2014 Event Information
February 27 – March 1, 2014

Event Partners

www.SoccerChampionsClinic.com
Welcome to the 2014 Soccer Champions Coaches’ Clinic at Mohegan Sun.

Thank you for joining us for a weekend of soccer coaching concepts, thoughts and ideas. We are very excited to offer you some of the world’s best soccer clinicians with a long list of credentials, including: Dick Bate, Jay Miller, Jeff Cook, Paul Buckle, Paul Marco, Ralph Perez, Deb Raber, Ian Mulliner, Dave Clarke, Chris West and Cat Whitehill, among others.

We believe that our clinic is not just three days of cutting-edge instruction, but a chance to exchange ideas and learn from each other. We will be available throughout the clinic – as will our presenters – so don’t hesitate to introduce yourself, ask a question or provide your own perspective on the game.

Each year we try to make this clinic something special. We have spent considerable time securing the best clinicians, designing and evolving our curriculum to address all levels, securing top partners such as adidas, the National Soccer Coaches Association of America, U.S. Soccer, and the Connecticut Junior Soccer Association; and, finally, partnering with a world-class facility like Mohegan Sun which allows us to create more realistic pictures of coaching concepts and exercises.

We want to thank our major sponsors for their support, including: Mohegan Sun, adidas, Soccer & Rugby, Jaypro Sports, Soccer Learning Systems, Academy Soccer Coach, Geno’s Fastbreak Restaurant, the Ray Reid Soccer School, SoccerPlus Challenger Soccer Camps and Success in Soccer. We would like to recognize the NSCAA for their support and partnership. And, we thank Kathy Zolad, Thom Meredith and the entire Connecticut Junior Soccer Association staff, as well as Ian Mulliner from the Massachusetts Youth Soccer Association, for their E License Program administration. Finally, we would like to thank all of our participating exhibitors – and we encourage you to visit them during the event.

In closing, enjoy the offerings and please take the time during and after this weekend to let us know your thoughts on improving next year’s Soccer Champions Coaches’ Clinic.

Yours in soccer and coaching,

Tony DiCicco
Ray Reid
Rick Orluk

www.SoccerChampionsClinic.com
### Thursday, February 27, 2014:

<table>
<thead>
<tr>
<th>TIME</th>
<th>SESSION</th>
<th>2014 PRESENTER</th>
<th>2014 TOPIC</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:15pm-9:00pm</td>
<td>GENERAL EVENT REGISTRATION</td>
<td></td>
<td></td>
<td>Convention Center Pre-Function Area</td>
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<tr>
<td>5:00pm-9:15pm</td>
<td>E License*</td>
<td>CJSA Staff/</td>
<td>Required Courses for E License Candidates</td>
<td>Passamaquoddy/Brotherton Rooms</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Dave Clarke</td>
<td></td>
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</tr>
<tr>
<td>5:00pm-9:15pm</td>
<td>E License*</td>
<td>MYSAA/</td>
<td>Required Courses for E License Candidates</td>
<td>Shinnecock/Nipmuc Rooms</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ian Mulliner</td>
<td></td>
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</tr>
<tr>
<td>7:00pm-9:00pm</td>
<td>NSCAA Level 5 Coaching Diploma#</td>
<td>Paul Marco/</td>
<td>NSCAA Level 5 Coaching Diploma Lecture</td>
<td>Nehantic/Pequot/Paugussett Rooms</td>
</tr>
<tr>
<td></td>
<td></td>
<td>NSCAA Staff Coach</td>
<td></td>
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<tr>
<td>7:30pm-9:00pm</td>
<td>NSCAA Goalkeeping Level I Diploma&amp;</td>
<td>Tony DiCicco &amp; Deb Raber</td>
<td>NSCAA Level I Goalkeeper Course Lecture #1 and #2</td>
<td>Abenaki Room</td>
</tr>
<tr>
<td>8:30pm-10:00pm</td>
<td>Soccer Meet &amp; Greet presented by NSCAA, Ray Reid Soccer School &amp; SoccerPlus Challenger Soccer Camps</td>
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<td></td>
<td>Convention Center Prefunction</td>
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### Friday, February 28, 2014:

<table>
<thead>
<tr>
<th>TIME</th>
<th>SESSION</th>
<th>2014 PRESENTER</th>
<th>2014 TOPIC</th>
<th>LOCATION</th>
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</thead>
<tbody>
<tr>
<td>7:30am-12:00pm</td>
<td>GENERAL EVENT REGISTRATION</td>
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<td>Convention Center Pre-Function Area</td>
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<tr>
<td></td>
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</tr>
<tr>
<td>8:10am-9:00am</td>
<td>I*#&amp; (Open to all clinic attendees)</td>
<td>Tony DiCicco</td>
<td>Goalkeeper Handling, Footwork, Collapse Dive &amp; Hand Distribution (NSCAA Level I GK Field Session #1)</td>
<td>Convention Center Uncas Ballroom</td>
</tr>
<tr>
<td>9:10am-10:00am</td>
<td>II*#</td>
<td>Jeff Cook</td>
<td>Developing Good Feet Through Technical Repetition</td>
<td>Convention Center Uncas Ballroom</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cat Whitehill</td>
<td>Coaching Female Players: The Impact of the NWSL on Player Development</td>
<td>Nehantic/Pequot/Paugussett Rooms</td>
</tr>
<tr>
<td>10:00am-10:30am</td>
<td>EXHIBITOR TIME</td>
<td>Dave Gleason</td>
<td></td>
<td>Official adidas Store/ Pre-Function Area</td>
</tr>
<tr>
<td></td>
<td></td>
<td>adidas Soccer Speed &amp; Agility Demo</td>
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</tr>
<tr>
<td>10:30am-11:20am</td>
<td>III*#</td>
<td>Jay Miller</td>
<td>Functional Training for Your Team’s Style of Play</td>
<td>Convention Center Uncas Ballroom</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ralph Perez</td>
<td>Training the Back Four Defensively</td>
<td>Nehantic/Pequot/Paugussett Rooms</td>
</tr>
<tr>
<td>11:40am-12:30pm</td>
<td>IV*#</td>
<td>Dick Bate</td>
<td>Finishing School!</td>
<td>Convention Center Uncas Ballroom</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tony DiCicco</td>
<td>Pressing, Trapping, Double-Teaming to Counterattack</td>
<td>Nehantic/Pequot/Paugussett Rooms</td>
</tr>
<tr>
<td>OPTIONAL:</td>
<td>NSCAA Level I Goalkeeper Diploma Course&amp;</td>
<td>Deb Raber</td>
<td>Goalkeeper Positioning, Angle Play &amp; Breakaway Saves (NSCAA Level I GK Field Session #2)</td>
<td>Convention Center Uncas Ballroom</td>
</tr>
<tr>
<td>12:30pm-1:45pm</td>
<td>EXHIBITOR TIME/LUNCH</td>
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<tr>
<td>1:45pm-2:35pm</td>
<td>V*#</td>
<td>Cat Whitehill with Tony DiCicco</td>
<td>Ball Mastery &amp; Technical Training for Youth Players</td>
<td>Convention Center Uncas Ballroom</td>
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<tr>
<td></td>
<td></td>
<td>Dick Bate</td>
<td>Coaching Communication Skills</td>
<td>Nehantic/Pequot/Paugussett Rooms</td>
</tr>
<tr>
<td>2:50pm-3:40pm</td>
<td>VI*#</td>
<td>Paul Buckle</td>
<td>Reactive Finishing In &amp; Around the Box</td>
<td>Convention Center Uncas Ballroom</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Jay Miller</td>
<td><em>Pressing</em> Defense</td>
<td>Nehantic/Pequot/Paugussett Rooms</td>
</tr>
<tr>
<td>3:45pm-4:15pm</td>
<td>EXHIBITOR TIME</td>
<td></td>
<td></td>
<td>Exhibitor Zone</td>
</tr>
</tbody>
</table>

