

SUPPLEMENTAL PROGRAMS



APPROVED BY



DEVELOPED BY:



"DEDICATED TO THE PROMOTION AND DEVELOPMENT OF SOCCER"

SCOR Supplemental Programs - Fall 2015 Season

INTRODUCTION TO OUR PLAYER DEVELOPMENT OPPORTUNITIES:

Our intent is simple. We want to give every SCOR player, regardless of their current level of interest and playing abilities, the opportunities to excel by providing many options. Our programs have proven to be instrumental in developing our players' athletic, psychological, tactical and technical abilities. We take pride in providing excellent developmentally appropriate options through opportunities provided by Team Excel Soccer, LLC and its professional coaching staff.

Listed in this document are all the supplemental programs we are offering this fall. Please familiarize yourselves with the program descriptions. We hope the following content will be helpful as you make soccer related decisions with and for your child(ren).

If you have any questions then please contact Phil Bergen, SCOR's Director of Coaching at philbergen@teamexcelsoccer.com or (203) 770-6064.

developed by:



SUPPLEMENTAL PROGRAMS AT A GLANCE:

PROGRAM TITLE:	FEE:	HOUSE					ACAD III		TRAVEL					HIGH SCHOOL							
		PK	K	1	2	3	4	5	2	3	4	5	6	7	8	9	10	11	12		
GoalKeeping Training	\$150					•	•	•		•		•	•	•	•	•					
Fit-To-Play Clinics	\$150							•	•			•	•	•	•	•		•	•	•	•
Evo Program	\$150											•	•	•	•	•					
STEP Program	\$150					•	•	•													
House Plus Dev. Program	\$400							•	•												
Academy I	\$75			•																	
Academy II	\$75				•																
Premier Dev. Program	\$150											•	•	•	•	•					
Private/Small Group	\$50/\$75				•	•	•	•		•	•	•	•	•	•	•		•	•	•	•
Spring Camp	\$195	•	•	•	•	•	•	•		•	•	•	•	•	•	•					
Summer Camps	\$195	•	•	•	•	•	•	•		•	•	•	•	•	•	•		•	•	•	•
SideKick Ball Mastery	No Fee							•	•			•	•	•	•	•					
Summer Select Program	\$550											•	•	•	•						
4v4 'Pick-up' Coed League	\$75				•	•				•	•										
Mid-Week Scrimmages	\$175																	•	•	•	•

Highlighted in red: Programs offered during the Fall 2015 season.

Goalkeeping Training:

The majority of goalkeepers spend most of their practice time standing in goal with orders to stop all shots. Obviously that is not sufficient training for the player who is possibly the most important one on the team. The goalkeeper is a specialist and will be coached as such. Rob Symington and assisting staff will include warm-ups, teaching progressions and game-like scenario exercises to improve the individual's goalkeeping technical and mechanical abilities. Player to coach ratio will not exceed 8:1. All participants are expected to bring goalkeeper gloves, an appropriate size ball, filled water bottle and a willingness to learn from the best!

- Level I Program is intended to benefit players with very little or no Goalkeeping training experience.
- Level II Program players with past goalkeeping experience will benefit from a more demanding level of instruction.

Instructor:	Rob Symington w/assistants
Days:	Wednesdays
Dates:	September 2, 9, 16, 23, 30, October 7 (Make-up day)
Time:	Level I / 5:00-6:00pm Level II / 6:00-7:00pm
Groups:	Grades 3-8, Boys & Girls
Fee:	\$150/player

Visit www.scor.org/registration/ to Register for Supplemental Programs



STEP Program:

The 'STEP' Program stands for Skills Through Extra Practice and intends to provide our 3rd - 5th grade House players with an optional fun, age and level appropriate technical training environment.

Participating players will be introduced to 10 individual ball skills; 5 possessive and 5 penetrating objectives over the course of 8 weekly practice sessions. All skill development activities will be instructed in a progressive format with special detail given to correct execution in isolated and then eventually game-like situations. Players will be encouraged to use learned moves in their regular House practice sessions and games.

Days:	Mondays
Dates:	September 7, 14, 21, 28, October 5, 19, 26, November 2
Time/Group:	4:30-6:00
Fee:	\$150/player

Visit www.scor.org/registration/ to Register for Supplemental Programs



House Plus Dev. Team Program:

We are excited to offer our House membership yet another option and opportunity to play more soccer. After much positive feedback, it is with great anticipation that we are offering the 'House Plus Development Team' Program for the third straight season. Our 'House Plus Development Team' Program provides participating 4th and 5th grade House players with the opportunity to be instructed by a professional coach at 2 practices per week and at Saturday games.

Whether players have played competitively before or not, we will continue to allow players to benefit from the instruction and guidance of a professional coach within an environment that mimics the commitment level and learning opportunities within the Travel program. We will be offering one or more House Plus girls and boys teams the opportunity to compete within SCOR's 3-4 Grade Division and 5-6th Grade Division House program. Registration is open for this season.

Please Consider Becoming a Parent Assistant Coach at Games ...

