



BALTIMORE ARMOUR

Baltimore Armour History

Baltimore Armour is a partnership between Pipeline Soccer Club and Soccer Association of Columbia. This partnership was formed in 2015 to bring all the top young players in the Baltimore area together with an environment to learn, grow and compete at the US Soccer Academy level. This club has 4 Executive Board members represented by SAC and Pipeline directors. Below are the Baltimore Armour Academy team age-groups:

- 1) U12
- 2) U13
- 3) U14
- 4) U15
- 5) U16/17
- 6) U18/19

In addition, Baltimore Armour currently has two Pre-Academy teams:

- 1) U14
- 2) U16

Baltimore Armour Mission Statement

The mission of Baltimore Armour is to develop technically excellent and innovative players with exceptional decision making skills to play at the highest level of US Soccer. Players are expected to embrace our core values of desire, work-rate and competition.

Baltimore Armour Club Philosophy/ Style Of Play

Attacking Playing Philosophy – We want our teams to play with an efficient , economical possession based approach where passing quality combined with intelligent movement lead to penetration through the thirds of the field to provide goal-scoring opportunities if counter-attacking opportunities are denied.

Defending Playing Philosophy – We want our teams to display a controlled and assertive approach where all players contribute and have a clear understanding of the tactical objectives used to recover possession of the ball.

Baltimore Armour Coaching Philosophy

Our coaches prioritize learning in our sessions by creating a stimulating and challenging environment for players to enjoy the game. Players are participating in game-related practices that challenge players to solve problems within small-sided games.

Baltimore Armour Player's Philosophy

The following player characteristics are key for us to be successful in our style of play:

- 1) Technical Excellence
- 2) Decision-Making
- 3) Passion

Baltimore Armour Goals/Objectives

To attract the best players from the Baltimore Area

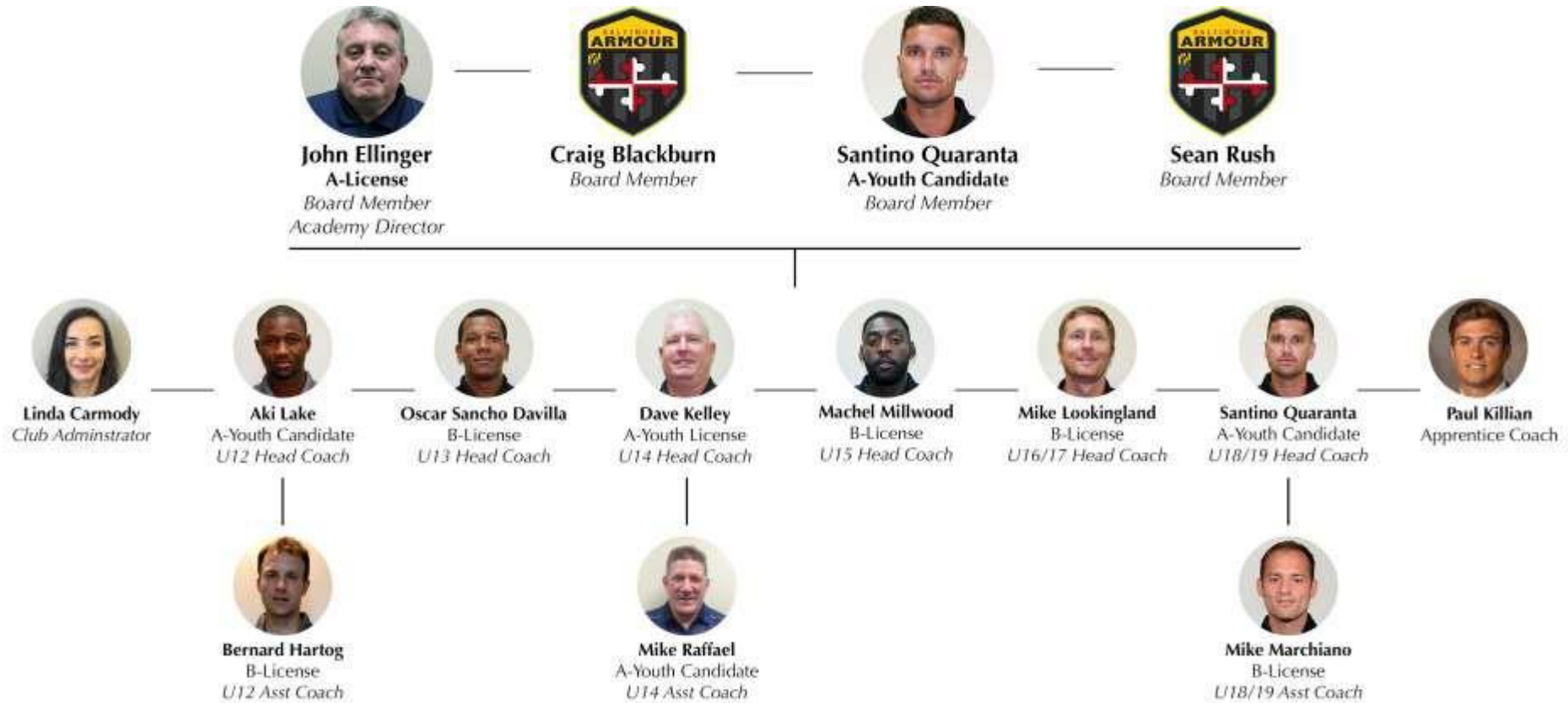
To develop US Youth National Team players and future Men's National team players