* = Required Sessions for E License Candidates - some candidates required to attend post event testing to complete their E License.

# = Required Sessions for NSCAA Level 5 Coaching Diploma Candidates.

& = Required Sessions for NSCAA Goalkeeper Level I Diploma Candidates.

A = Required Sessions for A License CEU Credit.

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### SOCCER CHAMPIONS EVENT SCHEDULE

**Friday, February 28, 2014 (Continued):**

<table>
<thead>
<tr>
<th>TIME</th>
<th>SESSION</th>
<th>2014 PRESENTER</th>
<th>2014 TOPIC</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:45pm-4:15pm</td>
<td></td>
<td>Dave Gleason</td>
<td>adidas Soccer Speed &amp; Agility Demo</td>
<td>Official adidas Store/Pre-Function Area</td>
</tr>
<tr>
<td>4:15pm-5:05pm</td>
<td>VII*# A</td>
<td>Jeff Cook</td>
<td>Transitional Defending</td>
<td>Convention Center Uncas Ballroom</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ralph Perez</td>
<td>The Importance of Recovery &amp; Regeneration for Success</td>
<td>Nehantic/Pequot/Paugussett Rooms</td>
</tr>
<tr>
<td>5:20pm-6:10pm</td>
<td>VIII*#</td>
<td>Jay Miller</td>
<td>Shooting Exercises Professional Forwards Want to Do</td>
<td>Convention Center Uncas Ballroom</td>
</tr>
<tr>
<td>6:30pm-7:15pm</td>
<td></td>
<td>Tony DiCicco &amp;</td>
<td>Team Games for Training Your Goalkeeper</td>
<td>Convention Center Uncas Ballroom</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Deb Raber</td>
<td>(NSCAA Level I GK Field Session #3)</td>
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<tr>
<td>6:30pm-8:30pm</td>
<td></td>
<td></td>
<td>CT High School Soccer Coaches' Meeting &amp; Reception (Private)</td>
<td>Oneida/Penobscot Room</td>
</tr>
<tr>
<td>6:30pm-8:30pm</td>
<td>E License*</td>
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<td>Required Courses for E License Candidates</td>
<td>Nehantic/Pequot/Paugussett Rooms</td>
</tr>
<tr>
<td>6:30pm-8:30pm</td>
<td>E License*</td>
<td></td>
<td>Required Courses for E License Candidates</td>
<td>Shinnecock/Nipmuc Rooms</td>
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**Saturday, March 1, 2014:**

<table>
<thead>
<tr>
<th>TIME</th>
<th>SESSION</th>
<th>2014 PRESENTER</th>
<th>2014 TOPIC</th>
<th>LOCATION</th>
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</thead>
<tbody>
<tr>
<td>7:45am-10:30am</td>
<td></td>
<td></td>
<td>GENERAL EVENT REGISTRATION</td>
<td>Convention Center Pre-Function Area</td>
</tr>
<tr>
<td>8:00am-9:30am</td>
<td>IX*#&amp;</td>
<td>Ralph Perez with Ian Mulliner</td>
<td>Coaching Using Small-Sided Games (3v3-6v6)</td>
<td>Convention Center Uncas Ballroom</td>
</tr>
<tr>
<td>8:30am-9:30am</td>
<td>Break-Out IX</td>
<td>David Newbery</td>
<td>Become a Host Site for the NSCAA Junior Coach Program! Training the Next Generation of Coaches</td>
<td>Nehantic/Pequot/Paugussett Rooms</td>
</tr>
<tr>
<td>9:35am-10:30am</td>
<td>X*# A</td>
<td>Dick Bate</td>
<td>Developing Defending Skills</td>
<td>Convention Center Uncas Ballroom</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chris West</td>
<td>Secrets of Fitness Training for Developing Soccer Players</td>
<td>Nehantic/Pequot/Paugussett Rooms</td>
</tr>
<tr>
<td>10:30am-11:00am</td>
<td></td>
<td></td>
<td>EXHIBITOR TIME</td>
<td>Exhibitor Zone</td>
</tr>
<tr>
<td>11:00am-12:00pm</td>
<td>XI*#</td>
<td>Paul Marco</td>
<td>Counter-Attacking</td>
<td>Convention Center Uncas Ballroom</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Break-Out XI</td>
<td></td>
</tr>
<tr>
<td>OPTIONAL:</td>
<td>Required E License Sessions*</td>
<td>Ian Mulliner</td>
<td>Receiving and Turning &amp; Dribbling to Set-up a Pass</td>
<td>Convention Center Uncas Ballroom</td>
</tr>
<tr>
<td>12:00pm-1:15pm</td>
<td>EXHIBITOR TIME/LUNCH</td>
<td></td>
<td></td>
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<tr>
<td>12:05pm-12:30pm</td>
<td>NSCAA Level 5 Coaching Diploma#</td>
<td>Paul Marco/NSCAA Staff Coach</td>
<td>NSCAA Level 5 Coaching Diploma Session</td>
<td>Nehantic/Pequot/Paugussett Rooms</td>
</tr>
<tr>
<td>1:15pm-2:15pm</td>
<td>XII# A</td>
<td>Ray Reid</td>
<td>Defending the UConn Way: Introducing Zonal Principles</td>
<td>Convention Center Uncas Ballroom</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chris West</td>
<td>Proven Ways to Incorporate Fitness Training into Every Session</td>
<td>Nehantic/Pequot/Paugussett Rooms</td>
</tr>
<tr>
<td>2:35pm - 3:35pm</td>
<td>XIII*#</td>
<td>Dick Bate</td>
<td>Passing Exercises</td>
<td>Convention Center Uncas Ballroom</td>
</tr>
<tr>
<td>3:45pm - 4:45pm</td>
<td>XIV*#</td>
<td>Paul Buckle</td>
<td>A Keep-Away Session: Developing Quick Play In Central and Wide Areas</td>
<td>Convention Center Uncas Ballroom</td>
</tr>
<tr>
<td>5:00 pm - 8:45pm</td>
<td>E License Practical Testing Sessions*</td>
<td>CJSA &amp; MYSA Staff</td>
<td>E License Testing</td>
<td>Convention Center Uncas Ballroom</td>
</tr>
</tbody>
</table>