If you have an interest in volunteering as a Parent Assistant Coach (PAC) for your child's team this fall then please contact Phil Bergen at philbergen@teamexcelsoccer.com. The support of our volunteer coaches has always been a huge asset to the success of our programs. The primary responsibilities of a PAC include assisting the pro coach at games with managing substitutions, player injuries, player encouragement and support of pro coach's approach to game-time instruction. We appreciate your consideration to help out as a PAC.

Who is the House Plus Development Team Program coach?

We will provide one professional coach for each House Plus Dev. Team from our pool of instructors. All coaches are qualified, experienced and certified coaches.

What role does the professional coach play at games?

Professional coaches will play a facilitating role at games, making observations and providing guidance for both competing team players and coaches. Professional coaches will work along side of opposing team volunteer coaches in order to create a cooperative opposed to an unhealthy over competitive environment. We don't want opposing players, parents or coaches feeling intimidated but instead appreciative for an experience all members deserve to enjoy.

Do players practice as a team?

Yes. Players will be rostered on designated teams and they will practice together as a team throughout the season.

When do the teams practice?

Practices are twice per week on Wednesday and Fridays.

Team	Schedule:	Time Slot:	Location:
Girls 4 & 5 Grade Teams	W/F	6:00-7:30	TBD
Boys 4 & 5 Grade Teams	W/F	4:30-6:00	TBD

How long is the season?

Season begins on Wednesday, August 26th and runs until Saturday, November 14th, 2015.

When and what League do these teams play in?

These 4th Grade and 5th Grade teams will be entered into the regular House 3/4 Grade and 5/6 Grade Divisions respectively.

What does this Program cost?

\$400 / season

Visit www.scor.org/registration/ to Register for Supplemental Programs



developed by:

TEAM EXCEL
SOCCER

Academy I & II:

Academy I & II Program seeks to provide our 1st and 2nd graders a developmental age appropriate learning environment emphasizing individual skill development. We believe this proven curriculum will lead to success in Travel, Premier and the High School level.

What we do differently for our 1st and 2nd Grade Academy Players...

Every player receives a 'Skill Tees' T-shirt with one of two illustrated ball skill moves on the front. Players are encouraged to wear these T's to every session. The intent of this 'Skill Tees' T-shirt project is to have players become familiar with 2 specific ball skills in particular every Academy I and II season. Players should be encouraged to practice at home and use the image as reference, learning the moves that they see their peers wearing on their t-shirts. The moves are simple but important. Our Professional Coaches reemphasize them over and over throughout the season so they become a permanent part of their technical tool chest. Our Professional Coaches will praise them when they attempt these moves and encourage them to practice them during sessions, at games, in the park or at recess.

Eight ball skill moves are introduced to Academy I and II players throughout a 4 season agenda plan. In addition to introducing these (and other) ball skills, Academy Professional Coaches incorporate 2-3 simple activities where players can develop their skills in a fun, free flowing and progressively challenging environment. These activities might seem redundant but for the players they have game-like ingredients catering not only to the development of their ball skills but to motor skill and game insight.

It is critically important that soccer be fun and players placed in game realistic moments. Learning ball skills in a vacuum executed only against cones can look very productive from the outside but in reality that approach merely creates good circus players. Academy III produces soccer players able to make their own decisions on the fly and under competitive challenge as the game of soccer demands! Session layout will be as follows:

- 1) Non-competitive Warm-up with emphasis on this season's 2 moves.
- 2) 2-3 fun activities.
- 3) Finish off the hour with a 10 minute short-sided scrimmage.

Fee:	Academy I / \$175 (includes House fees) Academy II / \$225 (includes House fees)
Instructors:	Experienced Team Excel Soccer Professional Coaching Staff & High School Players as Assistants
Days:	Mondays
Time:	Academy I / 4:30-5:30 Academy II / 5:30-6:30
Dates:	August 31st - October 26th, 2015
Location:	Ridgefield Recreation Center Field

Visit www.scor.org/registration/ to Register for Supplemental Programs



developed by:

TEAM EXCEL
SOCCER

Premier Dev. Program:

This supplemental program has evolved over the years into a proven player development program. It provides our more serious players/teams with the opportunity to expedite their individual overall skill and fitness development in an intense, focused and yet fun environment.

This program is designed to be functionally cooperative to SCOR's Travel Program curriculum.

Instructor:	Phil Bergen and Staff
Days:	Monday, Wednesdays or Fridays
Dates:	End of August through middle of November
Teams:	U10 - U14 Travel Teams
Fee:	\$150/player. Minimum of 10 players from Travel team needed.
Time:	Participating teams will coordinate time slot allocation with Director of Coaching. Team manager should contact Phil Bergen at philbergen@teamexcelsoccer.com.

Visit www.scor.org/registration/ to Register for Supplemental Programs



Private/Small Group:

Individual ball and shooting skills will be the focal point of instruction by a SCOR Pro Coach. Special attention to proper technique will be given with the intent to improve the player's abilities to compete in game-like situations. Parents can request a coach of their liking but all scheduling has to be done through Phil Bergen, SCOR's Director of Coaching.

Fee: \$50/hr / 1 player
 \$75/hr / 2-3 players

Visit www.scor.org/registration/ to Register for Supplemental Programs



developed by:

TEAM EXCEL
SOCCER