



FC America Soccer Academy

ELITE TALENT DEVELOPMENT

Elite Training Program

Friday's March 5, 19, April 9, 30, May 14

6:00pm – 7:15pm (players **MUST** arrive 15 minutes early and be dressed, stretched, and ready to go at 6:00pm)

Players MUST wear official FC America Gear (See below)

Elite Training Purpose The Elite Training program is designed for players that possess unique *talents* and *characteristics*. These players have attributes that place them in the top 1% of soccer players in the USA and are destined to higher levels of play. The Elite Training is for the ELITE PLAYER.

The unique *talents* are the player's technical abilities within the game of soccer. This individual is gifted and consistently performs in the top percent of their respective team both in games and training.

Technical/Tactical Predictors

- Quality first touch
- Strikes the ball cleanly
- Ability to dribble to maintain possession
- Ability to dribble to penetrate
- Ability to head the ball in attack and defense
- Ability to finish with their first touch
- Understand transition play on both sides of the ball
- Speed of thought – speed of play – speed of possession
- Ability to read the game

The unique *characteristics* are traits such as desire, dedication, self-motivation, intelligence, punctuality, and leadership to name of few. In a nutshell, he/she has a passion to excel.

Psychological and Personality Predictors

- Committed and demanding
- Attention
- Decision Making
- Game Intelligence
- Creative Thinking
- Anticipation
- Self confidence
- Motivation
- Anxiety Control
- Concentration

NOTE – Players from the 2nd team in an age group are not eligible to attend unless approved by the respective Director of Coaching and Player Development. The idea is to create as high a level environment as possible. The training will be very demanding. The goal is to provide an atmosphere where players are challenged and playing with others that have the same attitude and desire

Players on 2nd teams that need further challenge should be sent to train with the first team or older ages during their normal training times.

Elite Training Instructions FC America will conduct the Elite Training program on Fridays from 6:00-7:15 p.m. at Trotters Park. Two to four of the best players from the each team are to be selected for the Elite Training program by the coaching staff of each team. The players will be divided into two groups: 11-13 boys and girls and 14-18 boys and girls (or based on the number of players that show up).

Elite Training Specifics

Players MUST arrive 15 minutes early and be stretched, dressed and ready to go by 6:00pm. Boys and Girls MUST be prepared with the following:

- White FC America Training Jersey
- White Socks
- Black Shorts
- Boots
- Shin Guards
- Soccer Ball

If a player is not wearing the specific gear above or without a ball and shin guards they will NOT be allowed to participate and sent home.

Each Head Coach will designated between two (2) and four (4) players they feel correctly demonstrates the attributes listed above. Coaches DO NOT have to select ANYONE but can send no more than four (4). DO NOT SEND just any player. This is an ELITE program and should be treated as such. It is not EXTRA training. This is meant for the top 10-20% of each team.

Player names must be sent via email to the respective DOC by Friday at 10:00 am.

Links –

National ODP Criteria

http://www.usyouthsoccer.org/news/story.asp?story_id=3406

Talent Identification Article

<http://nscaa.com/subpages/20090513095355979.php>

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