



# Center of Excellence 2018

# Center of Excellence Mission

To allow players opportunities to access appropriate levels of training, coaching and support, throughout the talent pathway, enabling the program to reach our ultimate goal in producing elite US male & female players to compete at a US Regional or National Level Event.

Any player that is not part of The Center of Excellence program will not be eligible for Elite ID Camps, Elite Competition or International team selection.

# What is it?

The Center of Excellence is a soccer training program designed for all players born 2010-2005 who enjoy challenge and competition, who love the game and put a high priority on soccer and training outside of their normal team training. Typically these male & female players will show determination – to get better, to learn all they can, to train across age groups and learn from the best players, coaches and directors within the area.

The Center of Excellence aims to bring together the most committed players at each age level from the area to practice in a small group setting focused on individual player development. The Center of Excellence is open to any registered soccer players within the State of Illinois.

In addition, the Center of Excellence offers the opportunity for the players to represent the center at a US Regional or National event during Spring and/or Summer. **The Center of Excellence directors will evaluate players throughout the training center and will invite players who show a higher level of ability in all 4 components of soccer.** *(Technical, Tactical, Physical & Psychological)*

# Why Join?

The goal of the Center of Excellence is to provide additional opportunities for area players to accelerate their soccer development during the winter months and beyond. It will not only foster an intense level of training, but will allow players to further develop away from their own team training and learn from their peers & highly licensed coaches from around the country. In addition, below are a number of opportunities during the center of excellence programming.

- To bring players together from each age group in the surrounding areas, creating a competitive, high level training environment.
- To offer a comprehensive curriculum that focuses on individual development whilst teaching tactical development.
- Creates a player development environment through appropriate level of challenge, leading to a peak player experience and performance.
- To offer the opportunity for the players to represent the center and compete at a US Regional or National Event during Spring and/or Summer.
- All training will be run by High-Level US Soccer Federation Licensed Technical Directors & Directors of Coaching. *(Suggested clinicians could include; Illinois Youth Soccer Director of Coaching Adam Howarth, (USSF A License) LTSC Technical Director Gavin McCrindle, (USSF B License & USYS National Youth License) Directors of Coaching Joe Ilett & Matt Hodgson, (USSF B License) & US Soccer License Educators & Regional 2 ODP Coaches.*

# Benefits of the Program

Individual players will be challenged to master new skills, problem solve in difficult game situations, and develop ownership of their soccer development in a group environment.

Ultimately, developing the tools and skills to become a more complete player to take back to their team training and beyond. The benefits will include:

- **Technical** – Correct execution of Technique & Soccer Skills
- **Tactical/Soccer IQ** – Decision Making & Tactical awareness
- **Physical** - Speed, Agility, Explosiveness (Presented by SEG Athletic Trainers)
- **Psychological** – Character, Perseverance, Commitment, Discipline

# Program Description

**Session 1** - will consist of technical practices with an emphasis on ball mastery, speed, agility, and quickness. Practices will be designed with a focus on coaching the individual player within a small group setting. Training in small groups will allow for the appropriate challenge for the player, and lead to a peak experience.

**Session 2** - will be Futsal based training, focused on developing technical skills and ability to play in situations of high intensity. The nature of Futsal training places a large emphasis on individual soccer competencies that can be translated into a game situations.

**Session 3** - Invited players from Session 1 and 2, who demonstrate a commitment to training, determination to improve, and increased levels of play will be invited to attend an additional 3 weeks of training in preparation of the Center of Excellence Team(s) tournament at a US Regional and/or National event. *Please Note: The event will either take place at the end of Spring or early Summer.*

# Available Dates

<b>Program</b>	<b>DATE</b>	<b>TIMES</b>	<b>Location</b>	<b>Register Info</b>
Session One	11/6 to 12/12 (Tuesday & Wednesdays)	<b>Girls</b> Tue-5pm-6pm, Wed-4-5pm <b>Boys</b> Tue-6pm-7pm, Wed- 5-6pm	Max Indoor Facility	<a href="http://www.ltsc.us/centerofexcellence">www.ltsc.us/centerofexcellence</a>
Session Two	1/13 to 2/17 (Sunday's)	<b>Girls</b> 5pm-6pm <b>Boys</b> 6pm-7pm	Lyons Township Field House – North Campus	<a href="http://www.ltsc.us/centerofexcellence">www.ltsc.us/centerofexcellence</a>
Session Three	2/24 to 3/10 (Sunday's)	<b>Girls</b> 4pm-5pm <b>Boys</b> 5pm-6pm	US Regional and/or US National Event	Invitation Only by Training Center Staff

**Please Note:** There are limited spots available for all Center of Excellence events. Once registration is closed we can not offer anymore spots.

# Center of Excellence Pricing

Program	Includes	Fee	Location	Register Info
Session One	All Training, Director coaching, T-shirt, Facility Cost, Administration	\$219	Max Indoor Facility	<a href="http://www.ltsc.us/centerofexcellence">www.ltsc.us/centerofexcellence</a>
Session Two	All Training, Director coaching, T-shirt, Facility Cost, Administration	\$149	Lyons Township Field House – North Campus	<a href="http://www.ltsc.us/centerofexcellence">www.ltsc.us/centerofexcellence</a>
<b>*Register for both session 1 and 2 and receive a discount price of \$318 for the Full Program</b>				
Session Three (Invite Only)	All Training, Director coaching, T-shirt, Facility Cost, Administration, Event fee, travel costs, equipment costs	Range between \$140-\$200 Depending on event location	US Regional and/or US National Event	Details to follow



# Contact Information

For further information on the Center of Excellence please contact,

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[www.ltsc.us/centerofexcellence](http://www.ltsc.us/centerofexcellence)