



# WASHINGTON PREMIER FC COACHING PHILOSOPHY

2018

## Club Vision

**WPFC** aspires to be a consistent top-tier soccer and educational club providing outstanding training, soccer experiences, and life skills while being recognized as a national leader.

## Mission Statement

Through competitive soccer and a commitment to excellence we provide young men and women an experience that will guide the development of their character, athletic, academic and leadership abilities and their sense of community.

## Core Values

**W** → **Work**

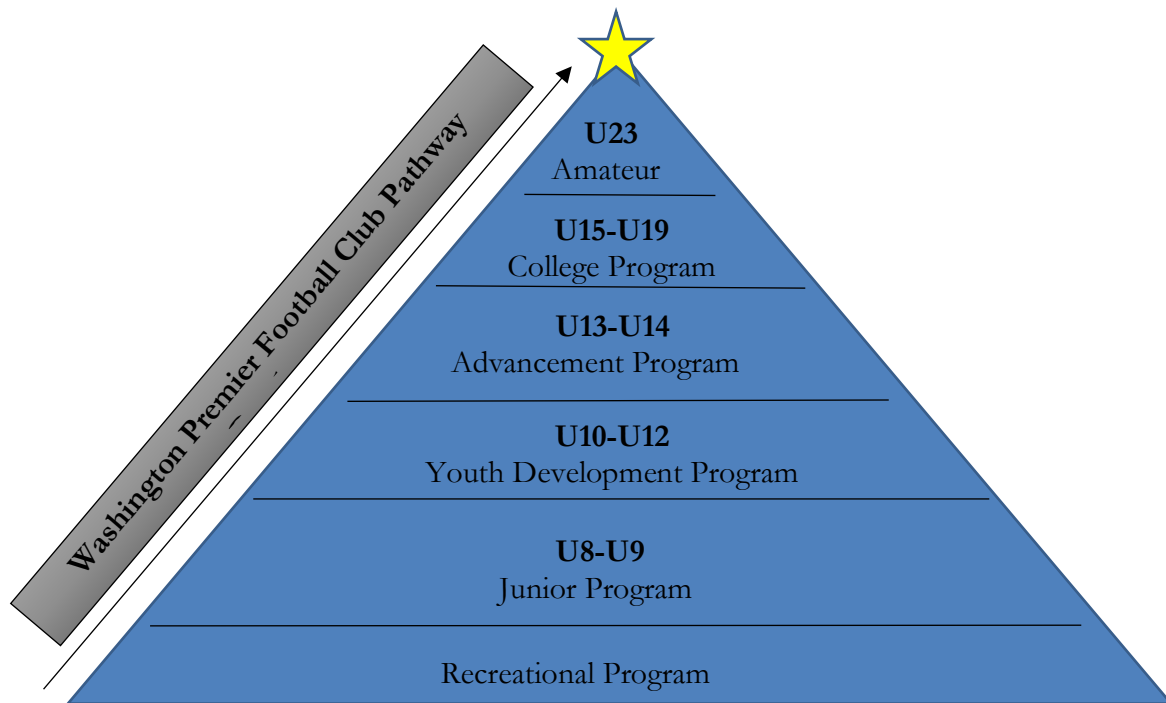
**P** → **Passion**

**F** → **Fun**

**C** → **Commitment**

# Club Model of Development

The Club model is a roadmap and pathway of development for every player's journey at Washington Premier Football Club.



All teams will be educated and developed by a staff that will assist each player to reach their maximum potential. Coaches will operate with the same objective and will work with each other and for each other. Each coach will bring a certain character and high standard of decorum to put the club first in pursuit of building a nationally recognized program. The coaching staff will motivate, inspire, educate the players and have passion and enthusiasm to work in the Washington Premier Football Club.



# WPFC Model

## PROGRAMS

**Amateur Program**  
**(U23)**  
**11V11**

**College Program**  
**(U15-U19)**  
**11V11**

## OVERVIEW

THE HIGHEST LEVEL IN THE PROGRAM FOR ELITE PLAYERS. THIS PROGRAM IS NOT ONLY A BENEFIT FOR OUR ALUMNI COMING BACK TO STAY FIT AND IN FORM, BUT OPEN TO ALL PLAYERS LOOKING TO COMPETE ON A PROFESSIONAL LEVEL. FULLY CLUB INTEGRATED PROGRAM OF HIGH EXPECTATION AND COMMITMENT.

SHOWCASING AND PREPARING PLAYERS TO COMPETE IN STATE, REGIONAL AND NATIONAL COMPETITION. THE PROGRAM GEARS PLAYERS TO BE TECHNICALLY SOUND AND CAPABLE OF COMPETING AT THE HIGHEST LEVELS. CLUB WIDE PROGRAMING FOR ALL TEAMS FROM SIMPLE TO COMPLEX TO BE A STRONG POSSESSION PLAYER WITH TACTICAL UNDERSTANDING OF ALL POSITIONS ALONG WITH BEING PHYSICALLY FIT.

## **Advancement Program (U13-U14)**

11V11

UNDERSTANDING A STYLE OF PLAY AND ADVANCED TACTICAL AWARENESS. POSSESSION ORIENTED GAME ATTACKING FROM THE BACK, DISPLAYING CREATIVITY ON AND OFF THE BALL AND DEVELOPING A STRONG COMPETITIVE MENTALITY. ABLE TO PLAY IN VARIOUS SYSTEMS, OBTAIN BODY CONTROL AND CONFIDENCE ON THE BALL. TECHNICAL ADVANCEMENT IS CRITICAL AT THIS AGE GROUP AND AN UNDERSTANDING OF TEAM SHAPE BOTH DEFENSIVELY AND OFFENSIVELY. INCORPORATION OF GK IN TRAINING.

