

The Monroe Way



***‘To Inspire Our Children To Be Confident, Creative,
Positive Leaders On And Off The Soccer Field’***

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MTSC Respect and Culture



- **Arrive at training 15 minutes before start time**
- **Bags lined up facing field at training and games**
- **Players must shake hands and politely greet All trainers/coaches/parent coaches/referees on arrival and when they leave.**
- **No shooting if players arrive early. Juggling/moves/short passing in pairs**
- **If player is late, they must apologize to trainer before entering session**
- **If pinnies are used in a session, they must be worn correctly**
- **All teams must be in training uniform, no hoodies wrapped around waist, sleeves hanging down past fingertips, jackets unzipped flapping around.**
- **Summarize at end of training in team huddle, arms around each other in team unity. All eyes on coach.**
- **Players leave in an orderly manner, no kicking balls around the trainers work area, no messing around, no litter left on field.**

MTSC Parent Philosophy



- All parents to view 'ILWYP' video – 'Parents' section at monroesoccer.com
- NO coaching from the side line at games or training ie pass! Shoot! Get wide!
- Late players do not start games
- Communicate to the coach in a timely manner if a player cannot attend a game or training session.
- Please be supportive of our coaches, it can be very damaging to a players attitude if they overhear you commenting negatively on a substitution or tactical decision.
- Please be mindful that you should be a role model on the sidelines
- If you have an issue with a coach do not under any circumstances approach the coach when emotions are high at a game in front of other parents and players. You must wait at least 24 hours before contacting the coach to discuss your concern.

MTSC Parent Philosophy



- **Players positions not guaranteed. Positions will be based on what that player needs to develop and NOT to win games.**
- **Equal playing time for all players in games**

MTSC Training Philosophy



"The first thing to do is to give them the basics. The basics are technique, and you go from there. To make a comparison, it's a bit like when you have a child - first you want to teach him a vocabulary so he can express himself. The technique is a vocabulary of a football player - that's the basis. After that, you want your child to use intelligent sentences.."

Arsene Wenger, Arsenal FC

MTSC Training Philosophy



- Trainers to create a fun but hard working educational environment
- Intense sessions with maximum activity. NO lines, lectures or laps
- Zero tolerance for bad behavior, lack of respect or rudeness
- Focus – looking, listening and thinking when coach is instructing
- No room at training or games for laziness
- No player in any training session should be taught to just clear it or kick it out of play when under pressure. Encourage problem solving to play out of trouble. Create targets for when ball is won back when defending.
- Any Players defending, i.e. 1v1, 4v2 keep away, scrimmage, MUST work their hardest to win ball back, encourage aggression and game-like contact.
- Teach playing out of the back when goal keeper has ball, punting is LAST option
- Never discourage a player taking a shot at goal

MTSC Training Philosophy



- **Players should not be afraid to fail! Encourage creativity and allow mistakes to be made, this means learning is taking place.**
- **Create reflective intelligent players, ask ‘why? How? What? Who? Don’t just tell.**
- **Create a winning mentality, make all exercises and games a competition.**
- **Players to practice away from practice. Training as a team is only part of their development. Each player to keep a training diary.**
- **Let players make their own decisions, Don’t tell them what to do!**
- **Guide players to make the right decisions, find solutions and problem solve**
- **Equal playing time in games**
- **Always be positive and encouraging when giving feedback**
- **Execute suitable curriculum dependent on age and ability (see following section)**

MTSC Training Philosophy



" Imagination is more important than knowledge. For while knowledge defines all we currently know and understand, imagination points to all we might yet discover and create."

Albert Einstein (1879-1936)

MTSC Development Model



Ages: U4 and U5 years old – Ball exploration and FUN!

Ages: U6 and U7 – ball mastery, opposition games.

Scrimmages are 2v2; Soccer is a dribbling and shooting game, no offside

Ages: U8 and U9 – application of 2v2, evolution towards game nearby.

