



ACADEMY

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SAN DIEGO



Girls Development Academy Program Overview

July 24, 2017



Meeting Agenda



- Club Vision and Philosophy
 - Academy Coaching Staff
 - Style of Play
 - Systems of Play
 - Player Development
 - Positional Numbers
- Periodization Plan
 - Training Expectations
 - Game Day Expectations
 - Substitution Rules
 - Travel

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Club Philosophy



- *“An LA Galaxy San Diego Academy Player will develop a love for the game of soccer and a lifelong passion that enables them to continue to participate in the sport throughout their lifetime. It is our goal to create a positive environment that promotes, creates, and nurtures valuable learning experiences, both on and off the field. Ultimately, empowering young girls to blossom into strong, confident women of the future!”*

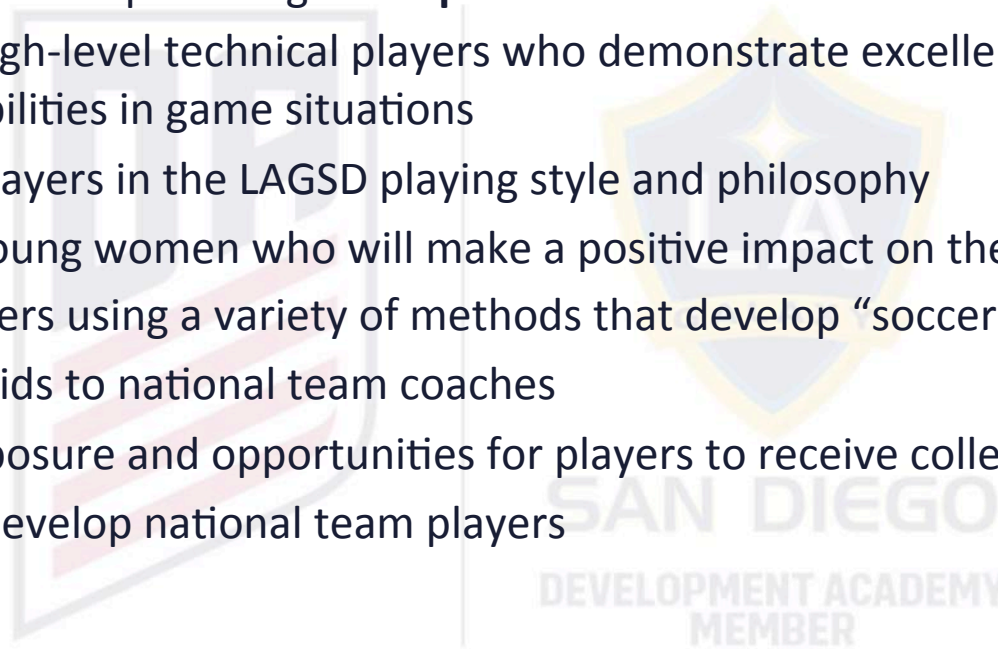


Vision



Goals of the coaches in providing a **comprehensive soccer education**:

- To develop high-level technical players who demonstrate excellent decision making capabilities in game situations
- To educate players in the LAGSD playing style and philosophy
- To develop young women who will make a positive impact on their community
- To teach players using a variety of methods that develop “soccer IQ”
- Exposure of kids to national team coaches
- Increased exposure and opportunities for players to receive collegiate scholarships
- Continue to develop national team players





Academy Coaching Staff



- U14:
 - Head Coach: Michael Duggan
 - Assistant Coach: Don McElwee
- U15:
 - Head Coach: Carl Higham
 - Assistant Coach: Rick Kreysar
- U16/U17
 - Head Coach: Courtney Drummond
 - Assistant Coach: Brett Williams
- U18/U19
 - Head Coach: Greg LaPorte
 - Assistant Coach: Katie Tarrant



U.S Women's National Team



U.S. Soccer Girls Development Academy



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• Girls' DA Technical Advisor – Southwest