Presenters, Program and Topics Subject to Change. No videotaping of sessions is allowed.

www.SoccerChampionsClinic.com
We are pleased to offer the E License to pre-registered attendees. To earn your E License, you MUST:

- Bring a copy of the "E" License Candidate Guidebook (ALL "E" License candidates must either bring a printed or digital copy of this guidebook to the event).
- Complete assigned pre-event coursework which must be handed in at the time of event registration on Thursday, February 27th to CJS/MYSA staff running the "E" License course (see website for details).
- Attend ALL required "E" License sessions at the Soccer Champions Coaches' Clinic as listed on the Event Schedule PLUS the additional "E" License Sessions listed below.

Please check in before 5PM in the pre-function area of the Mohegan Sun Convention center on Thursday, February 27th. **You must attend all clinic general sessions as well as the following ADDITIONAL sessions:**

**Thursday, February 27, 2014:**
4:00 - 5:00PM: Event/"E" License Registration (must be checked-in by 5PM to participate in course)
5:00 - 9:15PM: Required "E" License Session (Lecture)

**Friday, February 28, 2014:**
6:30 - 8:30PM: Required "E" License Session (Lecture)

**Saturday, March 1, 2014:**
12:00 - 1:00PM: Receiving and Turning & Dribbling to Set-up a Pass (Field)
5:00 - 8:45PM: "E" License Testing**

**Possible POST-EVENT Testing for Practical Field Test:**
Due to the E License curriculum changes and depending on the number of candidates participating, some E License candidates may be required to attend Post-Event Testing Sites to complete their Practical Field Test component of the E License. These Post-Event Testing locations are as follows:

<table>
<thead>
<tr>
<th>Sunday, March 16, 2014</th>
<th>Sunday, March 16, 2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00AM - 12:00PM</td>
<td>7:30PM – 10:30PM</td>
</tr>
<tr>
<td>Advanced Sportsplex &amp; Training Center</td>
<td>Newtown Youth Academy Sports &amp; Fitness Center</td>
</tr>
<tr>
<td>1280 Newfield Street (Route 3)</td>
<td>4 Primrose Street</td>
</tr>
<tr>
<td>Middletown, CT 06457</td>
<td>Newtown, CT 06470</td>
</tr>
<tr>
<td>860-632-2900</td>
<td>203-426-0088</td>
</tr>
<tr>
<td><a href="http://www.advancedsportsplex.com">www.advancedsportsplex.com</a></td>
<td><a href="http://www.nyaspectfitness.com">www.nyaspectfitness.com</a></td>
</tr>
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*Soccer Champions would like to thank the CJS/A & MYSA for their continued support and dedication to making the “E” License available at this year’s clinic.*

www.SoccerChampionsClinic.com
2014 Soccer Champions Exhibitors

<table>
<thead>
<tr>
<th>Company Name</th>
<th>Booth #</th>
<th>Company Name</th>
<th>Booth #</th>
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<tbody>
<tr>
<td>American Challenge</td>
<td>200 - 206</td>
<td>NFP Sports</td>
<td>205</td>
</tr>
<tr>
<td>American Credit Card Processing Corp.</td>
<td>119</td>
<td>Official adidas Store</td>
<td>Pre-Function</td>
</tr>
<tr>
<td>Anaconda Sports/LIDS Team Sports</td>
<td>217</td>
<td>Orono Sports LLC</td>
<td>214 &amp; 216</td>
</tr>
<tr>
<td>Anthem Sports, LLC</td>
<td>223</td>
<td>Pocono Cup Soccer</td>
<td>220</td>
</tr>
<tr>
<td>Apollo</td>
<td>122</td>
<td>Ray Reid Soccer School</td>
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<tr>
<td>AstroTurf</td>
<td>201</td>
<td>Russell/Washburne Sales</td>
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<tr>
<td>Baden Sports</td>
<td>222</td>
<td>SCORE Sports</td>
<td>109</td>
</tr>
<tr>
<td>Boston Breakers</td>
<td>102</td>
<td>Seattle Sport Sciences</td>
<td>209</td>
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<tr>
<td>Bownet</td>
<td>108 &amp; 208</td>
<td>Select Sport America</td>
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<tr>
<td>Broadcast Venue, LLC</td>
<td>123</td>
<td>Sideline Savant</td>
<td>106</td>
</tr>
<tr>
<td>DC Sports</td>
<td>117</td>
<td>Soccer and Rugby Imports</td>
<td>110, 112, 212, 210</td>
</tr>
<tr>
<td>Disney Sports/ESPN Wide World of Sports</td>
<td>203</td>
<td>Soccer Learning Systems</td>
<td>Pre-Function</td>
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<tr>
<td>Eurotech Soccer Tours</td>
<td>211</td>
<td>Soccer N Moore</td>
<td>105</td>
</tr>
<tr>
<td>Everest Sporting Goods</td>
<td>104</td>
<td>Soccer.com</td>
<td>221</td>
</tr>
<tr>
<td>Everson Soccer Academy</td>
<td>116</td>
<td>SoccerPlus Challenger Soccer Camps</td>
<td>Pre-Function/411</td>
</tr>
<tr>
<td>FieldTurf</td>
<td>111</td>
<td>UK Elite Soccer</td>
<td>303 &amp; 304</td>
</tr>
<tr>
<td>Fine Designs Inc.</td>
<td>115</td>
<td>Under Armour</td>
<td>219</td>
</tr>
<tr>
<td>Fourteen Graphics</td>
<td>302</td>
<td>World Sports Camp</td>
<td>100</td>
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<tr>
<td>High 5 Sportswear</td>
<td>121</td>
<td>Xara Soccer</td>
<td>103</td>
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<tr>
<td>Jaypro Sports LLC</td>
<td>Pre-Function</td>
<td>XL Soccer Tours</td>
<td>107</td>
</tr>
<tr>
<td>Keith's II Sports</td>
<td>120</td>
<td>ZoomReports</td>
<td>101</td>
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</tbody>
</table>