Scrimmages are 4v4/5v5 with GK; Soccer is a short passing game, no offside

Ages: U10 and U11 – application of 2v2 & 5v5, evolution toward med/long play

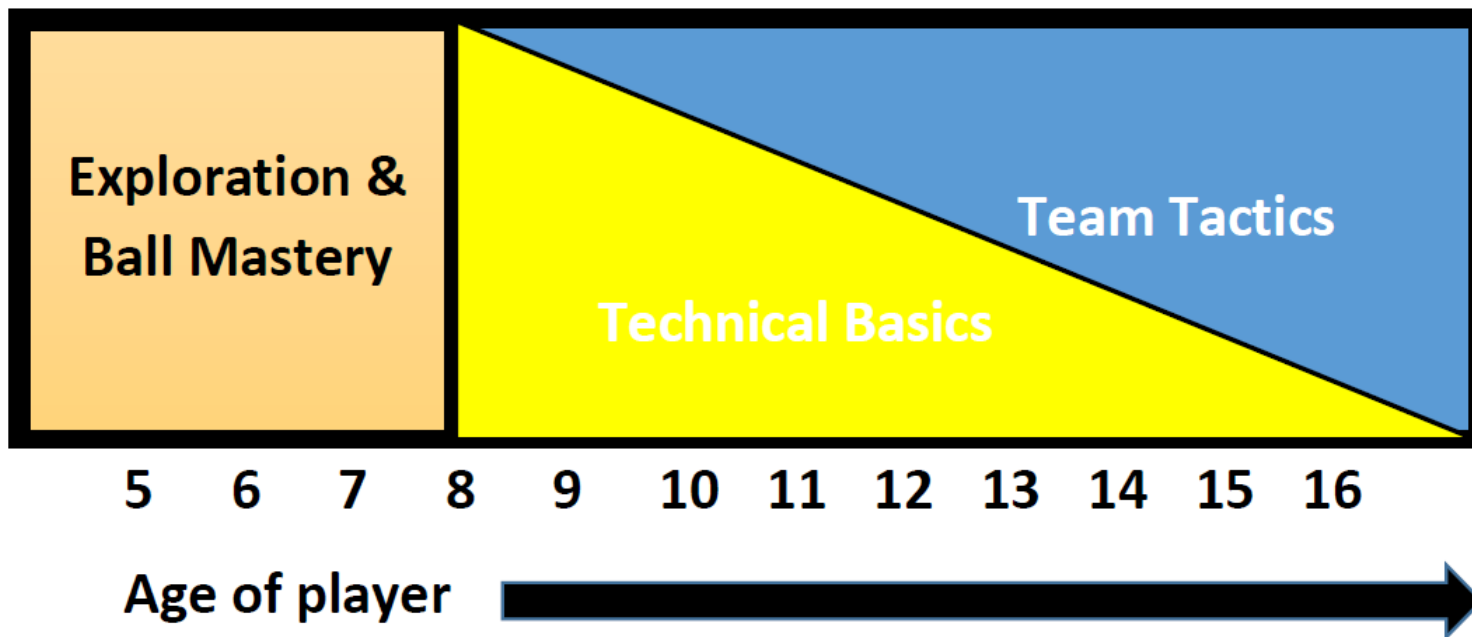
Scrimmages are 8v8; Soccer half length passing game