• Jen Lalor

- U.S. Women's National Team
 - - (1992-1996, 2001)
 - - 1995 Women's World Cup, Bronze Medalist
 - - Four Nations Tournament, China (2001)
- US Youth National Team
- Santa Clara University
- Professional Playing Experience
- US Soccer (2015-present)
 - - Assisting various Youth National Teams
 - - U-15 GNT (Assistant Coach)



- CONCACAF Champions, 2016

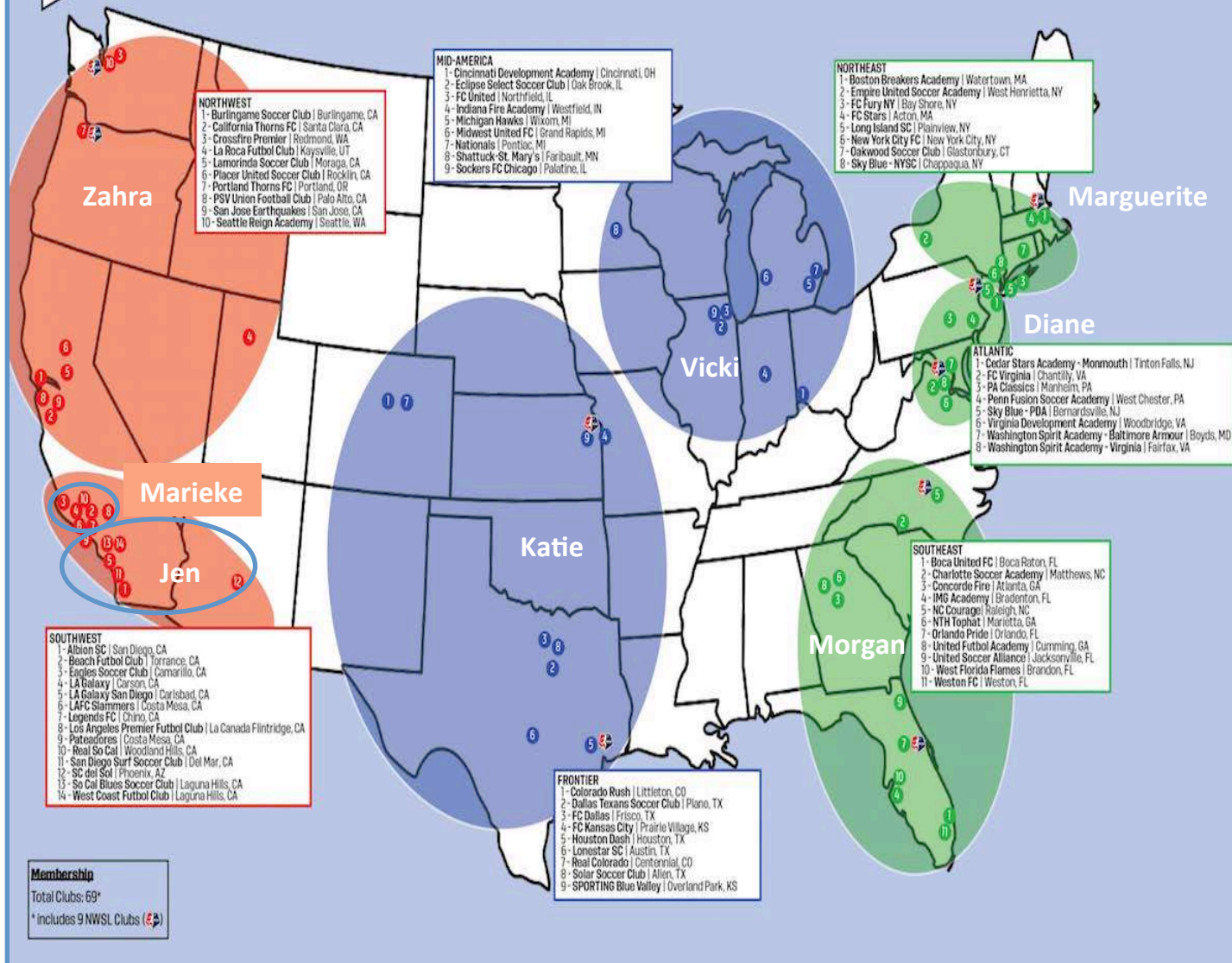
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2017-18 GIRLS' DEVELOPMENT ACADEMY MEMBERSHIP

U-14, U-15, U-16/17 & U-18/19 CLUBS



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“The Development Academy is going to bring clubs and coaches together to become more aligned in terms of what the big picture is: to find players and help them become the best soccer players they can be.”