We encourage you to visit our exhibitors and we thank them for their support of the Clinic. You also can find a 2014 Exhibitor Listing on our website at www.SoccerChampionsClinic.com (on the Exhibitor Page) which includes their website address.

GOLDEN TICKET PROGRAM: New this year, we are offering a Golden Ticket program which allows lucky attendees to win some great prizes. Check your gift bag, if you have a Golden Ticket in your bag, you are the winner of an item held by one of our exhibitors. Now you have to find it, take a spin around the Exhibitor Zone and match the number on your Golden Ticket to the exhibitor holding that ticket and you'll receive a prize courtesy of that exhibitor. Program runs through Saturday at Noon. Remember Willy Wonka?

SAVE 15% AT GENO’S FASTBREAK RESTAURANT: Hungry? Geno’s Fastbreak is offering 15% off all food & beverage purchases throughout the clinic for attendees wearing their credentials. Geno’s is conveniently located just outside the Convention Center on the 1st floor. Good food and lots of choices!
2014 Event Notes/Announcements

- Please WEAR YOUR CREDENTIALS IN A VISIBLE PLACE AT ALL TIMES when at Soccer Champions. These credentials are required for entry into all sessions and the Exhibitor Zone.

- We DO NOT ALLOW VIDEOTAPING of any of our clinic sessions. We thank you in advance for adhering to this request. Clinic program, presenters & schedule subject to change.

- New this year, we're offering a Golden Ticket Program which allows lucky attendees to win great prizes. Check your gift bag, if you have a Golden Ticket, you are the winner of an item held by one of our exhibitors. Now you have to find it, match the number on your Golden Ticket to the exhibitor holding that ticket and you'll receive a prize courtesy of that exhibitor.

- We invite you to join us for a complimentary drink, snacks and good company at our annual THURSDAY NIGHT MEET & GREET in the Convention Center Pre-Function Area between 8:30PM – 10:00PM. A BIG thank you to the NSCAA, the Ray Reid Soccer School & SoccerPlus Challenger Soccer Camps for their support.

- Soccer Champions offers three licensing opportunities: E License (see sheet in handout for details); the NSCAA Level 5 Coaching Diploma & the NSCAA Level I Goalkeeping Diploma. These courses have mandatory sessions and special requirements - please listen carefully to your instructor's directions.

- Soccer Champions offers COMPLIMENTARY COFFEE for attendees on Friday morning beginning at 8AM and Saturday morning at 8:30AM in the Exhibitor Zone (while supplies last).

- Clinic Attendees SAVE 15% at Geno's Fast Break Restaurant: From Thurs. - Sat., clinic attendees - wearing their credential - receive a 15% DISCOUNT on all food/beverage purchases at Geno's.

- A special thanks to JAYPRO SPORTS for their support and for providing all the field equipment. Visit their booth in the Convention Center Pre-Function Area and learn all about their show specials.

- A big thanks to adidas for their longtime support. Make sure you stop by the Official adidas Store in the Convention Center's Pre-Function Area to learn more about all their new training products.

- Throughout the year, Soccer & Rugby Imports offers special pricing for Soccer Champions attendees. Use the promo code - SCCC14 - when ordering and SAVE up to 20% off your purchase (applies to purchases made outside the clinic). Soccer & Rugby has four stores in Connecticut - Southport, Greenwich, Madison & Ridgefield - and will be opening a new store in Bronxville, New York in March.

- In addition to our regular Field Sessions, we are offering a range of special Break-Out Sessions during the clinic. These Break-Out Sessions will be held in the Convention Center's Upper Level Meeting Room Area. Please see the event schedule for times and session topics.

- Check out all the soccer DVDs & books at Soccer Learning Systems' booth in the Pre-Function Area.

- Following the clinic, we will be emailing a Clinic Survey to all attending coaches and we hope you will take a moment to complete it. Your input helps us improve the clinic each and every year! Thank you.

AND, AS ALWAYS, thank you for your continued support of the Soccer Champions Coaches' Clinic at Mohegan Sun. You are our best ambassadors and we appreciate your attendance each and every year -- and we thank you for spreading the word to other soccer coaches about the clinic!

www.SoccerChampionsClinic.com
The 2014 Soccer Champions Coaches’ Clinic will be available for download* at www.bvondemand.com for a special rate of $99 for all sessions or $20 per session for attendees only! Special pricing ends April 1, 2014.

*Friday & Saturday Uncas Ballroom (field) sessions only

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Visit us at the 2014 Soccer Champions Coaches’ Clinic!

Booth 123
(Exhibitor Zone)

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Soccer Champions Coaches' Clinics

Interactive Session Plan™

Coach: Tony DiCicco & Deb Raber  
Session date: 28 February 2014  
Team/Age Group: Youth Gkers

Theme: Goalkeeper Handling, Footwork, Collapse Dive & Hand Distribution
Field Session #1 - NSCAA Level 1 Goalkeeper Diploma

NOTES

Warm-up 1 is moving with the ball while demonstrating the 4 basic handling position for keepers:
Also coach the “set-position”
Add in agility exercises to test agility but also to teach the re-stand technique and also to teach proper collapse Dive technique.

