

# **Alliance Soccer Club**

## **Parent Handbook**

Effective July 18, 2010

Welcome to Alliance Soccer Club! Through our member affiliate, the Reynoldsburg Soccer Association we have been involved in the soccer community since 1988. We provide unified training for boys and girls from age 6 to 18. Our focus is on total player development in a competitive team environment. The success of the club can be seen in the success of its players at the club, high school, and collegiate levels.

ASC offers an extraordinary value in club soccer. The club is able to provide an exceptional experience at a reasonable cost through the volunteer support of its members. Staffed by coaches with over a decade of coaching experience in the Reynoldsburg community alone, we strive to supplement the Parks and Recreation department as well as supporting the Reynoldsburg High School program.

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### **Contact Information**

The most up-to-date contact information for Club personnel is on our website: [www.AllianceSC.org](http://www.AllianceSC.org). All Board members, Coaches, and managers can be reached by both telephone and email. The Club's address is:

Alliance Soccer Club  
P.O. Box 744  
Reynoldsburg, OH 43068

## Website

Our website is a great source of information. The site provides team information, schedules, travel information, this handbook, and many other useful pieces of information

We make every attempt to keep the site up-to-date however we can't catch it all. If you are aware of a team or player accomplishment, we want to hear about it. Take a digital photo, include a brief caption and email it to us.

## Club Structure

The Board of Directors consists of a maximum of eight (8) volunteers (President, Vice-President, Treasurer, Secretary, MOSSL League Representative, Executive Director of Coaching, a Member-At-Large/Parent Liaison, and a Reynoldsburg Parks and Recreation Representative) who work as a whole and through various standing and Ad Hoc Committees. Many of the committees are open to non-Board members and should you have interest in serving on a committee, please contact the Club Administrator. The Club Administrator oversees all Team Administrators. These administrative roles round out the club structure and ensure a smooth and successful soccer season.

## Questions – Who do I ask?

Our website provides information that answers a variety of questions. Also, team meetings held at the beginning of each season provide specific information relevant to your child's team. Please make sure to attend all team meetings.

If the website or team meeting does not address your questions or concerns, we encourage you to call or email someone who has the authority to provide you with a detailed answer.

Your **Team Administrator** can answer questions dealing with some non-coaching matters (game and practice times, schedules, directions, uniforms, fees, etc.). If your individual Team Administrator does not know the answer, she or he will either find out or direct you to the proper person to ask. Team Administrators cannot set or change Alliance Soccer Club policy. Team Administrators will not be asked to resolve any player, parent or coaching issues, nor are they authorized to do so.

The **Club Administrator** deals with a large variety of off-field matters for the Club as a whole. If your off-field question goes beyond the authority of the team manager, the Club Administrator is the “go-to” person for all matters except coaching questions.

**Coaching Questions** and on-field concerns are first directed to the coach assigned to your particular team. Next in line is the Executive Director of Coaching. If the Executive Director of Coaching is unable to answer a question or satisfy a concern, in unusual circumstances, the Board of Directors may be contacted. When questioning your child's coach, please be observant of the coach's schedule. Often, your coach has only a few minutes between training sessions and/or games. When this is the case, an arrangement to speak at another time must be made. In addition, our experience has taught us that

concerns about playing time and training techniques should take place at least 24 hours after the game or session that prompted the concern.

## **Alliance Soccer Club Philosophy**

Our Club philosophy and focus is on total player and team development in a competitive environment that is appropriate to the age of the players. As we all know, each child matures and develops at different levels. Our philosophy is to provide technical, tactical, physical, and mental training appropriate to each player's abilities. Our age specific goals and plans are found in the Appendix at the end of this document.

## **Team Formation and Player Selection**

Soccer Tykes and Academy players are accepted in the program at any time during the fall and spring seasons on a first-come, first-served basis.

Consistent with the above philosophy, U-9 players attend a "tryout" in June but very few are cut.

Younger Alliance youth teams (U-10 – U-14) are formed each year via tryouts conducted in June.

High School (U-15 – U-18) teams are formed each year via tryouts conducted in June. Players can also be added in late October or early November as needed.