-Jill Ellis, USWNT Head Coach





Style of Play

Having a clearly outlined style of play defines who we are on the field. Believing in the way we try to play the game creates unity between our academy staff, players and parents.

In Possession

Teams are coached in our *“Possession with a purpose”* style, and play an offensive style of soccer based on quick ball movement. Our teams play through the thirds of the field, and playing out of the back using the goalkeeper and defenders is the foundation upon which this progressive **possession-based playing style** is based.

Out of Possession

Out of possession we attempt to deny the opposition space and time through intelligent collective pressing.

In Transition

During transition we play with intensity to try to immediately win the ball back within 6 seconds in defense, or break at speed with an end product in attack.



Systems of Play

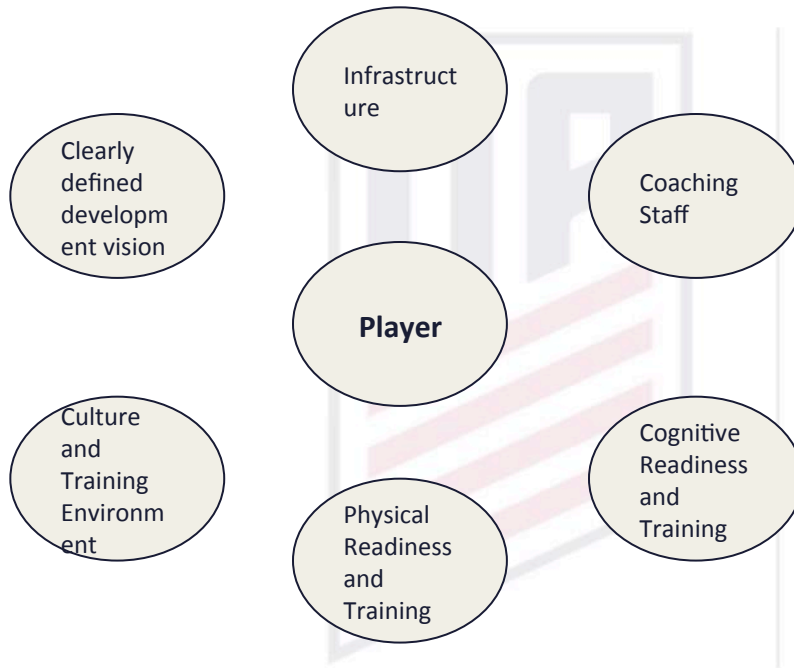


- System of play
1-4-3-3

- System of play
1-3-5-2



Player Development



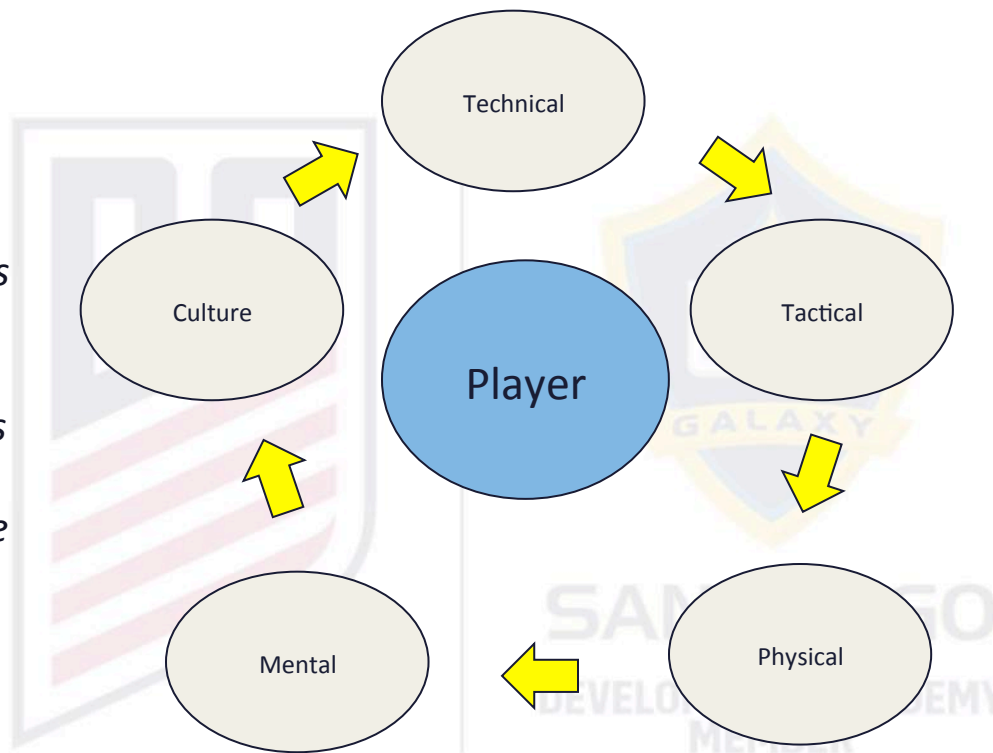
- LAGSD Academy has taken a “Player Centered” approach for player development. It is important to design, create, and produce an environment that will encourage long-term performance learning and not just short-term success.
- A Plan that has clarity, direction and common goals is essential for the overall long-term development of players and coaches.