Challenge the goalkeepers with some footwork basic: mini-shuffle; cross-over step; drop step; side-on run.

Partner handling exercises: slam basket; shot hop basket; box to contour or basket catch; side lie and catch with side contour; side lie up and save.

Exercise #1 - Handling Challenge from different angles:
1. Start with ball near end line. GK makes save and then repositions and makes save from a ball out front
2. Expand so that shots are taken from tight angle or played back to striker towards the top of the box to come in a finish

Exercise #2
Collapse dive catch - shuffle to center disk, save back to bar. Extend range and create a cross over to shuffle and then back to save. Foot or hand serve.

Keys:
1. Shuffle or cross-over shuffle footwork to be used
2. Recover at a slight angle away from the goal line
3. Use side-contour catching with a collapse dive
4. If can’t catch parry wide to safety
5. Rebounds are live

Exercise #3
Complicate the environment so that the keeper must change positions, get set to handle different type of shots. Back to goal striker can turn and shoot or lay-off for 1 time shot or lay-off for dribble and shot.

Coach – handling - technical decision and ability; set-position; basic positioning (covered in depth next session) and collapse dive saves - either catching using the side contour or parrying or tipping away from danger.

Review and cool down

Questions: Tony DiCicco - www.goalkeeper.com - SoccerPlus Goalkeeper School

Interactive Sessions Plan created by www.academysoocercoach.com

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Focus on controlling touch, emphasis on player in the middle. 5 players in a playing area approx. 20 x 20 yds (adjust for age / level) 3 balls among 4 outside players. Middle player to receive, turn and play to free player outside. 45-60 second intervals and rotate.

Coaching points: body shape, first touch, position of receiving foot, quality and weight of entry pass.

Focus and receiving with an active first touch. Awareness and footwork. Working in groups of 6 - 2 players playing triangle passing game, 4 players 3v1 1 touch possession; rotate 2 players after 2-3 minutes. Pairs passing: players on 2 touch, play thru to teammate, receiving player must use first touch to move to opposite side of triangle, and return pass.

Coaching points: first touch active, body position, deception and invention.

Passing and receiving in motion / combination play. Working down both sides, receiving players must always make 'pre-movement' - not allowed to stand still when receiving pass.

First player plays out to target, who plays to wide player, first player supports and then changes angle to play combination with wide player. Rotate in a clockwise manner.

Development - overlapping player to receive in space. First player plays out to target, who plays to wide player, first player supports but now plays into space for overlapping teammate.

Coaching points: focus on details of the pass, weight and angle, setting up touch is crucial, ideal is 1 touch, 2 if necessary, emphasize timing of player movements - keep space alive.
Soccer Champions Coaches' Clinics

Interactive Session Plan™

Coach: Jay Miller
Session date: 28 February 2014
Team/Age Group: U16s

Theme: Functional Training for Your Team's Style of Play
(Short / Intermediate Passing) Possession

NOTES

Warm up - Create as many passes as possible
Opposite line series
Organization: 2 lines of players facing each other 10 yds apart
Procedure: 2 touch follow your pass (create a slight angle), 1 touch follow your pass, 2 touch play and spin, 1 touch play and spin
Square series
Organization: 10yd x 10yd square, 5 players for each square
Procedure: repeat the pattern illustrated in the diagram, 2 touch, give it and get it, 1 touch reverse the direction on coach's whistle
"DO THE SIMPLE THINGS PERFECT EVERY TIME"

Pattern series (short passes / intermediate passes)
Organization:
>Place 2 players at each position as shown in the diagram
>the length of the pattern area is 30 yds
Procedure:
>the ball is passed counter clockwise around the 4 positions. Players rotate the same direction after passing
>Options: 2 touch, 1 touch, give it and get it
Coaching Pts:
*Check away and back to receive the pass
*Train as if you are in a live game

Possession 5v5 + 2 (field 30 yds x 35 yds)
Organization:
>5 players on each team + 2 neutral players
>10 uninterrupted passes = 1 pt.
Procedure:
>players 3 touch, neutral players 2 touch. Progress to 2 touch, neutral players 1 touch
>Later add small goals: Scoring: 8 passes = 1 pt, goal = 1 pt.
>Place players in a shape comparable to their 11 aside positions
Coaching Pts:
*Stress maintaining a good team shape
*Position your body open to the field
*Whenever possible play in the direction you are facing

5v6 + GKS to large goals
Organization:
>Field: 55 yds x 50 yds, 2 large goal
>Players 6 per team
>Goal = 1 pt.
Procedure:
>3 touch
>free play
Coaching Pts:
*Maintain a good team shape. Play quickly
*The object is to score (always have shooting in mind)
**NOTES**

Players in groups of three.
Service to the middle player.
Turning with the ball and feeding others.
Striking at goal.
Work both ways with bigger groups and two goalkeepers.
Different types of striking at goal.

"Know" before the turn.
"Know" as the player turns.
Quick turns. Skills of feeding others early.

Area of 20yds width and 18yds depth.
Two teams of three play against each other.
Mixed service types from the coach.
Two "outside players to play with in creating strikes at goal."

**Attitude to shooting.**
Awareness of circumstances.
Combination plays.
Disguising the strike at goal.
Choice of striking skill

**Longer range shooting.**
Area of 36yds length x 44yds width.
Area divided in half as illustrated.
Two teams of 6 players - 4 in their defending half and 2 in the attacking half of the area.
GK feed a player in the defending half to strike at goal initially.
Opponents pressure the 4 players to deny long distance strikes.
Two attacking half players of the team striking at goal rebound the strikes at the goal.
Develop the practice to ------ ?

Positioning to receive the ball.
"Know" the circumstance on receiving the ball.
Quality of the first contact on the ball.
Skill of striking at goal from distance.
Goalkeeper Positioning, Angle Play & Breakaway Saves

NOTES

For vertical positioning here's a suggested guideline:
- the penalty area is split into natural thirds (6/12/18)
- we also train in thirds of the field (defending / middle / attacking)
With the ball in different thirds of the field the goalkeeper mimics his/her positioning in the third of the box to match the third of the field
- i.e. with the ball in the attacking third the goalkeeper is at the top of the box
Questions to ask in relation to vertical positioning:
- What are the opposition’s attacking options (through pass, short pass, long pass, shoot, dribble, etc.)?
- What are the goalkeeper's athletic and technical abilities?