Ages: U12 and U13 – application of 2v2, 5v5 & 8v8

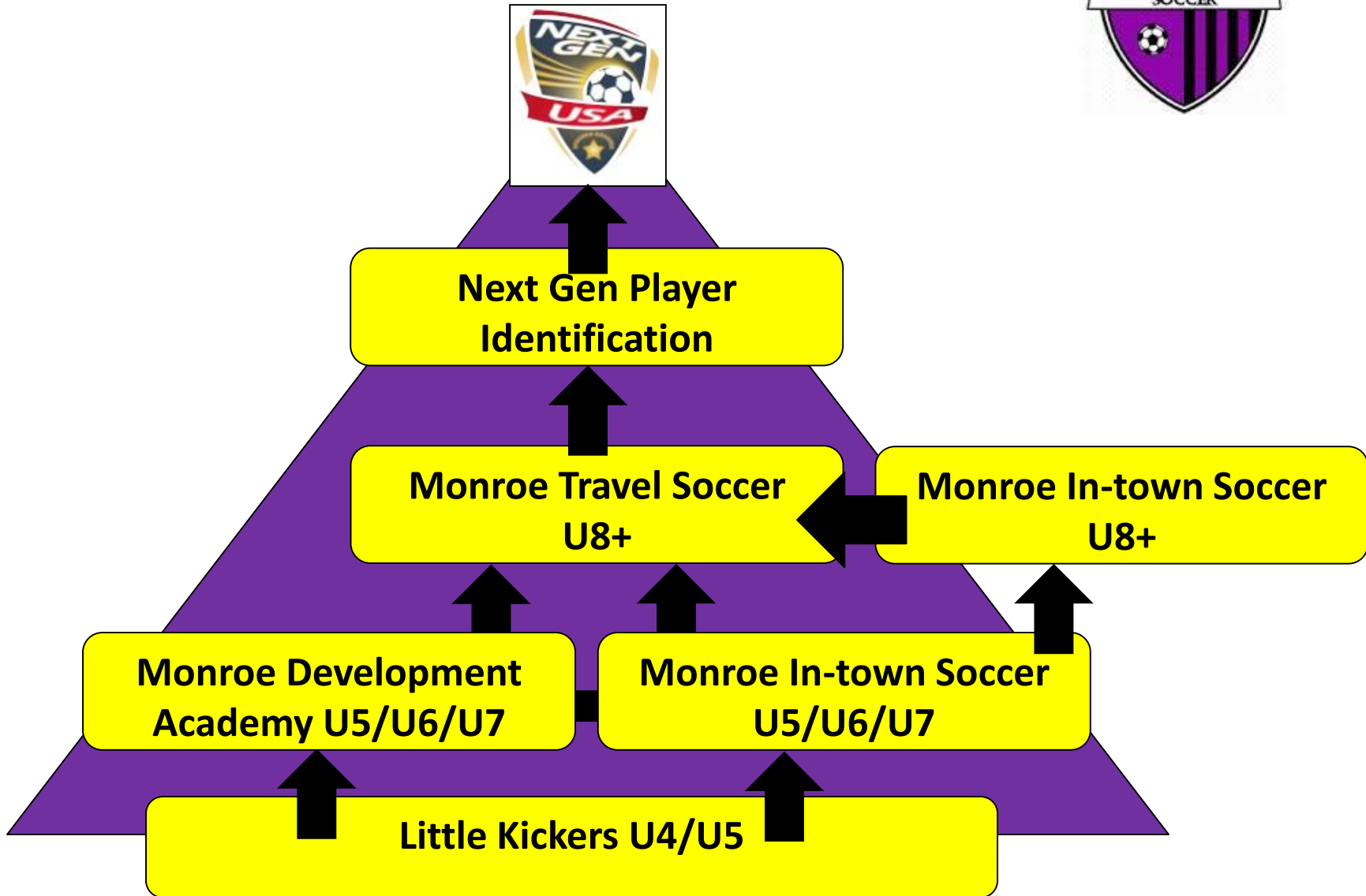
Ages: U14 and U15 – evolution to game far away

