

Select Manual

One Coast.

One Club.

One Passion.



All Youth.

All Levels.

All Soccer.



Billy Swails

PHILOSOPHY

To develop players that are capable of playing the game of soccer the beautiful way with total technical mastery of the soccer ball enabling them to make more creative, skillful, and better soccer decisions in a number of different systems of play. It is our goal to produce players that have solid technical foundations, tactical understanding of small sided situations and larger scale understanding of systems of play, understanding of positional responsibilities within the framework of the team, and a love for the game being played skillfully and intelligently. Emphasis is on commitment to training, time with the soccer ball, being good stewards of the beautiful game, sacrifice, loyalty, teamwork, perseverance, and passion for the game played beautifully.

BECOMING A SC UNITED MOUNT PLEASANT SELECT PLAYER

May of every year SC United Mount Pleasant holds evaluations for its teams that participate in the South Carolina Youth Soccer Association leagues. Players must go online at www.scunitedmountpleasant.com to register for the evaluations if they wish to participate. The evaluation fee is 25\$ per player and includes a evaluation t-shirt. Players unable to attend evaluations in May each year must contact the Director of Coaching to arrange another evaluation time.

OPPORTUNITIES

Our players are afforded opportunities to play at the highest level of youth soccer for girls and boys the United States has to offer. Our Elite teams strive to participate in the Region III Premier League and numerous showcase tournaments throughout the year. In addition, we are a proud affiliate of the SC United Development Academy for boys. We encourage all Elite boy's players U15 and up to tryout each May with the SC United Development Academy program.

TRAINING!!!

Philosophy: Better training sessions produce better players. Our emphasis in training is put on the development of the individual player. Producing more technical and more intelligent soccer players make teaching the tactical aspects of the game much simpler. Training at SC United Mount Pleasant is modeled after the best youth academies in the world, JMG Academy, FC Barcelona, Arsenal FC, and the KNVB methods. Training sessions should be organized, efficient, maximize each players quality touches on the ball, focus on fundamental technical ability to prepare the ball, pass the ball, dribble the ball, and strike the ball. Through U16, two out of every 3 training sessions should include small sided tactical activity such as 2 vs. 2 +1, 3 vs. 3 +1, and 4 vs. 4. After U16, each player in our club should have mastered the ball and be able to expand to larger sided tactical situations and larger group play 2 of 3 sessions.

Progression: It is our club philosophy and belief that each individual player needs to master the soccer ball. This comes only from time spent with the ball in technical functional situations that have deliberate goals and demands set by our coaching staff. Until players have mastered dribbling the ball, there is no need to go on to passing the ball, until players have mastered passing and preparing the ball over 5 and 10 yards correctly then there is no need to move on to possession type activities, until players have mastered receiving the ball out of the air via juggling then there is no need to move on to striking the ball over distance, and so on. Our juggling progression is posted on line at www.scunitedmountpleasant.com . Following the JMG Academy model of training, juggling is the

foundation for our individual player's ball mastery. Juggling is done with specific goals implemented at each training session with specific repetitions. Through the juggling patterns and repetition of the patterns implemented our players learn how to strike the ball properly with the top of the foot, how to prepare the ball out of the air more effectively with the foot, the thigh, the chest, and the head. Most importantly they gain total comfort to do what they like with the ball and ultimate confidence in their ability to use the ball in any situation.

Barefoot: Our club follows the methodology set by JMG Academy through the U16 age group by training barefoot as much as possible when surface and temperature conditions allow us to safely do so. Training barefoot requires that players execute perfect technique during technical fundamental activities including juggling, dribbling, passing, preparing, and striking. Playing barefoot especially emphasizes more skillful, intelligent, and efficient defending as it discourages jumping into tackles, tackling with incorrect technique, and mistiming attempts are repossessing the ball. Players enjoy playing barefoot as it allows for perfect feel and understanding of how to use the ball. When barefoot, there is 100% transference to the brain from the touch of the ball, this is not the case when wearing shoes. (You wouldn't learn to write or type with big gloves on your hands!)

Simplicity: It is our belief that activities need to be stripped down to the bare fundamentals and maximize quality repetitions, include a match realistic fitness component, be goal driven, and include competition. Youth need to be given the tools to play the game and the way to make the game more fun and exciting for them is to put them into activities that allow them to master the ball thus allowing them to be more comfortable making decisions in the game.

Requirements: Every session our coaches produce should include soccer related objectives, as many repetitions as possible (through good planning, having enough soccer balls available, training equipment, and goals), take the group into consideration for their age and skill level, and correct coaching that influences players in a positive manner via coaching interventions, instructions, demonstrations, and answers to questions and sharing of ideas.

Small Sided Games: Games of 2 vs. 2, 2 vs. 2 +1, and 4 vs. 4 and 4 vs. 4 +1, should be implemented as much as possible when moving from the technical fundamental activity to competitive play. Small sided games allow players to increase their touches on the ball, be forced to make faster decisions more often, become more comfortable competing, and have more opportunity to learn how to win. Each participant gets plenty of touches on the ball, has to solve a lot of soccer problems, and is involved in plenty of goals and excitement in training. Such games incorporate all the key elements of soccer. Focus should be on the qualities that the players reveal during the actual play. These types of games must be central to each training session. This is the only way that players can become accustomed to solving a wide range of soccer problems and can learn to recognize solutions in full sided matches on the weekend and at tournament play.