- Mapping out a path for player development, along with setting age group competency objectives, prevents the process to be left up to chance, and allows our coaching staff to follow a methodology and philosophy that, “begins with the end in mind!”



Holistic Player-The 24 Hour Player



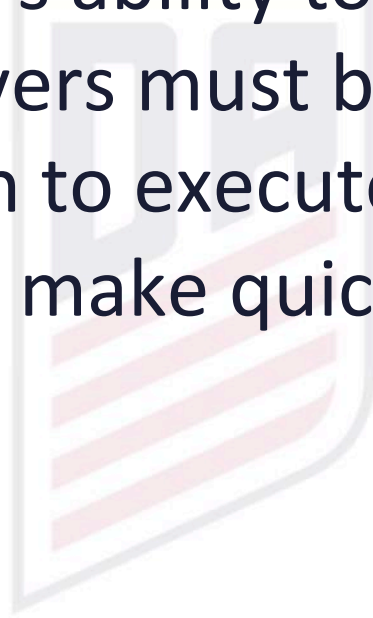
As players progress through each of the development phases of the Academy, it should be expected that each player has met predetermined levels of measurable competencies.





Technical

A player's ability to make the game effortless.
All players must be comfortable on the ball
enough to execute under pressure and be
able to make quick decisions on the ball.



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Tactical



- All Players must have a good knowledge and understanding of the game as well as the ability to understand different roles and responsibilities on the field as a part of the bigger group. Understanding your role as a player, in relationship to our style of play, is one of the biggest components that will be assessed and addressed in the academy. The Ultimate goal is to create players that not only identify problems that may come up during a match, but also understand how to execute a solution independently during the match.