## **Youth Development Program (U11-U12)**

9V9

DEVELOP FUNDAMENTAL TRAINING METHODS, INDIVIDUAL BALL MASTERY AND GOOD TECHNICAL SKILLS. PLAYERS WILL LEARN COMBINATION SKILL MOVES AND DEVELOP GOOD 1V1, 2V2, AND 3V3 APPLICATIONS. PLAYERS WILL UNDERSTAND SPACING ON THE FIELD AND LEARN TO MOVE OFF THE BALL. THE TECHNICAL FOUNDATION OF MORE COMPLEX TASKS ARE PASSING, SHOOTING, DRIBBLING AND TRAPPING. TECHNIQUES WILL BE EMPHASIZED.

## **Fundamental Training Program (U9-U10)**

7V7

A POSITIVE AND FUN EXPERIENCE FOR LEARNING HOW TO TRAIN. PLAYERS WILL EXCEL WITHIN A BASIC STRUCTURE AND DEVELOP A TECHNICAL FOUNDATION THAT WILL ENSURE THE BASIC PRINCIPLES OF THE GAME. PLAYERS WILL FOCUS ON SHOOTING, PASSING, DRIBBLING, AND RECEIVING TECHNIQUES AS THE BASIC TOOLS OF DEVELOPMENT. 1V1, 2V2 & 3V3'S ARE BROKEN DOWN WITHIN THIS PROGRAM. MORE GAME-LIKE ACTIVITIES FOR LEARNING AND DISCOVERY.

## **Junior Program (U8)**

4v4

DEVELOP A LOVE FOR THE GAME. FOCUS ON TECHNICAL DEVELOPMENT WITH AN EMPHASIS ON BALL FAMILIARITY, CONTROL AND COORDINATION. DRIBBLING, TRAPPING, SKILL MOVES AND CREATIVITY & COMFORT WITH THE BALL. THEY MUST HAVE A FUN EXPERIENCE WITH THE PRIMARY FOCUS ON DEVELOPMENT. SMALL GROUP ACTIVITIES WHERE THEY RECOGNIZE THEIR TEAMMATES WITHIN 2V1, 2V2 AND 3V3 ENVIRONMENTS.

# Goalkeeper Curriculum

## **7v7: FUNDAMENTAL TRAINING**

- WPFC will not have designated full-time players in the goalkeeping position for 7v7 teams
- Every player on the roster will be expected to participate in training and games as a goalkeeper on a basis determined by the team's head coach
- A minimum of four players per game (two each half) will play in the goalkeeping position
  - **Note:** the reference to four players can be modified in these guidelines if there is consensus of a better model

## **9v9: YOUTH DEVELOPMENT**

- WPFC will not have designated full-time players in the position for 9v9 teams. No player will play in goal for the entire match
  - The exception to this rule may be the Development Academy teams
- All interested players wanting to play in the goalkeeper position will have the opportunity to do so. It is the responsibility of the team's head coach to ensure all interested players have the opportunity to regularly practice and play in games as a goalkeeper throughout the year
- A minimum of two players per game will play in the goalkeeping position

\*Unless there is a player that desires to be a full-time goalkeeper and no other players wants to play in goal.

Washington Premier F.C. believes in affording players the opportunity to learn and develop in all positions at the youngest ages. In doing so, our players will gain insight and develop into versatile, competitive individuals that will inform their future roles and expectations in the sport.

# Method of Play

The Washington Premier Football Club will play a possession-oriented attacking style of soccer in all areas of the field. Teams will look to move the ball quickly from their defensive 3<sup>rd</sup> and into the middle and attacking half of the field to control the tempo and dictate play. We will do this with an attempt to pull the opposing teams into our half of the field by creating space in the offensive half to attack. We also encourage our players to use their technical skills and be creative in the offensive half of the field by identifying numerical advantages and 1v1 scenarios. We take pride in defending and competing to get the ball.

As we attack out of the back our goal is to create options out wide, find split passes or by putting purposeful balls up the field into space that will allow our teams to move up the field. Our method of play may vary from time to time depending on the situation and the opponent. Teaching the players to let the ball do the work and having good discernment on the field. Keeping the ball through passing and not letting the defensive team adjust to our team attack is how a player will maintain efficiency. Our main focus is to keep possession of the ball more than the opposing team and through our possession create goal scoring opportunities. While we will high pressure at times in the game defensively we will work hard to get behind the ball and commit to getting the ball. Through our weekly preparation we will always compete to WIN!

# College Program

The Washington Premier Football Club is committed to helping every player with the desire, ability, and motivation to play college soccer. We believe that there is a good college program to every player who is passionate about the game. Provided that you are a hardworking, dedicated soccer player who is committed to training and playing at a high level, our goal is to help player get to college.

The following are some of the highlights of the Program;

- Attendance to top quality tournaments to be showcased
- Finding the right fit in a college or university (thru College Fit Finder)
- Academic monetarization
- College Visit
- College Education meeting for each HS age groups (Fresh., Soph., Jr. & Sr.)
- Personal meeting with Player and Parent upon request
- Communicating feedback from College Coaches-We want you to understand where the college coach sees you.
- Act as an agent or representative for the player
- WPFC College ID Camp/Event
- WPFC will host a College Signing Day Event
- H.S. Senior Night Event
- Important dates for PSAT, ACT and SAT testing



# Additional Club Programs/Events

- Finishing Camp
- College ID Camp
- Junior Academy
- College Program
- Friday Night Academy
- Recreation Program
- Goalkeeping
- HS Senior Night
- Next Level Elite Training
- Futsal Training