To produce College Division 1 players

Providing the highest levels of professional training with a focus on skill development, technical and tactical training and competitive play for all of its players

Developing creativity, commitment, passion and sportsmanship in all of our players

Baltimore Armour Organizational Chart



Baltimore Armour Academy Director

Academy Director John Ellinger was formerly the Under 17 US Men's National Team Coach and Director of the US Soccer Residency Program in Bradenton, Florida. He then became the Director of Player Development for youth programming for the United States Soccer Foundation and later became its Director of Coaching.

Among his many accomplishments, John has served as head coach for the US team in the World University Games in Sicily, Italy (1997); scout for the US team during the FIFA 1998 World Cup Qualifying matches; assistant coach of the USA Olympic Team in Sydney Australia (2000); head coach and Technical Director of the Real Salt Lake Major League Soccer Team in Salt Lake City, Utah (2004-2007); Assistant Coach/Executive Director of the FC Dallas Academy Programs from 2008 – present).

While John has served at a very high level in organized soccer, he is also well grounded in the needs of US youth soccer. In 2007-2008 he served as the Technical Director of the US Youth Soccer Association and was responsible for coaching education and player development. In this capacity he also was responsible for developing instructional materials to be utilized at the state and regional levels of soccer.

John is a Maryland product and before entering the realm of advanced competitive soccer he served as a teacher/coach/and athletic director in the Montgomery Public School system. He also served as the head coach of the Men's soccer program at the University of Maryland – Baltimore County, in Catonsville, MD.

John holds a United States Soccer Federation National "A" license and is a USSF National Staff Instructor.

Baltimore Armour Club Administrator

Job Description/ Duties and Responsibilities:

Conduct the entire player and staff registration process from upload to approval into the Bonzi system

Execute roster changes as they occur throughout the season, and maintain records of all actions performed

Provide support when needed for Club events, including but not limited to: ongoing registration, team meetings, Showcases, major tournaments

Assist with coordination of Talent ID sessions

Attend all required US Soccer Development Academy meetings and webinars

Act as a liaison between US Soccer Development Academy and the Club

Serve as a resource to all Club coaches and staff on US Soccer DA Rules & Regulations