Physical



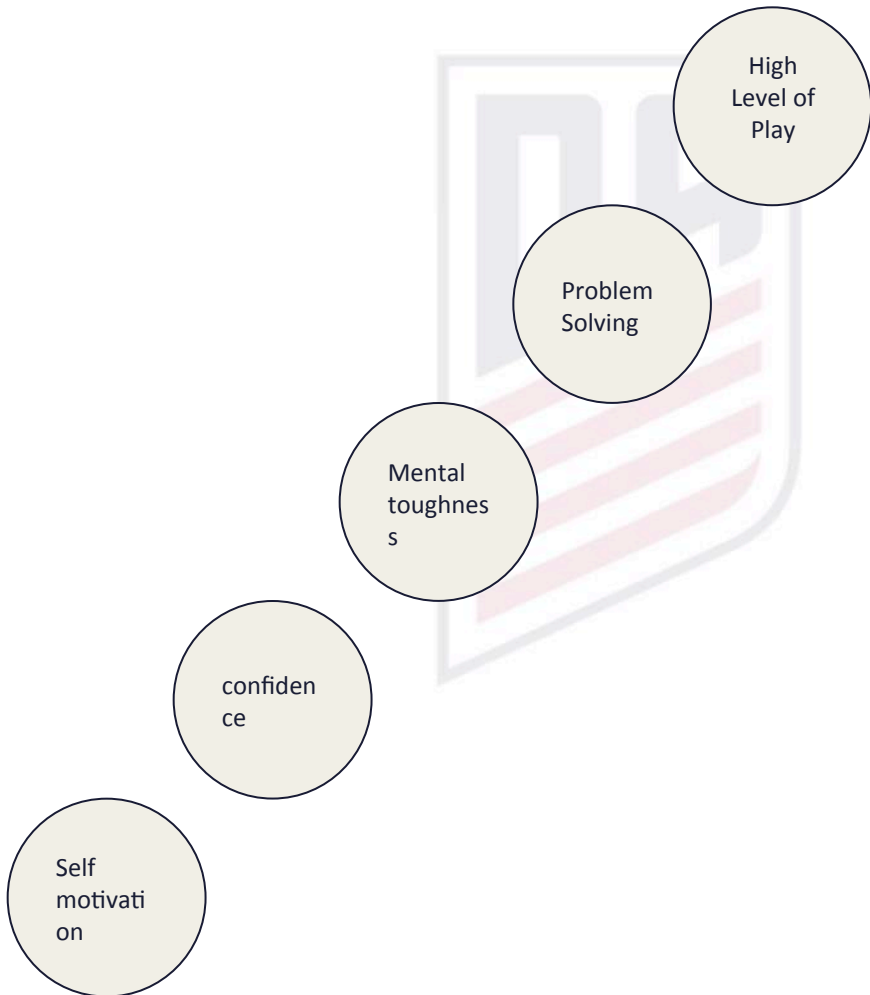
EXOS[®]

- Soccer is a game that is not fun if players are not in top physical condition. As an Academy we will work together to achieve peak fitness levels. Players will be expected to maintain these levels of fitness to adequately meet the physical demand of the week to week trainings and matches.

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Mental



Key Qualities of a LAGSD Soccer Player

1. Game Understanding and Decision Making

Reads and understands the game and makes their own decision

2. Initiative

Takes the initiative and is Pro-active

3. Focus

The ability to be focused for 90+ minutes on the task at hand

4. Optimal Technical and Physical Ability

Optimal Technical and Physical ability to execute the task at hand for 90+ minutes

5. Responsible

Takes responsibility and accountability for their own development and performance



Mindset Sports

change your mind

MINDSET
SPORTS

change your game

Consultants: Pamela Kalinoski and Corrie Samaniego



Culture



- To play at an Elite level, players must understand that this is a commitment to themselves, their teammates and coaches. Understanding that games are won and lost off the game field is important. What we do at training and what players do outside of team trainings will determine team success. All players must have a 24-hour athlete mindset.



Culture



- Team First Attitude
- Behavior
- Responsibility
- Accountability
- Independence
- Commitment Focused
- Respect
- Representation
- Recovery
- Nutrition
- Coachability
- Professionalism

- Grade Checks:
 - Players are required to print grade reports three times a year.
 - It is important to maintain appropriate grades while playing at this level
- Social Media:
 - Facebook, Instagram, Twitter, Snapchat and Visco
 - If players have these accounts the expectation is that they are representing themselves respectfully with the knowledge of the team culture



Positional Numbers



-  GoalKeeper
-  Fullbacks
-  Center Backs
-  Defensive Center Mid
-  Center Midfielders
-  Wide Forwards/ Outside Mid
-  Forward
-  Attacking Center Mid





Periodization Plan



- **Periodization** is the systematic planning of athletic or physical training. The aim is for athletes to reach best possible performance during the most important parts of the year. It involves progressive cycling of various aspects of a training program during a specific period.