For the visual learner, a rope (solid lines) can be a handy tool to reinforce horizontal positioning with the ball in the final 1/3 - the goalkeeper will move left to right along an angle arch trying to stay on his/her ball line (dashed line)
Physical and technical

Set-up:
3 goalkeepers / 3 servers
three cones in a triangle in the goal mouth
**for safety of goalkeepers service should be into or close to the goalkeeper's body line (no diving)**
Emphasis on ready position and proper catching
After goalkeeper makes the save, goalkeeper bowls ball back to server's feet and uses proper footwork back to center of the goal - moves to next window

Set-up:
3 goalkeepers / 3 servers
- top server takes a shot on goal
- after the save goalkeeper bowls ball back to server and moves across angle arch for shot from wide server
Soccer Champions Coaches' Clinics

Interactive Session Plan™

Coach: Cat Whitehill & Tony DiCicco
Session date: 28 February 2014

Theme: Ball Mastery & Technical Training for Youth Players

NOTES

Coerver warm up. Start off doing five different Coerver sessions 1-Inside Left to Inside Right and Inside Right to Inside Left
2-Top of the ball Left to inside Right and Top of the ball Right to inside Left
3-Top of the ball Left to outside Right and Top of the ball Right to outside Left
4-Stanley Matthews on both feet pull with inside right and immediately to outside right in one fluid motion
5-Step over via Stanley Matthews-pull with inside right, step over with right, push with left and use both feet

Do each move for longer periods of time so they can warm up. Nothing with acceleration yet. Just try to get in as many moves as possible.
Stretch

Dutch Triangle
Each player on a cone. Pass around the cones, 2 touch. Play lead foot, typically right to right or left to left. Top of the cone dribbles to the other cone to finish off drill.
Keep evolving drill-first pass to player, then wall pass each cone with last player being lead into dribble as if it were a final pass
2-3 person combination-first player passes to 2nd, 2nd back to 1st, 1st to 3rd player, 3rd back to 2nd and 2nd leads 3rd player into her dribble

Rondo
4v2-defenders can not defend outside of the box but attacking players can play outside of the box. Try to keep to one touch if possible, but 2-3 touches may be necessary.
Goal-get a 3-line pass(split of defenders to opposite attacking player), secondary goal is to get 2-line pass(pass to attacking player next to you that did not pass you the ball)
Main goal-keep possession, keep ball on the ground, no spin on the ball, no panic on the ball since defenders cannot defend outside of circle it allows you to take an extra touch and understand that defenders will dictate where the ball should go), constantly looking at where you want the next pass rather than following the ball

Shooting Drill
Player with ball lofts a long ball into the chest of the farthest player, 2nd player settles, finds next closest player(player #3) with a wall pass then plays it to the wing player(player #4). Wing player then wall passes with follower(player #3) and player #3 puts wing player into a position to cross the ball to the runner in the box with either a one touch cross or a two touch cross.
Soccer Champions Coaches' Clinics

Interactive Session Plan™

Coach: Paul Buckle
Session date: 28 February 2014

Theme: Reactive Finishing In & Around the Box

NOTES

Organization: Circle area/ 8 players on outside serve ball from
drill/ working players execute skill, then spin out to find
another server/ 8 balls

Instructions: Jog slowly before change of speed to server,
complete skill required at match pace.
Players keep swapping going through full range of techniques &
skills.

Coaching Points: Timing of approach/ imagine losing marker/ slow
to quick/ quality.

Progressions: REACTIVE FINISHING IN & AROUND THE 18 YARD
BOX

Organization: 6 players working plus 1 gk/ 6 mannequins/ balls in
wide areas & behind goal.

Instructions: Coach serves ball over mannequins to 4 players/
control/ dribble shoot/pass for shot. After ball is dead, check
back to 18 yard line/ Look at runs into the box into zones 1234
wide players run at mannequins & deliver once players check &
touch 18 yard line. Play to a finish with opposite wide player alive
for over hit cross = reactive...

Coaching Points: 1st touch/ set/ shot/ reaction/ follow in/ cross =
good area as shown/ runs=1234 zones/recovery reaction from
opposite wide player to keep over hit cross alive/FINISH!!!

Progressions: CAN GET WIDE PLAYERS TO TURN OUT & SET FOR
CROSS/ THIS TIME 4 ATTACKERS INTERCHANGE POSITIONS TO
ENSURE BEING ON THE MOVE WHEN BALL IS DELIVERED.
Soccer Champions Coaches' Clinics

Interactive Session Plan™

Coach: Jeff Cook
Session date: 28 February 2014
Team/Age Group: Youth Team

Theme: Transitional Defending

NOTES

Reaction work in fours.
One player serves ball, player that catches ball stays, others race across.
Can develop to moving with the ball, progress from serving the ball with hands to serving from the ground.

Coach encourages coordinated movement, reading the game situation.

4 vs. 2 to 4 vs. 6 - defensive reactions and pressing.
Activity starts with 4 vs. 2 in central area, when ball turns over - 4 blue players immediately pressure ball and try to win back before 5 passes are completed.

Small-sided game for defending in transition.
Coaching emphasis is on the blue team, reacting to the transition from possession to defensive play.

6 vs. 3 in middle area, as soon as 6 players lose possession or ball leaves central area, the blue team immediately pressures the ball, including the 2 central defenders. Once ball is in play the game is allowed to continue normally until it goes out of play.

