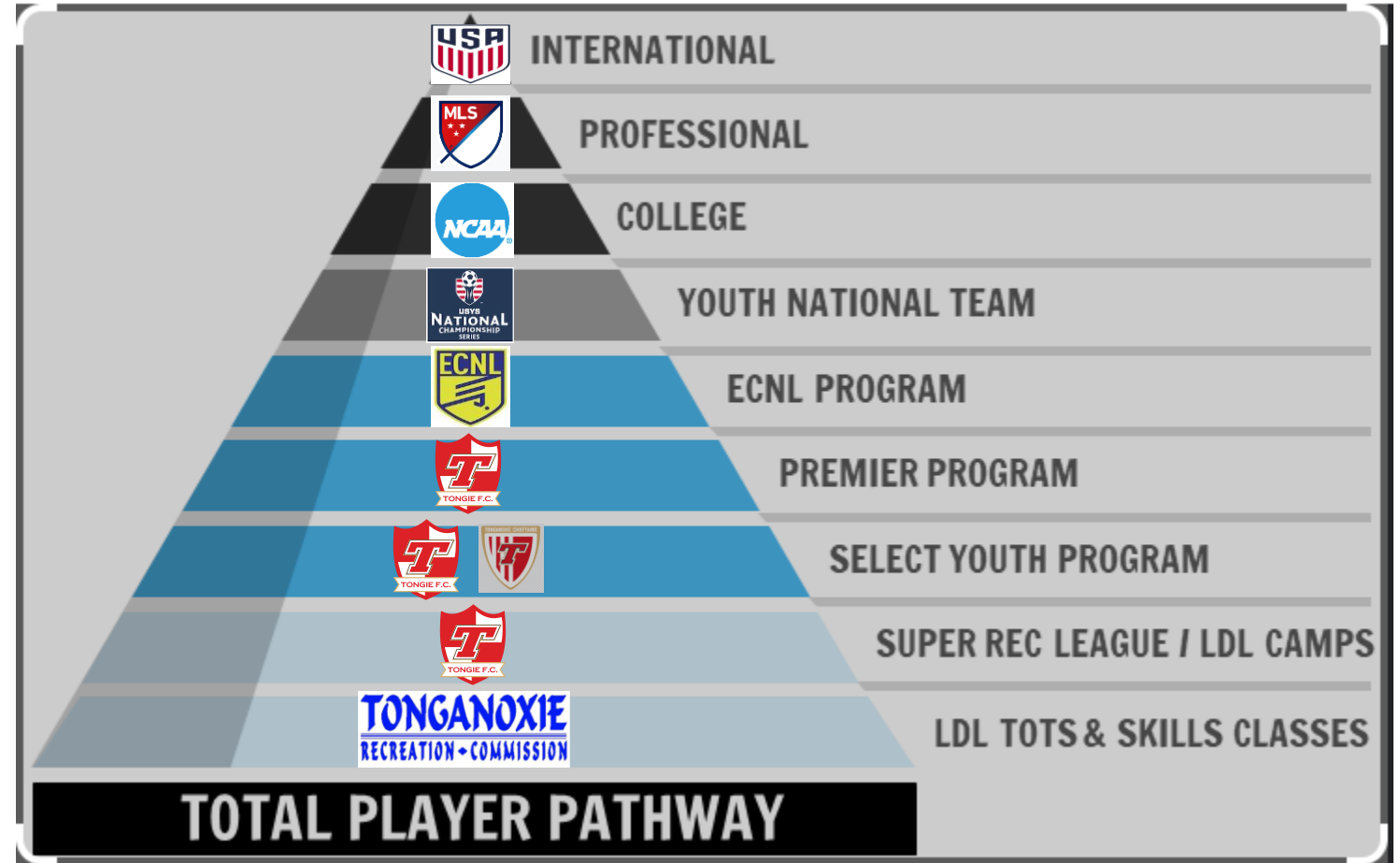
## Bad Fat Choices

- Butter and lard
- Processed meat
- Fried chicken
- Coconut products
- Palm oil, palm kernel oil
- Dairy foods (cheese, butter, milk, cream, ice cream) skimmed is fine
- Cookies, cakes, pies, pastries and fast food