Periodization Plan



Physical Periodization

Overall Physical Demand
Match- 100%
Fitness- 90%
Shreshold- 75%
Maintenance- 50%
Organization- 40%
Preparation- 30%
Recovery- 15%

- **Two Types of Periodization Plans**

- *Physical Periodization- Monitors and controls the player's physical demands, ensuring that they remain injury free and are at peak levels of fitness for match day*
- *Tactical Periodization- Monitors, balances, and controls the player's tactical information given throughout the year.*

Tactical Periodization	
1. Attacking	
2. Transition from Attack to Defense	
3. Defending	
4. Transition from Defense to Attack	
5. Set Pieces	



Macro/Meso Cycles



<i>Macro Cycle 1</i>			
Pre-Season	Mesocycle 1	<i>Preparation</i>	Aug-Sept
In-Season	Mesocycle 2	<i>Competition</i>	Sept 2- Nov 19
	Mesocycle 3	<i>Tapering/Prep</i>	Nov 19- Dec 7
		<i>Winter Showcase</i>	Dec 7-11
Mid-Season	Meso Cycle 4	<i>Transition/ Break</i>	Dec 12-Jan 3



Macro/Meso Cycles



Macro Cycle 2			
Mid-Season	Meso Cycle 5	<i>Preparation</i>	Jan 3-Jan 20
Spring Season	Meso Cycle 6	<i>Competition</i>	Jan 20- April
	Meso Cycle 7	<i>Tapering/Prep</i>	April-May
		<i>Spring Showcase</i>	
End of Season	Meso Cycle 8	<i>Playoffs/ Showcase</i>	June



Periodization Plan



September						
S	M	T	W	Th	F	S
					1	2
					Train	Off
3	4	5	6	7	8	9
Game Vs. Slammers	Train EXOS	Train	Off	Train EXOS	Train	Off
10	11	12	13	14	15	16
Game Vs. West Coast	Train EXOS	Train	Off	Train EXOS	Train	Game Vs. PSV Union FC
17	18	19	20	21	22	23
Game Vs. San Jose Earthquakes	Train EXOS	Train	Off	Train EXOS	Train	Off
24	25	26	27	28	29	30
Game Vs. SC del Sol	Train EXOS	Train	Off	Train EXOS	Train	Game @ Pateadores

LAGSD ACADEMY Cycle Timeline			
		PHASE	DATES
	Macro Cycle 1-		
Pre Season	Meso Cycle 1-	Preparation	Aug-Sep 2
	Meso Cycle 2-	Competitive Fall Season	Sep. 2-Nov. 19
In Season	Meso Cycle 3	Tapering-Prep Climax Winter Showcase	Nov. 19-Dec. 7 Dec. 7-11
	Meso Cycle 4	Transition/ Break	Dec. 11-Jan. 3
Mid Season	Macro Cycle 2-		
	Meso Cycle 5	Preparation	Jan. 3-Jan. 20
	Meso Cycle 6	Competitive Spring Season	Jan. 20-April
In Season	Meso Cycle 7	Tapering-Prep Spring Showcase	April April 5-9th TBD
	Meso Cycle 8	Climax Playoffs Showcase Championship	June-July
Off Season			