More on small sided games: Our coaches are encouraged to play as much 4 vs. 4 as possible because it is the smallest way of playing the game without losing any of the ingredients that makes the game what it is. This includes the ball, opponents, team mates, space, pressure, rules, time, and direction. All skills that are involved in the full sided game can be developed here such as technical, physical, insight and awareness, and communication. Because of the number of players there are always possibilities to play deep, wide, or backwards. In addition, there are fewer players which means there are more touches per player, smaller space that will help to speed play, simple rules, more intensive social contact, and more decisions made in less time.

In order to develop players that are skillful (meaning they are able to execute technique within the context of the game) we teach and coach technique within the context of the game. Utilizing small sided games we are able to develop skill in a realistic environment that encompasses all the demands of the game.

Goalkeeper Training: We offer goalkeeper specific training once a week for all select goalkeepers throughout each season. This is an excellent opportunity for them to work in a small group setting with a qualified goalkeeper trainer. In addition to this separate session we ask our coaches to incorporate their goalkeepers into the team training sessions as effectively as possible for match related play.

Frequency and Duration: We ask all our players in the select program to train with their team a minimum of three sessions a week for at least an hour and 15 minutes. This frequency and duration may be altered based on the player's competition schedule with their team and via the passport program if the player is called into training with another team in the club.

Training Attire: Players are expected to wear the seasonally assigned training top and black shorts to every session. Each player also, unless otherwise told by their coach, must bring a proper soccer ball, water, soccer cleats, running or flat soled soccer shoes, and black socks.

Training Attendance: Players in our select program are expected to be at all 3 team sessions a week. They may be asked to attend additional training sessions by the coach and the DOC of the select program. Many of our teams have players from outside of the Charleston and immediate surrounding area. Training attendance requirements for those players will be set by the coach of each team prior to the season. Regular attendance to training in Charleston and at our satellite centers is crucial to individual player development. Each family should understand that they are making a commitment to total player development and that means time on the ball in a constructive training environment.

GAMES

League and Tournament Play: Once a player has been assigned to a team roster, has accepted that spot, and registered with the club they are expected to attend all league and tournament matches for the year with the assigned team unless the Director of Coaching has made the decision to transfer the player to another team within the club, granted a release of the player from the club, or the player and or parents have violated the clubs code of conduct and thus been prohibited to participate with the club. Players are expected to abide by the team rules set by the coach as far as showing up for matches on time, being properly equipped to play, abiding by the playing time policies set by the coach in regards to training attendance.

Time in the Game: During league games and tournament play, no playing time is guaranteed. Each player has the right to compete in each training session, to work to show that they are capable of making critical tactical decisions, to exhibit insight into the game, to display technical ability under the pressure of the games demands, and to battle for a position on the field. Our club is a professional youth soccer development organization in which families pay for professionally licensed coaches to train each individual player to become a better soccer player. It is the player's responsibility to show desire, interest, and willingness to compete. Coaches will continuously work to evaluate each player's progress and ability to affect the game in a positive way for their team. Coaches have the responsibility to make

decisions during league games and tournament play to put the team and each individual player in the best position possible to compete and have fun.

Tournament Policy: Tournaments for each team are selected by the Director of Coaching and the coach of each team. Players and parents are informed of the tournaments that each team will be attending prior to the season. Players unable to attend a certain tournament are still required to pay into the team budget for that tournament. They must also notify the coach ahead of time. Many tournaments require that teams book hotel rooms via a tournament housing committee at a certain rate in order to gain acceptance into the tournament. Parents may not opt out of staying at team hotels in order to book their own rooms at a lesser rate at another hotel. If they wish to do so, and the team is penalized financially because of this, then those parents are expected to pay that penalty. Families may stay with family and friends at tournament locations rather than staying at the team hotel.

Financial Commitment: Each team will attend league games and tournament games. There are fees associated with these events such as referee fees, tournament entry fees, and coaches travel reimbursement. Once accepting a spot on the team, families are expected to fulfill their financial commitment to the team in order to participate in play with the team. Players transferred to another team within the club during the season by the Director of Coaching will fulfill their financial commitment to their original team. The receiving team's budget will remain intact for that season. Players wishing to transfer to another club will not be granted a release until determined by the Director of Coaching to be in good standing with SC United Mount Pleasant and the team they are leaving.

PLAYING UP and MIXED GENDER TRAINING

Playing Up: A player playing up into an older age group is the discretion of the Director of Coaching. In general, playing up will be reserved for players that are clearly considered one of the top players in their current team and in the team in which they will be playing up. As our primary goal is individual development, it would stunt a player's growth to continue to play in an age group if he/she isn't being challenged during training or games with that age group.

Passport Program: The club has implemented a passport program for players to train up at least once a week with the next team a level up, whether that is from Crescent to Palmetto, Palmetto to Elite, or Elite age down to Elite age up. Each coach has the ability to identify 3-4 players to participate in the passport each week in agreement with the Director of Coaching.

Mixed Gender Training: Girls players playing in a boys team training environment is the discretion of the Director of Coaching. For development of our girl's players it is critical that the exceptional girl be allowed access to a faster speed of play and more challenging environment by playing and training up as well as with boy's teams.

Interclub Scrimmages: It is beneficial for our teams to scrimmage each other periodically. If a team trains against a younger or lower level team in our club it allows opportunities for the team to work on shape, attacking pattern play, finishing. If a team is trains against an older or higher level team it allows the team the opportunity to work on topics such as individual and team defending as well as encouraging them to increase their speed of play and be more challenged technically when in possession and tactically when in possession. It is highly recommended for our girls teams to train against our boys teams as it presents the girls with new problems to solve in speed of play, strength, and organization tactically.