AFTER ABOUT 20  
MIN. OF EXERCISE  
**BODY BEGINS TO  
USE STORED FAT  
AS AN ENERGY  
SOURCE**

# INDIVIDUAL DEVELOPMENT PLAN (IDP)





**INDIVIDUAL DEVELOPMENT PLAN**

Name: \_\_\_\_\_ Manager: \_\_\_\_\_

Position: \_\_\_\_\_ Date: \_\_\_\_\_

Date in Current Position: \_\_\_\_\_

Section A: Career Plan	
Personal Mission Statement	

Short-Term Career Goals (1-2 years)	
Area of Interest / Position Title	Competencies/Skills/ Knowledge Needed: (areas I need to develop)

Long-Term Career Goals (3-5 years)	
Area of Interest / Position Title	Competencies/Skills/ Knowledge Needed: (areas I need to develop)

# COACHES LICENSE PATHWAY



## U.S. Soccer Coaching Pathway



To advance to the D License Course, you must complete 2 In-Person courses (one must be 11v11)

+ →

1 online course

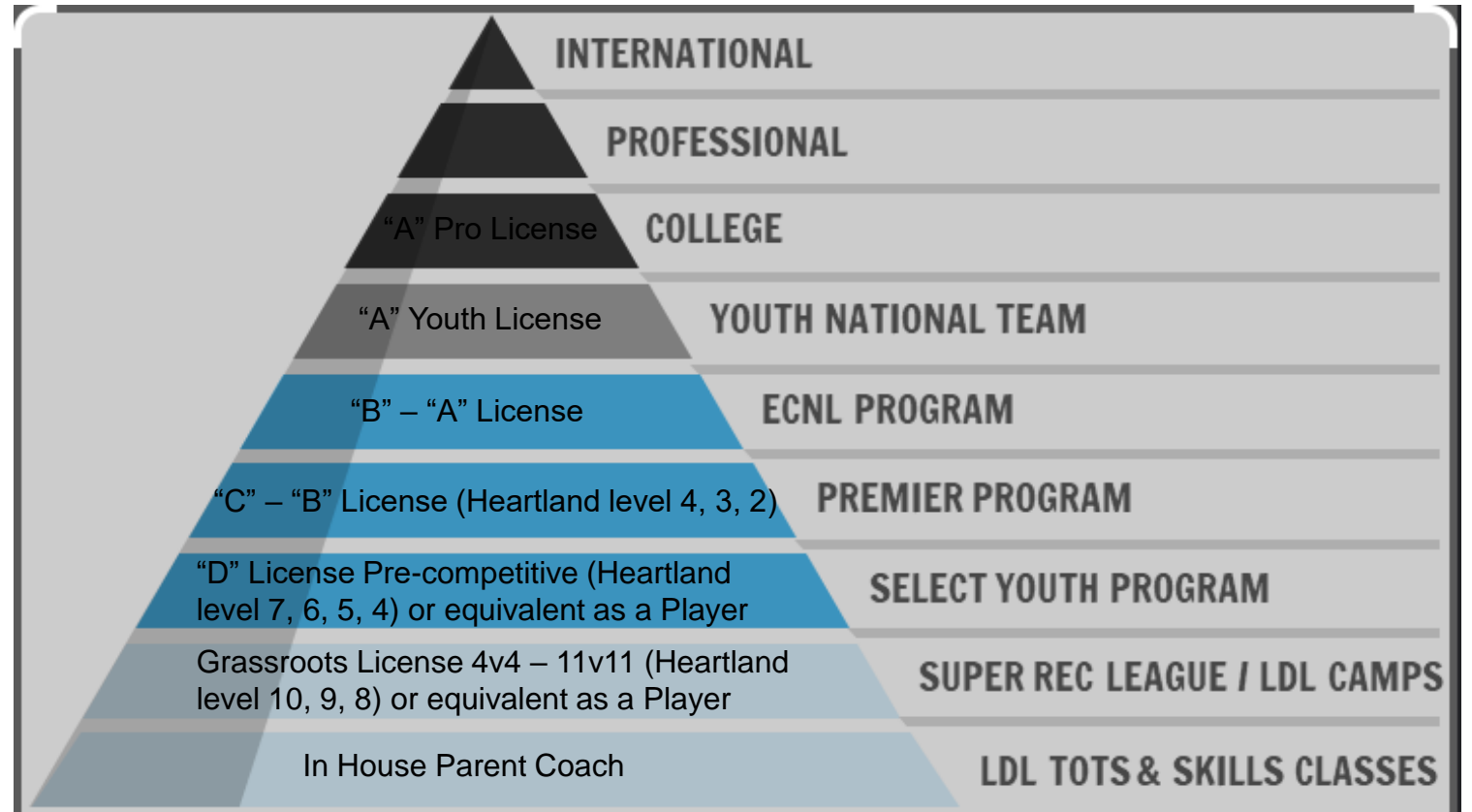
### COACHING LICENSE PATHWAY

#### GRASSROOTS PATHWAY

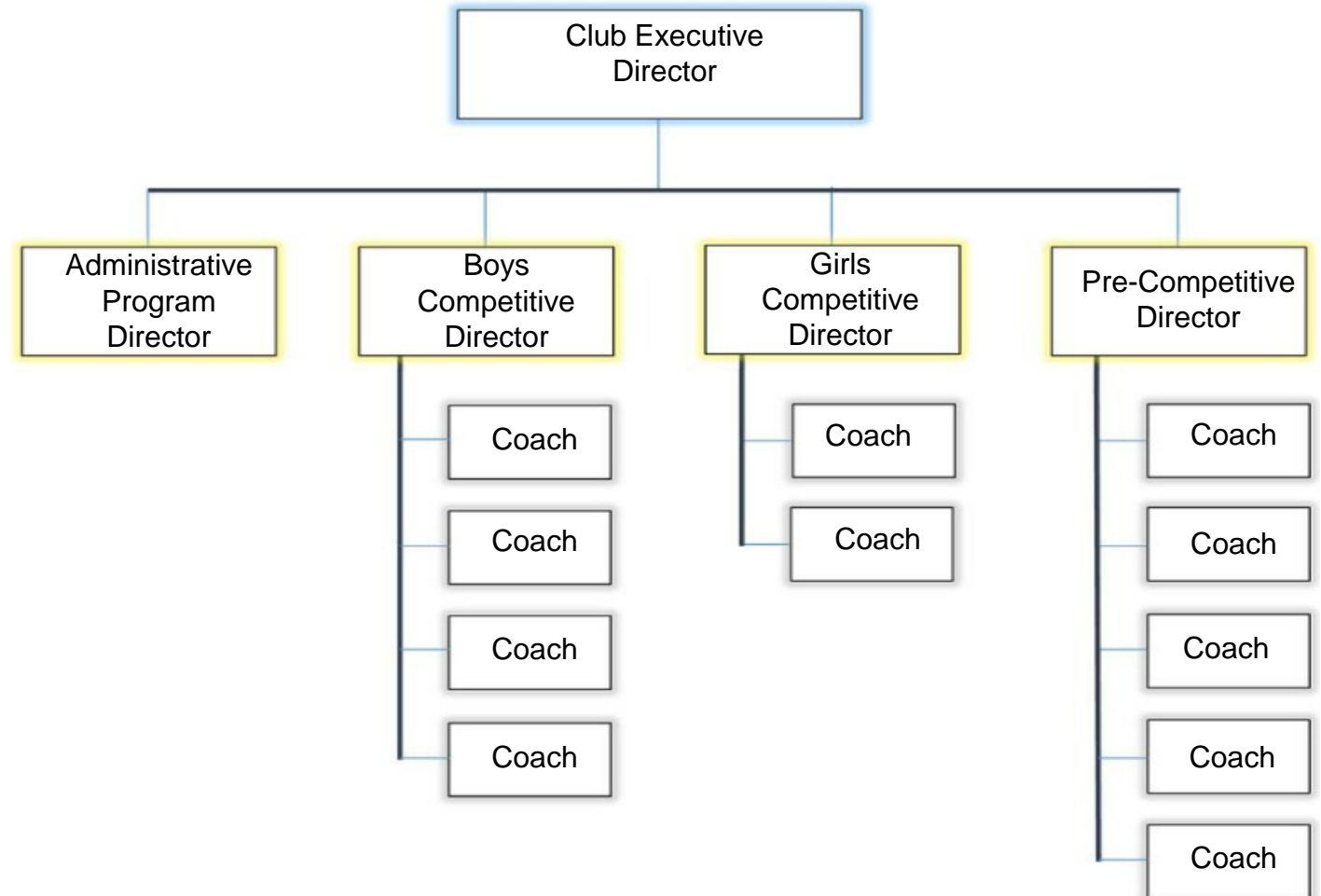
#### PRO PATHWAY



# COACHES LICENSE PATHWAY



# TONGIE FC LEADERSHIP CHART





## Coaches Agreement



This coaching agreement is for coaches and staff that are wanting and working in Tongie FC 501c(3) organization. This contract will extend for one (1) year as recognized by the date signed as start date of printed and signed coach.

