

Develop intelligent and competitive players who possess the ability to adapt within the flow of the game and the evolving demands on and off the field of an elite soccer player.

Develop players who are:

1. Able to anticipate and make tactical decisions at high tempos under emotional and factual constraints
2. Able to execute and decide with precise timing (first touch)
3. Focused on the game, manage their emotions and connect their actions (athletic/technical to decisions)
4. Confident, engaged, implicated in the game plan and able to make good decisions for the collective goal

### Benefits of playing for the PATEADORES ACADEMY

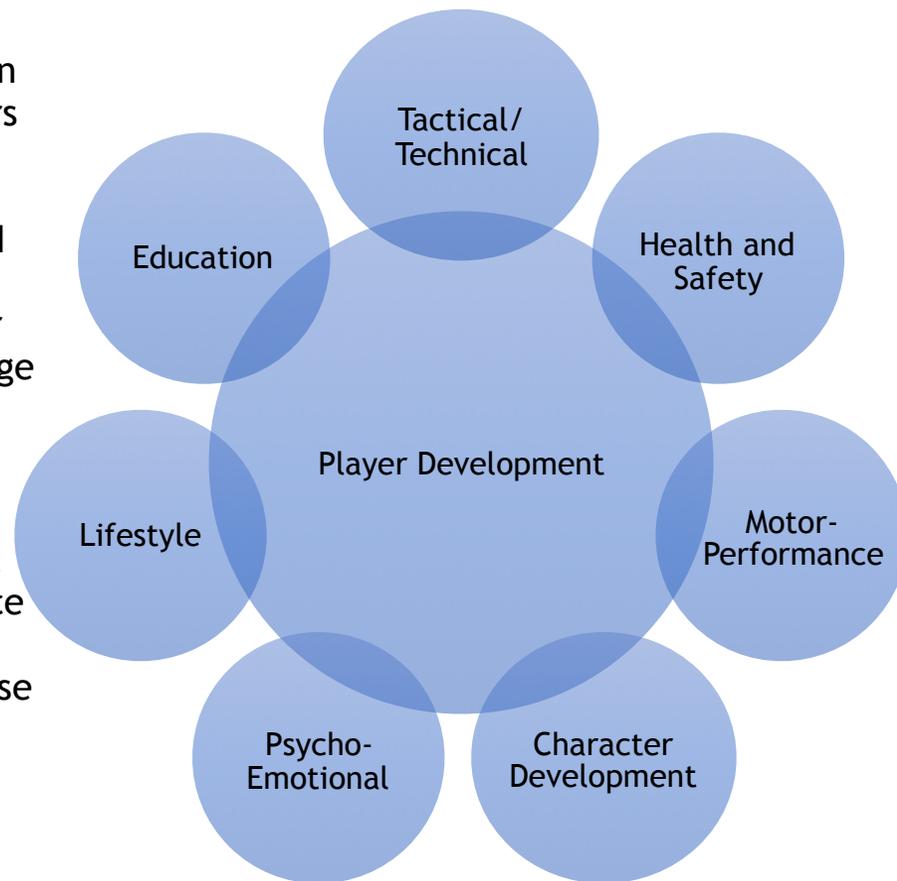


# HOLISTIC PROGRAMMING

**Education** - Pateadores expects excellence in the classroom as well as on the field. Players will conduct themselves appropriately in the school setting and commit themselves to academic success. Pateadores will track and provide support for players through this program. Our objective is that every player qualifies for entrance into a university/college program upon completion of the Pateadores Academy eligibility.

**Tactical/Technical** - The Pateadores soccer curriculum focuses on developing awareness, creativity, flexible thinking, game intelligence and technical excellence. The process of developing players with elite qualities in these skill sets requires the proper environment, specific teaching methodology and patience.

**Health & Safety**- This program includes movement screenings, general and custom injury prevention programs, individual player tracking, assessment and rehabilitation of injuries, consultation on the periodization of training and match work-loads as they relate to individual player growth patterns.



**Lifestyle** - This program encourages players to find long term happiness and enjoyment in their chosen direction as well as educate them on the facets of being an elite athlete such as: Nutrition, hydration, rest and personal care, positive choices, handling media, etc.

**Motor-Performance** - Develop each player's physical potential as it relates to their ability to repetitively perform soccer specific movements over the course of a match. These areas include: agility, speed, coordination, balance, strength, power and endurance.

**Psycho-Emotional** - Soccer is a sport that requires incredible levels of confidence, concentration and emotional stability. Through this program we develop each player's ability to: 1). Remain focused in the moment 2). Manage their emotions through positive and negative circumstances in the match.

**Character Development** - Develop players/people with high personal standards is critical towards their ultimate success on and off the field. Traits such as discipline, self-confidence, competitiveness, determination, responsibility, leadership and unselfishness are critical to not only the success of a soccer player, but in all professions.



### Rehabilitation

ProSport Physical Therapy will provide a team of highly qualified Doctors of Physical Therapy to assist in all Pateadores Academy players needs as it relates to injury diagnosis, rehabilitation, and prevention in their state of the art facilities. ProSport will also assist in providing and collaborating with certified Athletic Trainers to aid in on field emergency care and on field injury diagnosis/rehabilitation.

### Performance Enhancement

ProSport / STACK Sports Performance utilizes proven sports-science programming to optimize human movement patterns and performance. The highly trained professional at ProSport/Stack will aid in functional movement screening and personalized soccer specific workout plans. Pateadores Academy players and coaches will have access to ProSport/Stack's resources on soccer specific warm ups, sports nutrition, and recovery workouts.

### Facilities

ProSport has three locations across Orange County in Newport-Mesa, Rancho Santa Margarita, and Laguna Hills-Irvine area. All three location provide a state-of-the-art indoor turf training facilities and are fully equipped to meet the highest professional standards for both the performance enhancement and rehabilitation needs of Pateadores players.