Ages: U16 and U17 – Game perfection; Soccer long passing game with offside

MTSC Development Model



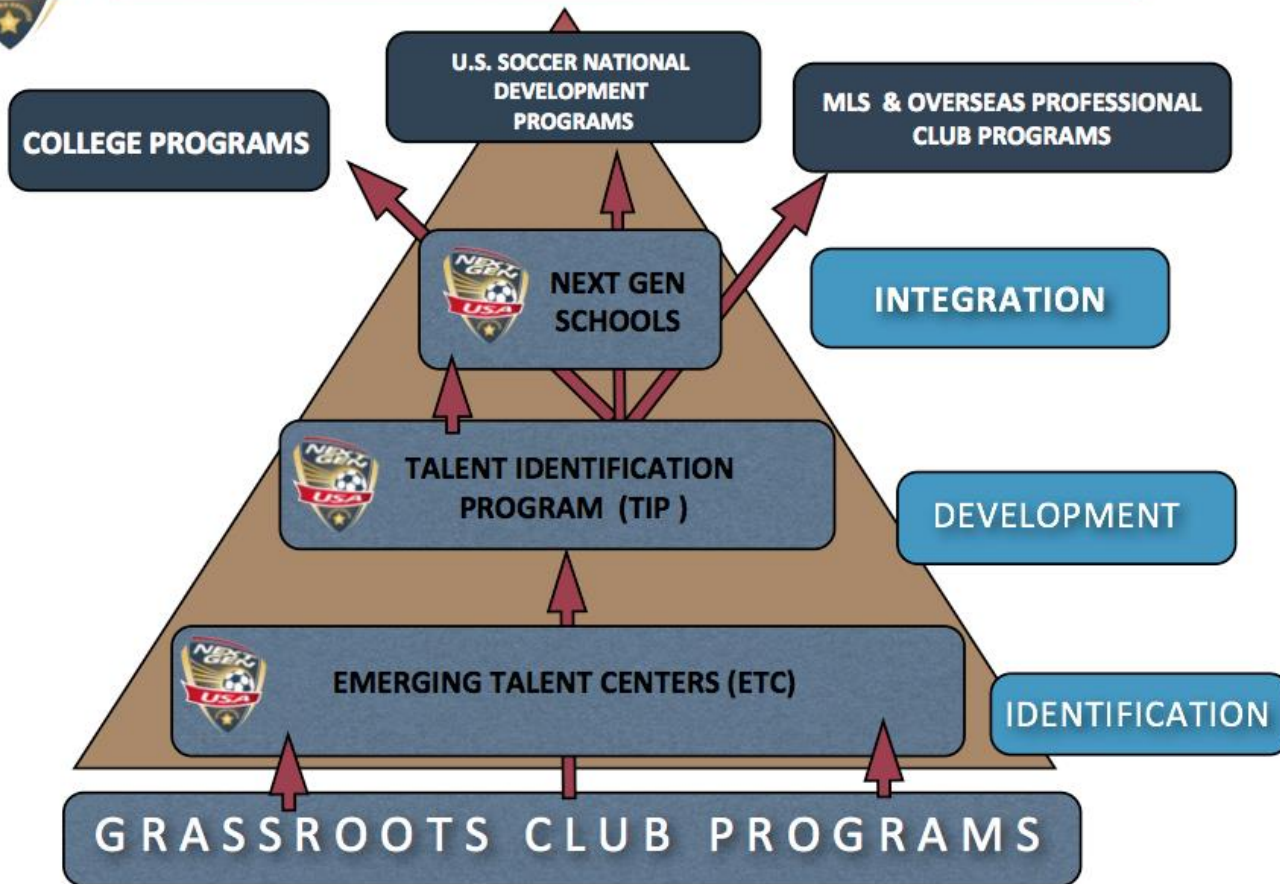
MTSC Player Progression



MTSC Next Gen USA Affiliation



NEXT GEN USA PLAYER PROGRESSION PATHWAY



MTSC Training Philosophy



" I like to win. I like to train, but above all, I want to teach people to compete representing universal values: Values based on respect and education. Giving everything while competing with dignity is a victory, whatever the score line suggests."

Pep Guardiola, FC Bayern Munich, Head coach