Tryouts are a time when players come and participate in various drills, activities and simulated game play. Generally, tryouts take place over 2 – 3 days. Members of the coaching staff individually evaluate the players based upon a set of standards defined by each program (see above sections on coaching philosophy for greater detail). Players are evaluated based upon their technical skills, their speed, and character traits. The coaching staff then reviews the participants and teams are formed. Within 72 hours of the tryout, players receive a communication offering the opportunity to play or explaining that a position is not currently available to them. Positions will not be held for undecided players (or parents) for longer than 12 hours. Please be prepared to make a decision ASAP.

Within a week of tryouts, a team/parent organizational meeting will be held to collect deposits, order uniforms and discuss season plans.

## **Multiple Sports**

All players are free to participate in multiple sports at any age, however at the U-14 age the player must make soccer their priority in cases of conflict. This includes both training and games.

## **Training**

Your child's team will train 2-3 days per week and 1 day on the weekend. You will be given a schedule and every effort will be made to adhere to that schedule throughout the

season. Players are expected to be on-time for all training sessions. On-time means present on the training field with the following:

- Completely dressed (soccer socks covering the outside of shin guards, soccer shorts, and a white t-shirt). No jeans, khaki's or other street clothes are permitted.
- Properly inflated soccer ball
- Full water bottle
- And warmed up prior to the beginning of the session

It is expected that players attend ALL training sessions. If your child can not attend a training session, please make every effort to call the coach or team administrator as soon as possible.

Contagious sicknesses are a good excuse to miss a training session however aches and pains are not. Something can be learned by observation so even if your child can not participate, unless he or she would be made sicker by attending or pass along an illness, he or she should attend training.

Please keep in mind that we are a competitive Club. Absences have a direct effect on playing time.

## **Game Day**

On game days, players are expected to be at the correct field, completely dressed, 30-45 minutes prior to kick-off. Your coach will announce his or her preference. This time before the game is used to warm-up and prepare for the game. Late arrivals are seriously frowned upon.

Generally, the home team must change jerseys if there is a color conflict. To avoid any problems, players should always bring both jerseys to every game.

Before the game, players should be properly fed, hydrated and rested.

## **Travel**

Travel is a big component of our program. Travelling allows our players to compete against a wide variety of teams and participate in higher quality games than can be had if we continuously play against our neighbors. Another benefit of travel is the team and Club bonding that naturally occurs as players and their families spend off-field time together.

To that end, when a team travels to a location that requires an overnight stay, teams are strongly encouraged to stay together. Our Club makes group reservations for all players and families traveling to distant locations. Our Team Administrators make every effort to reserve suitable lodging at affordable rates. Many hotels have severe cancellation policies so it is very important that you inform your Team Administrator if you will not be staying at the "team" hotel.

When out of our area for games and tournaments, the coach will impose a curfew/bedtime for the players. Also, depending on morning game times, the coach may

also announce a specific time that all players are to be dressed and in the hotel lobby for a morning run and/or workout. Parents are expected to enforce these times.

Players are expected to observe exemplary manners when staying in the team hotel. When traveling to a tournament, players must remember that they represent Alliance Soccer Club and should act accordingly. Running in the halls, excessive noise, kicking soccer balls indoors and similar behavior is unacceptable.

Tournaments generally require our players to play at least three (3) games in a two day period. The time between games should be used for physical and mental rest. Shopping, sight-seeing and similar activities are contrary to the purposes of tournaments. Please plan all of these activities for after play has concluded for the day or weekend.

### **Inclement Weather**

Our teams train and play in inclement weather, with very few exceptions.

If a training session or game is cancelled due to weather, the Club will make every effort to give as much advance notice as possible. The most efficient method of communicating cancellations is by email or text message. Our website will also reflect a cancellation of activities. If the weather causes you to wonder, check your email often.

### **Uniforms, Training Gear and Club Merchandise**

Uniforms and Club merchandise are ordered at the team meetings held before the start of each season. The Club uniform consists of two jerseys (white w black stripe and red w black stripe), 1 pair of black shorts, black socks, and depending on the team 1 pair of white socks. Warm-ups and bags can also be ordered.

Merchandise includes hats, t-shirts, long sleeve shirts, hooded sweatshirts, etc. We have a volunteer uniform and merchandise coordinator who handles placing orders for these items. If you are interested in placing an order, please contact the Club Administrator.