9 vs. 9 game
Normal rules of play, when coach blows a whistle the ball in play is 'dead' and a new ball is given to the defending team by one of the coaches on the field. Team now in possession counter-attacks, but coaching is centered around reaction of defending team.
Soccer Champions Coaches' Clinics

Interactive Session Plan ™

Coach: Jay Miller
Session date: 28 February 2014
Team/Age Group: U16

Theme: Shooting Exercises Professional Forwards Want to Do

NOTES

Warm up
Organization:
- 4 Player + Goalkeeper(s) (Lots of balls) (2 artificial defenders)
Procedure:
> The shooting players receive a pass from the opposite side server
> They show for the pass on the inside or outside of the defender, prepare the ball for a shot
Coaching Points:
* Work on timing and technique of shooting
* Lots of repetition
* If possible use alternating goalkeepers

Impromptu Patterns
Organization:
> 6-8 players + 2 keepers, Large supply of balls
> Position 3 artificial defenders in a triangle outside the box as shown
> Place a large supply of balls centrally 30 yds from goal
Procedure:
> 2 players post up in front of the 2 central defenders
> A central player starts a pattern that ends with a shot on goal (several patterns are shown)
> Players rotate to give each equal shots on goal
> Players create patterns that would most likely happen for them in a live game
Coaching Points:
* Keep the activity flowing (repetition, repetition)
* Suggest relevant patterns

Impromptu Patterns + a cross from each side
Organization:
> Same as above, add a server on each flank with a supply of balls
Procedure:
> The activity resumes as above, but after 2 players shoot on goal they position themselves for a cross from each side. The 2 players work together to create a goal.
Scoring:
goal = 1 pt
goal + goal from flank = 3 pts
* All shots must be taken at game-like speed

4 v4 + 2 neutrals and 2 Gks
Organization:
> 2 large goals with goalkeepers, Field size 50 yds x 40-50 yds wide
> Large supply of balls in each goal
Procedure:
> Start with 3 touch (2 touch for the neutrals)
> Neutrals can not score
> All play is restarted by a goalkeeper
Coaching Pts.
* The purpose is shooting. There should not be extended build up
* Later you may allow the neutrals to score 1 touch

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Soccer Champions Coaches' Clinics

Interactive Session Plan™

Coach: Tony DiCicco and Deb Raber

Session date: 28 February 2014

Team/Age Group: Coaches & GKers

Theme: Team Games for Training Your Keeper

Field Session #3 - NSCAA Level 1 Goalkeeper Diploma

NOTES

Warm-up 1 - Team Possession Game 5v5+2. The Plus 2 are the keepers. If the ball is played to their feet, they must play with their feet. If the ball is lifted into their hands, they can play and distribute with their hands. 6 passes is a goal.

Warm-up 2 - 6 players with a keeper. All players are moving, the keeper must always be square to the ball. The outfield players pass once or twice and then shoot on the keeper. Occasionally, one of the outfield players dribbles in on the keeper as in a breakaway situation trying to dribble the keeper. No contact.

Breakaway - 1v1 attacking
Flying 1v1s Can use 4 big goals or in this case 1 big goal and 2 small goals.

Keys when going to the two small goals
1. Make the defender over-commit to one goal and then change direction quickly and with burst of speed. Shoot early and hit the target. Can assign more points if score outside of an arbitrary line

Keys for big goal: 1. Access keeper’s position: too close to goal or too far from goal? 2. Is the keeper coming out to challenge too fast (if so, dribble around the keeper). 3. Shoot low or lift over the shoulder. The keeper will be best on shots from knee to shoulder height.

Remember to swap goals that each team attacks.

Communication Game

Play 4 or 6 goal game, depending on size of space available. Game should 4v4 to 6v6 and you can add plus players if you want to create more defending.

Now the goalkeeper is challenged to organize using communication words and phrases such as: “Jamie slide right”; “Kelly contain”; “Randy close” etc.

Coach what is said, how it is said, when it is said and why it is said and who it is said to.

Distribution Game

5v5 to one big goal and at the other end two small goals. Put 1 keeper in the midfield and every attack has to go through the keeper. This will be awkward for the keeper but force him or her to take some leadership, get open and then distribute the ball properly from a technical standpoint but also tactically.

Tell the keeper to create a goal from their distribution rather than playing backward and safe.

Coach: Are they giving a good ball that can be handled and played easily; are they giving a ball that will directly lead to a shot on goal; are they aware of the weak side; are they taking charge and showing leadership.

Finish with a game without restrictions and with no midfielder keeper. Remember, to coach the keepers not the outfield players.

Questions: www.goalkeeper.com or www.nscaa.com Tony@soccerplus.org
Saturday, March 1: 8:00 - 9:30AM

Ralph Perez/Ian Mulliner – Coaching Using Small-Sided Games (3v3 - 6v6) Session Notes
Variety of agility type warm ups for defenders preparing for pressing, marking and tracking sessions.

Individual and unit defending response to opponents movement of the ball. Pressing, covering and tracking of opponents is included.

Man for man game on an area of 40yds x 30 yds. Two teams of 6 v 6 including a "sweeper" player with maximum 3 touches of the ball in the defending half when in possession.

Coverage of marking, tracking and 1 v 1 defending skills.

Possession skills when man-marked?
Soccer Champions Coaches' Clinics

Interactive Session Plan™

Coach: Paul Marco  
Session date: 1 March 2014  
Team/Age Group: U14s & older

Theme: Counter-Attacking

NOTES

2 teams of 7 + 2 Gk's pass and move in a defined space - 2 balls each  
coaching points:  
Speed of play... Foot to ball contact, how many touches on the ball and on the ground!  
Awareness: who to play before you have the ball  
Overall Coaching Points for the Session  
Transition - start defending - moment we win the ball - Attacking & ready in case ball is lost  
Keys to counter attacks  
Starting positions, steal the ball, see the picture, swift actions, speed forward, send the ball or solo,  
support, sustain the attack, switch if needed, secure and shape "in case ball is lost", Score or start again (possession).

Organization  
Possession change grid game 2 teams of 7 play (gk's continue warm-up w/assistant)  
7 Red v 5 green + 2 green waiting for the ball  
7 Red keep possess the ball in defined space  
5 Green try to win the ball and play to their 2 waiting in their space  
Game continues if Green win it and get it back to their defined space 5 Red go and try to win ball...

