

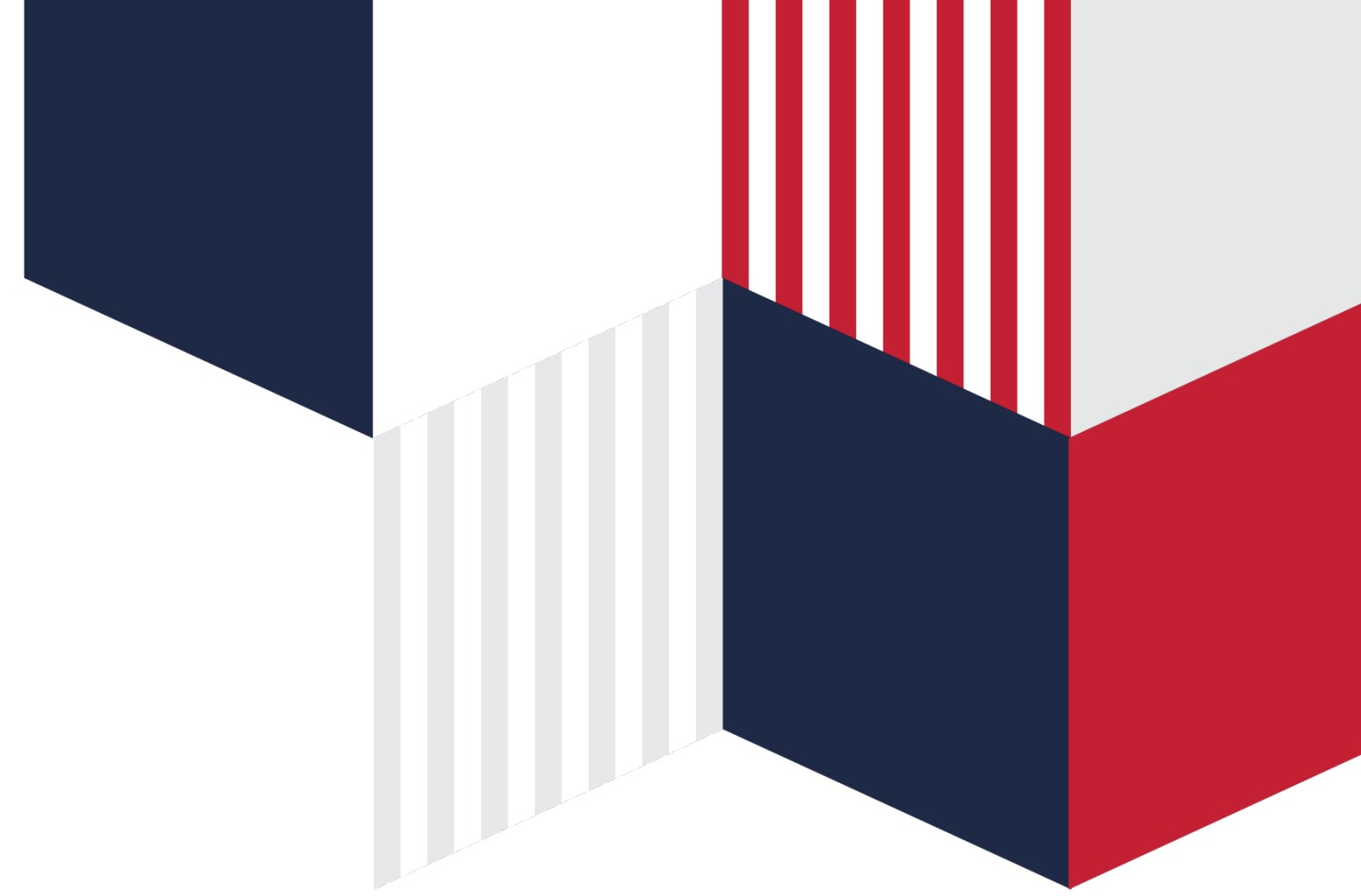


U . S . S O C C E R F E D E R A T I O N
**PLAYER DEVELOPMENT
FRAMEWORK**
PLAYER CENTERED



U.S. SOCCER FEDERATION - TECHNICAL PLAN

PLAYER-CENTERED



“SAFETY, BELONGING, FUN, AND DEVELOPMENT
AS KEY PILLARS
FOR A STIMULATING SOCCER EXPERIENCE”



FOCUS ON INDIVIDUAL DEVELOPMENT

CREATE A POSITIVE, SUPPORTIVE AND CHALLENGING LEARNING ENVIRONMENT

FUN

ALL PLAYERS:

- PLAY A LOT OF GAMES DURING PRACTICE THAT INVOLVE THE BALL AND SCORING OPPORTUNITIES
- ENJOY THEMSELVES WITH OTHERS AND CELEBRATE SUCCESS

DIGNITY & RESPECT

ALL PLAYERS:

- HAVE THE OPPORTUNITY TO EXPRESS THEMSELVES AND ARE LISTENED TO
- ARE TREATED FAIRLY AND ENCOURAGED BY THE COACH
- ARE SUPPORTED BY THE PARENTS
- TAKE ACTIVE PART IN EACH GAME & PLAY AT LEAST 50% OF THE TIME
- LEARN TO RESPECT RULES (LAWS OF THE GAME- FAIRPLAY)
- LEARN TO RESPECT OTHERS (FAIR AND HONEST TREATMENT OF PEOPLE)

SAFETY

ALL PLAYERS:

- PLAY IN PHYSICALLY SAFE CONDITIONS
- ARE FREE FROM INTIMIDATION, HARASSMENT, AND BULLYING
- PLAY WITHOUT BEING UNDER PRESSURE TO GET RESULTS

DEVELOPMENT

ALL PLAYERS :

- EXPERIENCE THE APPROPRIATE LEVEL OF CHALLENGE IN TRAINING AND COMPETITION
- ARE CHALLENGED TO MAKE OWN DECISIONS, TAKE INITIATIVE AND BE RESPONSIBLE
- LEARN & IMPROVE THEIR SOCCER SKILLS
- RECEIVE CONSTRUCTIVE FEEDBACK
- EFFORTS ARE VALUED (BUILD SELF-ESTEEM)
- LEARN TO COLLABORATE AS TEAMMATES
- BUILD RELATIONSHIPS

CREATE A CULTURE OF BELONGING

ALL PLAYERS ARE ENCOURAGED TO PARTICIPATE, GIVE THEIR BEST, AND HAVE FUN



U.S. SOCCER FEDERATION - TECHNICAL PLAN

PLAYER CENTERED

SOCCER IS A GAME OF EMOTIONS

PLAYERS EXPERIENCE MANY EMOTIONS DURING GAMES AND PRACTICE

A GAME IS AN INTENSE EXPERIENCE WITH DIFFERENT KINDS OF QUICKLY CHANGING EMOTIONS

JOY - HAPPINESS - CONFIDENCE - FRUSTRATION - DISAPPOINTMENT - ANXIETY - GUILT - PRIDE



U.S. SOCCER FEDERATION - TECHNICAL PLAN

PLAYER CENTERED

IMPORTANCE OF EMOTIONS: BEHAVIORAL AWARENESS

- We acknowledge that everyone has emotions
- We recognize our emotions (and the ones of others) and understand them
- We talk about emotions (check-in)
- We manage our emotions instead of allowing them to control us