



EDEN PRAIRIE SOCCER CLUB

PASSION • RESPECT • EXCELLENCE

PRE-SEASON CHECKLIST

U12 TEAMS

PHILOSOPHY

- DEVELOP our players in a 9v9 formation setup of a GK-3D-4M-1F.
- Players should know what to do in possession of the ball, not in possession of the ball, and in transition.
- DO NOT become a “joystick coach.” Let players make decisions when they have the ball.
- Coach from the Positive. Praise the players. Tell them when they make a “good run”, “good pass”, “good shot”, “good block”, or even just have a “great idea” - even if it didn’t work that specific moment.

COACH EXPECTATIONS

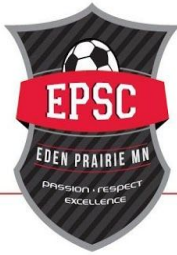
- Be ACTIVE, ATTENTIVE, with ENERGY while creating a FUN and SAFE environment.
- Be early, organized, and plan-ready for sessions & games. Set up in advance when possible - first to field.
- Set up a team meeting to meet and discuss expectations for the season (pull ideas from this sheet).
- Good dialogue with team manager for planning purposes: trainings, games, tournaments, etc.
- Fill out the Reflections Google Doc after every training & game. This helps me give you feedback.

TRAINING

- 75 Minute Training Sessions. Ideal to have 3-4 total contacts (training & games) per week.
 - FIRST PLAY & WARM UP - Small Numbers (multiple 3v3 or 4v4 fields) (10 mins)
 - TRAIN 1 -Tech (20 mins)
 - TRAIN 2 - Adv. Tech/Tact (20 mins)
 - END PLAY (20 mins) - Large Numbers (include all) - FOCUS ON GK-3-4-1 Formation
- Quick Water Break after & before PLAY segments.
- In order to develop players through the EPSC Pathway, I'll send out Weekly Training Topics for you to use while creating your training sessions. These Weekly Training Topics will also be shared with families.
- Same gendered age groups should train at similar times & locations, when possible.
- Try to include these in every session:
 - Coach from the positive (good pass, good idea, etc) in ALL training sections.
 - Coach in the flow of the activity/game in FIRST & END PLAY (verbal feedback - **while allowing kid in possession of ball to make their own decision**).
 - Demo technical pieces to help "paint the picture" in TRAIN 1.
 - Freeze stoppages in TRAIN 2 (engage/ask players questions to help lead to answer).
- Conclude practice with all hands in team cheer, high fives between teammates, and coach knuckles.

GAME DAY

- 60 Minute Games. Warm ups should begin 20 minutes before kickoff.
- Your rules help with playing time (attendance, effort, etc). All should receive at least 20 total game minutes.
- Rotate starters each game based on your rules. Also, rotate GKs every half.
- With larger numbers, keep it simple and do full lineup subs during the game (excluding GK).
- Try to let your players focus on one specific positional line each half (GK, Defense, Midfield, Forward). Rotate positional lines at halftime so players are developing in two places each game.
- Conclude game with all hands in team cheer, high fives between teammates, and coach knuckles.
- Guest players up to 12 players for games - 14 for tournaments. Ask same age group-gender coach.



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EVENTS U12 RED TEAMS

Please try to stay away from scheduling tournaments on back to back weekends. Since you are a top team in the U12 age group, I'd prefer you schedule AT LEAST one out of state tournament, to start preparing the kids for travel at U13 and older.

Out of State Event Options:

- 4 Hours: Spring Classic 2019 - Wisconsin Rush (4/26 - 4/28)
<https://www.rushwisconsin.com/Default.aspx?tabid=1125091>
- 3.5 Hours: MC United Mountain Bay Cup Spring (5/3 - 5/5)
<http://mtnbaycup.gotsport.com/clubsite/?p=14338>
- 4 Hours: Just for Girls - Des Moines Menace (5/4 - 5/5) * Only Girls Teams *
<http://menacesoccer.com/youth/tournaments/>
- 5 Hours: May Madness - SC Waukesha (5/4 - 5/5) <https://www.scwaukesha.org/>

I've also compiled a list of local tournament options, that I'd recommend looking into. Please feel free to schedule other events, based on your team's availability.

Mandatory Local Event:

- EPSC Spring Cup (5/18 - 5/19) Prepaid by Club Fees

Recommended Local Events:

- Minnesota Cup 2019 (TCSL) (5/24 - 5/27) <https://www.tclsoccer.com/cups/minnesota-cup-2019/>
 - Winners receive entry fee funded by TCSL for TCSL Summer Cup
 - I realize this event is back-to-back weekends with our EPSC Spring Cup, but I do believe there would be a benefit, if it fits your team's schedule.
- Lakeville Father's Day Cup (6/14 - 6/16)
<http://www.lakevillesoccer.org/Default.aspx?tabid=992465>
- EPSC Prairie Cup (6/21 - 6/23) * 11v11 Setup *
<https://www.epsoccerclub.com/Default.aspx?tabid=1183105>

Please make sure you send me your tournament list after your team chooses where to go, so I can keep up with your team tournament updates.

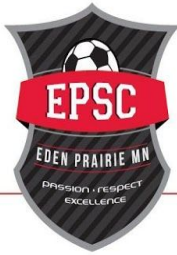
Please send the following updates as they happen:

- Team Selects Event (Name of Event, Location, Dates)
- Registers for Event
- Paid/Accepted by Event
- Receives Schedule (Date, Time, Field Location)

Aaron Fenton

EPSC Youth Director U9-12

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EVENTS U12 WHITE TEAMS

Please try to stay away from scheduling tournaments on back to back weekends, if possible. I do not expect your team to travel out of state, but you are more than welcome to if interested. I've compiled a list of local tournament options, that I'd recommend looking into. Please feel free to schedule other events, based on your team's availability.

Mandatory Local Event:

- EPSC Spring Cup (5/18 - 5/19) **Prepaid by Club Fees**

Recommended Local Events:

- St. Croix Cup 2019 (5/31 - 6/2)
<https://www.stcroixsoccer.org/page/show/1030079-tournaments>
- Lakeville Father's Day Cup (6/14 - 6/16)
<http://www.lakevillesoccer.org/Default.aspx?tabid=992465>

OPTIONAL Out of State Events:

- 4 Hours: Spring Classic 2019 - Wisconsin Rush (4/26 - 4/28)
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- 3.5 Hours: MC United Mountain Bay Cup Spring (5/3 - 5/5)
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