Coaching Points  
5 defending to win the ball back - first be patient, organize ready to win the ball  
All 5 to get "behind the ball" face your space Communication as defending #5's down 7v5  
Awareness - when you win the ball - play the striker - if you can't: play someone who can  
Quickly move into good supporting position in own space

Organization  
Starts like above with the addition of direction & big goals and gk's still play w/ off-sides  
When the ball is one and played across to 2 strikers the ball must go back into the neutral zone  
and then attack the big goals (offside is called)

Coaching Points  
Similar to above  
Defend first, win the ball, can you play the ball to striker or run the ball across to score a goal  
Excitement of the goal... off-side must be called to be real to the game  
Awareness of supporting position of strikers after the ball played into neutral zone

Organization  
8v8 (7 + Gk)  
Free play shape the team 1-2-4-1

Putting all the pieces together  
Do we get ready to counter attack when the opposition has the ball?  
The moment we win the ball, can we play forward?  
In transition attacking are we ready if we lose the ball?
Soccer Champions Coaches' Clinics

Interactive Session Plan ™

Coach: Ian Mulliner
Session date: 1 March 2014
Team/Age Group: U12s

Theme: Dribbling to Set Up a Pass

NOTES

Warm Up: Stage 1

In a 20 x 10 grid (2 x 10 x10 on top of each other) Play 2 attackers v 2 passive defenders going to goal from channels on the flanks. Introduce variation of combinations i.e. Overlap and Give and Go.

Coaching Points:
Aggressive mentality of the player with the ball, change of pace, change of direction recognition of numbers down situation, execution of the overlap - recognition of the overlap opportunity, timing of the run, pace of the pass, accuracy of the pass.

Small Sided Activity: Stage 2

In a 44 yard wide x 30 yard grid with 3 dribble goals 8 yards wide and 3 passing goals 2 yards wide at each end. Play 3 v 3 +1. 1 teams attacks the 3 dribble goals and the other team attacks the 3 passing goals. Play until 1 team has scored 3 goals and then rotate the teams to attack the opposite goals.

Coaching Points:
Aggressive mentality of the ball carrier, change of pace, change of direction, willingness to take players on, mobility of the players without the ball, angles of support, ability to create space for themselves and others, accuracy of the pass, pace of the pass, quality of the first touch.

Expanded Small Sided Activity: Stage 3

In a 50 x 40 grid with a target at each end play 5 v 5 +1. Score a point for every successful pass into your assigned target.

Coaching Points:
Mentality to attack defenders to draw them in, recognition of the moment when to pass and when to receive, execution of the pass, execution of the reception, angles of support, distance of support, mobility of the attackers, width.

Game 6 v 6: Stage 4: all rules apply.

1 Team in a 1 - 3 - 1

1 Team in a 2 - 1 - 2

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Interactive Session Plan™

Coach: Ray Reid  Session date: 1 March 2014

Theme:
Defending the UConn Way: Introducing Zonal Principles
Warm-up: Sacchi with flags or cones
- 2 blocks of 4

NOTES

2v2 with Counter Targets
- Pressure, support, communication

Back 4 Block: Functional Training

Midfield Block: 4v4 with Counter Targets

Functional Zone Training
Block of 8-4 midfielders, 4 backs
Passing Exercises

NOTES

Developing Possession Skills

Games of three attackers opposing one defender in a restricted area.

Two games of three attackers opposing one defender in a restricted area.
either two games of 3 v 1 or two games of 4 v 2.

An area of 40 yds x 30 yds width.
Two teams of 5 play against each other to find each target player in turn with their possession.
Two neutral players assist the team in possession and two outside players also assist the possession team.

A game involving three teams of four players.

One team has two defenders in the area where the ball is being passed and two more in the middle zone.

As the ball is transferred from one group of four to the other the defending pairs change zones.
Soccer Champions Coaches’ Clinics

Interactive Session Plan™

Coach: Paul Buckle
Session date: 1 March 2014

Theme: A Keep-Away Session: Developing Quick Play in Central and Wide Areas

NOTES

Organization: HALF FIELD GAME, WIDTH OF THE 18 Y BOX/8v8/9v9

Instructions: PLAYERS LIMITED TO 2 TOUCH IN THE MIDDLE CONED AREA OF THE FIELD, ALL IN EVERYWHERE ELSE. PLAY ALWAYS RESTARTS WITH GKS.

Coaching Points: WHEN IN MIDDLE ZONE PLAYERS TO PICK UP GOOD POSITIONS/HALF TURN/SPACE AWARENESS/BALANCE OF TEAM/QUICK PLAY IN MIDDLE AREA/SUPPORTING BALL

Progressions: Introduce wide channels

Organization: 50x50 area/7v7/10v10 keep ball/all in 1-2 OR 3 touch in middle circle DEPENDING ON GROUPS ABILITY LEVEL?

Instructions: 7 passes = goal 1st team to 5 goals

Coaching Points: With the ball = pass & support play/1.2.3 touch in middle = vision & awareness plus this = game play in the middle where the game is congested teaching players to play quickly releasing the ball & point of attack into wide, forward & deep areas where there is more space & time...

Progressions: Full pitch 11v11 with limited touches in the middle 3rd

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Soccer Champions Training Session Outlines & Activities:

The Soccer Champions Coaches’ Clinic is proud to partner with Academy Soccer Coach to provide you with more detailed outlines of our field training sessions presented at the clinic so that you or your club can better use this coaching material in one of your future training sessions. In addition to your event handout, Soccer Champions has created a special section on its website. We have placed printable and downloadable versions of each of the field sessions conducted at the 2014 Soccer Champions Coaches’ Clinic at Mohegan Sun. Sessions are listed chronologically as they occurred at the clinic with session title and presenter listed (not all sessions have associated diagrams). Click on the “Training Activities” Icon as pictured here in the right column on the front page of the clinic website: www.SoccerChampionsClinic.com.

These sessions have been prepared using Academy Soccer Coach software (www.AcademySoccerCoach.com). The Soccer Champions Coaches’ Clinic would like to thank Phil Abbott and Academy Soccer Coach for all their help.

AND, you too can use this professional and easy-to-use software from Academy Soccer Coach. This resource will allow you (or another coach in your club or program) to build your own sessions and document your practices for future use.

In conjunction with our partnership, Soccer Champions Coaches' Clinic attendees can subscribe to Academy Soccer Coach software at a 20% SAVINGS OFF the regular cost at www.academysoccercoach.co.uk using the promo code: CHAMPIONS2014.
We thank Mohegan Sun, adidas and all of our event partners for making this clinic possible.

Event Partners

We also thank the National Soccer Coaches’ Association of America, U.S. Soccer and the Connecticut Junior Soccer Association for their support.

We hope you’ll join us again next year for the 2015 Soccer Champions Coaches’ Clinic at Mohegan Sun!

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