### **Volunteer Opportunities**

Without our volunteers, we would have a difficult time providing a successful soccer experiences for our players. Every parent is encouraged to volunteer for the Club. Many opportunities exist, such as:

Tomato Cup Tournament Committee: At this tournament, volunteers staff the concession stand, direct traffic/parking, serve as field marshals, record game scores, take water to referees, assist with team check-in, etc.

Fundraising/Marketing: We continually strive to search for ways we can raise funds for the club. This money is used to supplement our player scholarship fund, buy new equipment, etc. Community fundraisers are also a great way to get our “brand” out into

the public forum. Marketing in the community is an important part of bringing in new players and families.

Team Administrators: Each team has an administrator who takes care of the team. The administrator handles player cards and game papers, conducts communications for the team, and works closely with the Club Administrator.

Field Maintenance: We are always looking for a few hard workers to help line fields, ensure goals and nets are in good shape and to keep Civic Park looking beautiful.

IT Group: Our website needs to be updated regularly to ensure our membership is accurately served with the correct information. If you are IT savvy, this is the group for you!

Concession Stand: We are tasked with the duty of maintaining and running the Civic Park and JFK concession stands during sports seasons (Soccer, Softball, and Baseball). This brings in a lot of revenue for the club and keeps us in good standing with the Parks and Recreation department.

Other: Let us know what you are good at doing; we can probably find a volunteer job for you!

## **Fees**

Player fees are set by the Board. Fees partially pay for required league fees, referees, field maintenance, and the cost of training and coaching our players. The balance required to support our program is raised by our annual fundraisers, the Tomato Cup, donations and sponsorships.

Generally, a deposit is required at the first team meeting and the balance is due throughout the season by using quarterly payment plans.

The Club reserves the right to enforce a “no pay, no play” policy.

## **Financial Assistance**

Financial scholarships are available for families in need. Applications can be submitted to the Board of Directors. All applications are kept strictly confidential. Deadlines for submitting scholarship applications are due before the start of each season.

## **Tips for Parents**

Every team has an experienced paid coach. Please let the coach do the coaching. Please do not coach from the sidelines.

Referees make mistakes; it happens. Yelling and screaming at the official doesn't change the call but does interfere with the game and your player's ability to hear his or her coach. Please refrain from yelling at and being disrespectful to the referees.

The best time and way to talk to your child's coach about a coaching concern is after a "cooling off" period, typically 24 hours, and in private.

Be responsive to your team administrator and the Club when requested to provide information. Administrators are volunteers and having to "chase down" a parent for a signature, piece of information or response to a question makes the job far more difficult than it needs to be.

Most of our players do not drive and therefore rely on parents for transportation. Please ensure that your children are on time for all training sessions and games.

Parents are welcome to observe training sessions. Bring a chair and watch, however observation is just that – do not talk to your child during training sessions. Do not cause your child's attention to be diverted from the training session.

Game dates, tournament dates, and other important dates are distributed as soon as we have them. Please mark these dates on your family calendar immediately upon receipt as all teams depend on 100% participation by all players at all competition levels.

Ohio South Youth Soccer Association (OSYSA) is the authorizing organization for U.S. Youth Soccer players in our area. All of our players are "carded" with OSYSA. This organization authorizes travel, provides insurance, runs the Olympic Development Program (O.D.P.) for our area and hosts the State Cup competition.

Our Club plays in a variety of leagues. The league each member team participates in is determined by the Executive Director of Coaching after determining the level of play a team is best suited for. Generally, the higher the competition, the more travel involved as leagues pulling players from a huge pool (Cleveland, Chicago, Detroit) tend to play at a higher, more competitive level. The majority of our teams play in the Mid Ohio Select Soccer League (MOSSL). This organization allows us to play against teams in the Greater Columbus area with minimal travel expenses.

## 15 Tips from Ohio Youth Soccer Association-North

Fifteen things to keep in mind while watching from the sidelines, written by Michael Langlois, author of “How Well Do You Communicate? A guide to Better Communication with Players and Parents for Youth Soccer Coaches”.

