TRAINING METHODOLOGY

► <u>Training exercise methods</u>

► Deciding the method (i.e. position game, possession game, tactical situation game) to use

► <u>Training exercise creation</u>

► Taking into consideration the exercise dimensions, numbers, location on field, where balls are placed etc

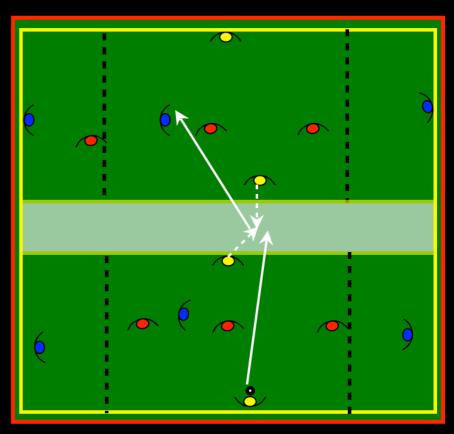
► <u>Training session organization</u>

► Coordination and progression of exercises in the entire training session

► <u>Training periodization</u>

► Short, medium, and long term planning of training from a tactical-technical-physical-psychological perspective





CLUB OPERATIONS

Administrative strategies

► Implementing processes to optimize scheduling amongst teams and communication both internally and externally

Operation strategies

► Optimizing processes at host sites of games and tournaments - i.e. event scheduling, emergency plans, and execution of event

Fundraising strategies

► Generating creative ways to fundraise in order to reduce costs to families and club



PLAYER EVOLUTION

- ► <u>Player development strategies</u>
 - ► Strategies and programs surrounding tactical-technical-physical development
- ► <u>Player progression strategies</u>
 - ► Mentorship towards navigating the player pathway i.e. high school to college, college to professional
- Transitioning from playing to the 'real world'
 - ► Helping guide athletes into taking the next step in their lives

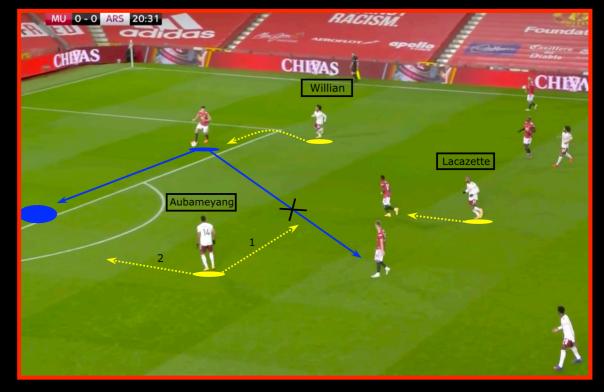




COACH EVOLUTION

- Game model development
 - ► Helping coaches to organize and structure their vision and ideas of the game
- Coaching methods on and off field
 - ► Strategies to optimize game analysis, team presentations, and coaching on the field
- ► <u>Leadership strategies</u>
 - ► Leadership development for the individual coach and for the team





COLLEGE RECRUITMENT PROCESS

College search process

► Help guide and mentor student-athletes to find the school that best suits them

Creating player profile

► Help player to generate materials such as highlight videos and resumes to best transmit who they are to the coaches

► Communication with coaches

► Optimal communication strategies with college coaches related to e-mails, phone calls, and in-person meetings