Coach will agree to:

- Fundamentals of Sportsmanship
- Sportsmanship Code Guidelines
- Zero Tolerance Policy
- Acceptable Behavior

### FUNDAMENTALS OF SPORTSMANSHIP

1. Gain an understanding and appreciation for the rules of the game. Know the rules. If you do not know the rules, refrain from expressing opinions on coaches or officials. The SPIRIT of good sportsmanship depends on conformance to a rule's intent as well as the letter of the law.
2. Exercise representative behavior at all times. Your behavior influences others whether you are aware of it or not.
3. Recognize and show appreciation for an outstanding play by either team. Applause for an opponent's good performance displays generosity and courtesy that should be regularly practiced. This reflects a true awareness of the game by recognizing and acknowledging quality.
4. Exhibit respect for the official(s) Officials are impartial arbitrators. They have been trained in the laws of the game and are performing to the best of their ability. Mistakes by all participants are part of the game. The rule of GOOD SPORTSMANSHIP is to accept and abide by the officials' decisions.
5. Openly display respect for opponent at all times. Opponents should be treated cordially and be accorded tolerance. Treat them as you want to be treated. Be a positive Representative for your club and team at all times
6. Display pride in your actions at all times. Never allow your ego to interfere with good judgment and your responsibility as a club and team representative.



## SPORTSMANSHIP CODE GUIDELINES

I Will...

Place the emotional and physical well-being of my players ahead of a personal desire to win

Respect the integrity and personality of the individual athlete, remembering the large range of emotions and physical development for the same age group.

Exemplify the highest moral character, behavior, and leadership. Adhere to strong ethical and integrity standards

Learn the rules of the game and teach them in letter and spirit

Set a good example for players and spectators, and will refrain from:

- Arguments in front of your team and parents
- Gestures indicating an official or opposing coach does not know what they are doing or talking about
- Throwing objects in disgust

Shake hands with opposing coaches and officials before and after each match

Respect the integrity of the official. By giving respect, you get respect.

Not use profanity or other objectionable language

Be responsible for players and parents on the sideline

Make sportsmanship priority



## ZERO TOLERANCE POLICY

Tongie FC will be enforcing a "Zero Tolerance Policy". Disciplinary actions up to termination from Tongie FC will be determined. Tongie FC has Zero tolerance for the following:

"Dissent" includes, but is not limited to:

- Questioning an officials call.
- Voicing displeasure with a call in a manner that can be heard by the official, players and fans.

Verbal or physical abuse of an opponent, coach, official, player or spectator.

Fighting or violence of any kind

Taunting and trash talking

"IN YOUR FACE" celebrations

Use of profanity or other disrespectful language

Questioning, disagreeing or harassing officials

Throwing objects onto the playing field

Booing an official's decision

Refusing to shake hands or give recognition for good performances

Blaming loss of game on officials, coaches or participants

Abuse of volunteers whether verbal, in writing or in email.

I have read and understood the Zero Tolerance Policy for Tongie FC.

Coach's Signature \_\_\_\_\_



### ACCEPTABLE (EXPECTED) BEHAVIORS

Congratulating teammates and opponents for effort and excellent performances

Shaking hands before and after the game

Thanking officials for their effort and work

Thanking coaches for their time and help

Treat competition as a "GAME" instead of a "WAR"

Applaud at end of game for performances of all participants

Show concern for an injured player, regardless of team

Helping a teammate or opponent who has fallen or been injured

### STATEMENT OF ACKNOWLEDGMENT

I, the undersigned, acknowledge that I have received a copy of the Tongie FC SPORTSMANSHIP CODE & ZERO TOLERANCE POLICY.

I also acknowledge that I have read this policy and I understand the expectations and the penalties listed and that I will abide by the Code of Conduct to the best of my ability.

Coach (print name) \_\_\_\_\_

Coach (signature) \_\_\_\_\_

Date \_\_\_\_\_

Club Director (signature) \_\_\_\_\_