1. Let the coaches’ coach. If you are telling your son or daughter – or any other player for that matter – to do something different from what their coach is telling them, you create distraction and confusion.
2. It is very unnerving for many young players to try and perform difficult tasks on the field on the spur of the moment when parents are yelling at them from the sidelines. Let the kids play. If they have been well coached, they should know what to do on the field. If they make a mistake, chances are they will learn from it.
3. Do not discuss the play of specific young players in front of other parents. How many times do you hear comments such as, “I don’t know how that boy made this team...”, or “she’s just not fast enough”? Too many parents act as though their child is a ‘star’, and the problem is someone else’s kid. Negative comments and attitudes are hurtful and totally unnecessary and kill parent harmony, which is often essential to youth team success.
4. Discourage such toxic behavior by listening patiently to any negative comments that might be made, then address issues in a positive way. Speak to the positive qualities of a player, family or coach.
5. Do your level best not to complain about your son or daughter’s coaches to other parents. Once that starts, it is like a disease that spreads. Before you know it, parents are talking constantly in a negative way behind a coach’s back. As an aside, if you have what you truly feel is a legitimate beef with your child’s coach – either regarding game strategy or playing time, arrange an appointment to meet privately, away from a soccer field.
6. Make positive comments from the sideline. Be encouraging. Young athletes do not need to be reminded constantly about their perceived errors or mistakes. Their coaches will instruct them, either during the game or at half-time, and during practices. You can often see a young player make that extra effort when they hear encouraging words from the sideline about their hustle.
7. Avoid making any negative comments about players on the other team, this should be simple: we are talking about youngsters, not adults who are being paid to play professionally. I recall being at a recreational baseball game some years ago, when a parent on one team loudly made comments about errors made by a particular young player on the other team. People on the other side of the diamond were stunned and angry. Besides being tasteless and classless, these kinds of comments can be hurtful to the young person involved and to their family as well.

8. Try to keep interaction with parents on the other team as healthy and positive as possible. Who's kidding whom? You want your child's team to win; so do they. But that should not make us take leave of our senses, especially our common sense. Be courteous until it hurts; avoid the 'tit for tat' syndrome.
9. Parents on the opposing team are not the enemy. Neither are the boys or girls on the other team. We should work to check any negative feelings at the door before we hit the pitch.
10. What is the easiest thing to do in youth sports? Criticize the referees. Don't criticize the referee. Oh, there are times when calls are missed, absolutely. And that can, unfortunately, directly affect the outcome of a contest. That said, by and large those who officiate at youth games are hardly over-compensated, and give it an honest – and often quite competent – effort. At worst, they at least try to be fair and objective.
11. On that note, outbursts from parents on the sideline made toward the referees only signal to our on children on the field that they can blame the refs for anything that goes wrong. Blaming others is not a formula for success in sports.
12. Yelling out comments such as “good call, ref” or “thanks ref” may only serve to alienate an official. The ref always assumes they made the proper call, that's why they made it. Trying to show superficial support because the call went ‘your’ way is simply annoying to the officials, and to anyone within earshot.
13. Walking up and down all game long along the sidelines, following the play, is unnerving to players and totally unnecessary – particularly so if you are trying to yell out instructions to various players, including your own son or daughter. It is likely embarrassing to the player/players involved and simply counterproductive. If you want to coach, obtain your coaching certification and then apply for a job.
14. We all feel things and are apt to be tempted to say things in the ‘heat of the moment’. But we don't excuse athletes for doing inappropriate things in the ‘heat of the moment’ (there are penalties, suspension, etc.) so we should apply similar standards to our own sideline behavior. Quickly check yourself and ask: Will I be proud of what I am about to say or do, when I reflect on it tomorrow?
15. The parking lot is not the time to ‘fan the flames’. Whether it is a coach's decision, a referee's call, or a comment from another parent, let it go. Don't harass the coach, or an official, or a parent on the other team after the game is over. Go home, relax, and unwind. Talk positively with your child. The ride home is sometimes as important as the game itself. Make that time a good memory for your son or daughter by discussing as many positives as you can about him/her, her coach, her teammates, etc.

Last updated: July 31, 2010

\*\*Many thanks are owed to Pacesetter Soccer Club, who unbeknownst to them provided much inspiration and guidance.

## Appendix Age Specific Development Philosophy & Goals

### **Soccer Tykes (4&5 year olds) & Alliance Soccer Academy (6-8 year olds)**

#### **Introduction:**

- Primary development goal of this age: Individual mastery of the ball and creativity with ball at feet.
- Focus is on skill development to move and control the ball through play.
- Children of this age are not always able to remember what was shown or tried at previous training sessions – we want to promote learning through experience. The game is the best teacher.
- This age is not capable of “organized” soccer. Forcing team concepts, such as combination and positional play is not appropriate. Academy soccer does not resemble U-14 soccer!
- We will strive to create a “fear free” culture; no “mistakes”, no pressure.