Periodization Plan



LA Galaxy SD Girls Academy					
Meso Cycle 1; Preparation/ Pre-Season					
Week 1					
Date; Aug 3-4	Session 1			Session 2	
Physical Demand	Fitness- 90% Capacity			Fitness- 90% Capacity	
Game Phase	1. Attacking			1. Attacking	
Tactical Periodization	A1.1	Building from the back		A1.1	Building from the back
Sub/ Counter Principle	A2.1	Receiving to play forward		A2.1	Receiving to play forward
Team Tacticle Principles		1 Spread Out, Expand			1 Spread Out, Expand
		2 Occupy all the spaces and triangulate to create passing options			2 Occupy all the spaces and triangulate to create passing options
		3 Play forward when possible or hold the ball (dribble)			3 Play forward when possible or hold the ball (dribble)
		5 Create diagonal passing lanes			4 Create 2v1 or 1v1
					5 Create diagonal passing lanes
GK Topics					
EXOS					
Activities					
		A1.1 The Arc of the back 4			A1.1 The Arc of the back 4
		A1.1 Playing out of the Back			A1.1 Playing out of the Back
		Rondo Playing through the 6			Rondo Playing through the 6
Coaches Wear					
Players Wear					
	Practice Plan			Practice Plan	



Training Week Schedule



<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>
4:00-6:00pm Poinsettia G04, G03, G01/02, G99/00	5:30-7:30pm Poinsettia G04, G03, G01/02, G99/00	Off	5:30-7:30pm Poinsettia G04, G03, G01/02, G99/00	4:00-5:30 Poinsettia/ Aviara
EXOS-45 min GK- 4:00-5:00	GK-5:30-6:15		EXOS-45 min GK-5:30-6:15	GK-4:00-5:30



Training Layout





Training Environment



The Right People, teaching the Right Things, in the Right Way, the LAGSD Way.

Our unique training environment is made up of:

- High level coaches, who *have* a plan, *believe* in the plan, and *execute* the plan
- High level players, who are dedicated to making themselves the best version of themselves they can be, through a commitment to the program
- Individual care and attention, through our IDP's, strength and conditioning components, futsal, technical development sessions, position specific training session, and video analysis program

Collaboration between our coaches and players creates a positive learning environment and culture of responsibility, accountability and development of each individual within the team setting.



Training Protocol



- Players must be in LAGSD attire for all training (adidas shorts, LAGSD training top, adidas training socks)
- If players are going to be late to training they must text their coach
- If players are going to be missing training they must call their coach



Gameday Expectations



- All home games will be played at Army and Navy Academy
- Teams are expected to watch the game before (2nd half) and stay for the first half of the game after
- Home/Away games players need to arrive 1 hour prior to game time
- Players need to arrive in:
 - LAGSD grey warm up top (not jersey)
 - Running shoes



Academy Structure



Academy Competition Structure

Schedule Format	Play 2-3 times within division (NE/ATL & SW/NW may have crossover reg. season games)
Regular Season	22 - 28 games
Events	Additional 6-9 games
Playoffs (32 Teams*)	3 games for each team that qualifies
Summer showcase (non-playoff teams^)	3 summer showcase games for non-playoff teams
Total Games	28-37 games

**Playoff qualification criteria TBD*

^Games will be scheduled against opponents from a different region





Game Format



Competition Rules & Player Pool

	<u>U-14</u>	<u>U-15</u>	<u>U-16/17</u>	<u>U-18/19</u>
Game Length	2 x 40	2 x 40	2 x 45	2 x 45
Game Format	11 v 11	11 v 11	11 v 11	11 v 11
Gameday roster size	18	18	18	18
Substitutions*	7 subs across 3 moments; no re-entry	5 subs across 3 moments; no re-entry	5 subs across 3 moments; no re-entry	5 subs across 3 moments; no re-entry
Playing time expectations	25% start rate over course of the season	25% start rate over course of the season	25% start rate over course of the season	25% start rate over course of the season

*For all Showcases (excluding playoffs and championships), clubs will be able to utilize 7 substitutions across 3 moments with no re-entry. Halftime does not count as a moment.





Travel



	December 2017	April 2018	June 2018	July 2018
U-14:		Spring Showcase	National Showcase	
U-15:	Winter Showcase	Spring Showcase	Playoffs/ Showcase	Championships
U-16/17:	Winter Showcase	Spring Showcase	Playoffs/ Showcase	Championships
U-18/19:	Winter Showcase		Playoffs/ Championships	



Questions?



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