#### **Underlying and Guiding Principles:**

- Coaching is most helpful to a young player’s development by organizing less, saying less and allowing players to do more.
- We understand that teaching and learning the game of soccer is a process: the development efforts of one season are not noticeable in children until sometime in the next season.
- It is important to recognize what a child is able to do at this age.
- Soccer development is a process that must be approached with age specific skills and concepts. This is the age for players to learn technical skills. Their ability to pick up motor skills is high. Their ability to understand tactical skills is very low.
- For youth – creating an environment where the main goal is to have fun with the ball is critical.
- The primary value of matches is to provide young players with the opportunity to showcase their newly acquired skills and creativity.

#### **Practice Philosophy:**

- Length: 45-60 minutes of constant activity around the ball
- Format: Learn through active play, no lines, no standing!
- Focus in on the player’s relationship to the ball. We want to create an environment where players have the opportunity to develop a “love affair” with the ball.
  - Lots of touches
  - Coordination with the ball
  - Changing directions and speed while dribbling the ball
  - Dealing with balls on the ground as well as bouncing balls

**Game Philosophy:**

- Length: 45-60 minutes
- Purpose: to celebrate the joy of the game! More opportunities to have the ball at their feet.
- Format: 3v3 or 4v4, mini-games to compete with and against each other.
- Competitiveness: no score keeping, everyone plays, everyone wins!
- Coaching focus: on player's relationship to the soccer ball; to want it, how to find it, how to deal with it and move it, how to keep it close and not lose it.

**Alliance Youth (ages 9 & 10)****Introduction:**

- 70% of youth quit organized sports by age 13.
- Problem revolves around too much pressure to achieve "winning" results too soon instead of focusing on individual development.
- There is not one way to teach soccer, however there is a set of fundamental principles.
- We are basing our program on best practices and supported fundamental principles as promoted by national staff and technical experts in U.S. Soccer.

**Alliance Youth Philosophy:**

- Primary development goal of this age: Individual development and introduction to "team play" concepts.
- Focus in on individual technical skill development to move and control the ball through play and preparing youth players to successfully recognize and solve the challenges of the game on his or her own.
- Possession philosophy: long ball de-emphasized; we will choose long-term vs. short-term development progress. We may initially give up goals but will be comfortable and technically more competent – and in the long run will be better for it.

**Underlying and Guiding Principles:**

- It is important to recognize that players develop at different rates. "Average" U-9's can be "superstars" at U-14. Our goal is to keep all potentially talented youth players training and playing the game to give them time to explore their capabilities and to realize their potential.
- Coaching is most helpful to a young player's development by organizing less, saying less, and allowing the players to do more.
- Discipline is an important component of Alliance Soccer. Coaches will demand respect, cooperation, positive attitudes and strong work ethics at every age.
- Building confidence with the ball is a key ingredient in developing U-9's and U-10's. The more confident players become, the more they will look to get involved and the more fun they will have.

**Practice Philosophy:**

- Length: 60-75 minutes of constant activity around the ball
- Format: Learn through play
- Development Focus:
  - Speed: technical, speed of execution and speed of thought
    - Technical speed is ability to trap or settle ball and get a pass or shot away quickly
    - Pure speed is the natural running of an athlete
    - Speed of thought is the ability to read the game and be able to be in the right place at the right time
  - Technical skills & technique: Building the first touch and passing skills under pressure of match conditions
    - Basic rules of the game
    - Dribbling
    - Passing (standing and moving)
    - Receiving (standing and moving)
    - Shooting
    - Throw-ins
    - Beating players 1v1
    - Ball movement, ability to control, direct and move with the ball
    - A poor first touch will require them to always be fighting the ball to make subsequent decisions
  - Character:
    - The player's respect for the game, their coach, teammates and others
    - The player's fighting spirit and their ability to compete
    - The player's work off the ball and when fatigued
    - The player's enjoyment of the game and love for the sport

### **Game Philosophy:**

- Length: 50-60 minutes
- Purpose: More opportunities to have the ball at their feet, to make decisions under pressure and to solve the problems of the game
- Format: 6v6
- Competitiveness: Play to showcase progress and creativity. Winning is not the primary objective in all situations at this age.
- League game play time: Equal play time is the goal at this age for the development of the player – unless there are disciplinary issues being addressed by the coach
- Tournament game play time: Tournaments, in most cases, are played to win. While every player will be given an opportunity to play, equal play time may not occur in tight games where the results affect the team's tournament success
- Player development: The game is the best teacher for young players.
- Coaching focus:
  - Getting involved
  - Attacking the goal
  - Taking chances/risks

- Options to solve the problems of the game: possession, pressure, defending and scoring
- To experiment and be creative

## **Alliance Youth Ages U-11 to U-14 and High School**

### **Introduction:**

- Primary development goal of this age is to continue to improve players' technical skills and introduce tactical concepts such as positional and systems of play.
- Focus is on providing a tactical understanding of the game and taking each player through 3-4 systems of play to help prepare them for higher levels of competition.

### **Underlying and Guiding Principles:**

- At U-11 through U-14: Players are selected through a tryout process. Each June, teams are reselected for a full calendar year (fall and spring seasons). Every year, players must approach the tryouts with an understanding that playing on a team one year does not guarantee a spot on the next.
- Coaching at this age centers around helping players become better decision makers within the demands of the game. Soccer is a game of improvisation. It is important that our players, beginning at the earliest ages, are encouraged and empowered to develop as thoughtful and creative decision makers and are never treated as robotic machines that simply carry out specific coaching instructions
- Emphasis is placed on developing strong bodies and minds to be able to physically and mentally overpower our opponents. We will strive to develop a winning mental attitude and belief system in our players so they will know how to win.
- Soccer development is a process that must be approached with age specific skills and concepts. This is the age for players to practice their technical skills in an environment that requires them to develop a vision of the game, an ability to read the game, and the skills to create scoring opportunities on the field
- Building confidence with themselves is a key to success at these ages; the more confident players become, the more creative they will play and the more fun they will have. Confidence can be trained and it is a learned attitude.

### **Practice Philosophy:**

- Length: 75-90 minutes of high intensity training with and without the ball
- Developmental focus is the same as the measurements we use to evaluate players during tryouts:
  - Speed-technical: speed of execution and speed of thought
    - Technical speed is the ability to trap or settle a ball and get a shot or pass away quickly; "one touch" play becomes a measurement of performance
    - Pure speed is natural running speed of an athlete
    - Speed of thought is the ability to read the game and be able to be in the right place at the right time

- Technical skills and technique: building their first touch and passing skills under the pressure of match conditions
  - Dribbling, passing, receiving
  - Crossing, shooting, heading
  - Beating players 1v1, 2v1
  - Maintaining possession of the ball
  - Ball movement, ability to control, direct and move with the ball
  - A poor first touch will require them to always be fighting the ball to make subsequent decisions
- Tactical understanding of the game
  - Player movement, on and off the ball
  - Reading the game
  - Understanding field positions and roles
  - Understanding 3 – 4 systems of play and positional roles and responsibilities of each
  - Understanding the principles of attacking and defending in small groups
  - Understanding the importance of transitioning from attack to defense and vice-versa
  - Anticipating ball movement 2 – 3 touches ahead of actual play
- Physical development
  - Strength
  - Speed
  - Grit/toughness
- Mental/emotional development as a player
  - Respect for the game, their coach, teammates and others
  - Fighting spirit and their ability to compete
  - Commitment to personal excellence on the field and in the classroom
  - The players' ability to be coached
  - The players' commitment to the team, enjoyment of the game and love for the sport

### **Game Philosophy: League and Tournament match play**

- Length: 50 – 70 minutes
- Purpose: more opportunities to have the ball at their feet, to make decisions under pressure and to solve the problems of the game
- Format: 8v8 or 11v11
- Competitiveness: we will seek out the best competition to provide an opportunity to work on decision making and speed of play. We will strive to develop highly competitive players who can perform under pressure
- Play time: play time is fairly equal though it may be affected by work ethic, attitude and effectiveness during league play; tournaments are played to win
- Coaching focus:
  - Getting involved
  - Attacking the goal

- Taking chances/risks
- Options to solve the problems of the game: possession, pressure, defending and scoring
- To experiment and be creative