Confirm all game times/locations for all Club teams, on a weekly basis

Baltimore Armour College Signings 2016

- Ben Alexander – Kentucky (Division 1) Baltimore Armour
- Matt Bailey – UMBC (Division 1) Baltimore Armour
- Chris Carroll – Drexel (Division 1) Pre Academy
- Vinay Chandra – Goucher College (Division III) Pre-Academy
- Jake Dengler – Loyola (Division 1) Baltimore Armour
- Jacob Denison – Loyola (Division 1) Baltimore Armour
- Matt Flynn – West Point (Division 1) Baltimore Armour
- Jacob Friedlander – Loyola (Division 1) Baltimore Armour
- Petr Janda – University of Maryland (Division 1) Baltimore Armour
- Brady O'Connor – George Washington (Division 1) Baltimore Armour
- Eddy Rodriguez – Loyola (Division 1) Baltimore Armour
- Nik Steiner – Syracuse (Division 1) Baltimore Armour
- Jacob Williams – Navy (Division 1) Baltimore Armour

Baltimore Armour Player Evaluation

INDIVIDUAL DEVELOPMENT PLAN					
PROFILE					
NAME	Carson Sokosa				
POSITION	Attacking Midfielder				
DOB	3/19/06				
HEIGHT	6'7"				
WEIGHT	73 lbs.				
GRADE	8				
GRAD YEAR	2024				
					
TRAINING DEVELOPMENT PLAN					
OBJECTIVES	PURPOSE	BENCHMARKS			
1) To improve passing and receiving range with both feet	1) Receiving the ball from side to side	1) December 2017			
2) To improve upper body strength	2) To improve the ability to hold off defenders with arms, shoulders and body	2) January 2017			
Carson needs a little bit more time to achieve his target. He has had a slow and inconsistent developmental period through the training seasons. We have also found out that the Training Duration, Receiving and Long passing needs to be reduced to maintain maximum concentration.					
TRAINING DEVELOPMENT SCHEDULE					
Date	Focus	Duration	Intensity	Load	Player Rating (1-5) 1=Lowest, 5=Highest
8/15/2017	Long Passing (both feet)	30 mins	Medium	40	2
8/19/2017	Receiving (both feet)	30 mins	Medium	40	2
8/22/2017	Long Passing (both feet)	30 mins	Medium	40	3
8/26/2017	Receiving (both feet)	30 mins	Medium	40	2
8/29/2017	Push-ups	15 mins	Medium	30	2
10/03/2017	Long Passing (both feet)	30 mins	Low	40	3
10/08/2017	Receiving (both feet)	30 mins	Medium	40	3

10/06/2017	Weight lifting	30 mins	Medium	40	3
10/17/2017	Long Passing (both feet)	30 mins	Medium	40	3
10/20/2017	Receiving (both feet)	30 mins	Low	30	3
10/24/2017	Long Passing (both feet)	30 mins	Medium	40	3
10/27/17	Receiving (both feet)	30 mins	Medium	40	3
10/30/2017	Long Passing (both feet)	30 mins	Medium	40	3

SHORT TERM GOALS (1-2 YEARS)
<ol style="list-style-type: none"> U14 National Team Player U14 Baltimore <u>Academy</u> Starting Attacking Midfielder <p>Carson and I decided to re-organize his list his goals in the order below:</p> <ol style="list-style-type: none"> U14 Baltimore <u>Academy</u> Starting Attacking Midfielder U14 National Team Player

LONG TERM GOALS (4-8 YEARS)
<ol style="list-style-type: none"> USA National Team Playing Division 1 College Soccer Professional Soccer Player in Europe <p>Carson and I decided to reorganize his list of realistic goals in the order below:</p> <ol style="list-style-type: none"> Playing Division 1 College Soccer Professional Soccer Player

	OBJECTIVES	GOAL	ASSESSMENT
TECHNICAL	<ol style="list-style-type: none"> Long range passing (30-40 yards) Improve passing and receiving with both feet 	<ol style="list-style-type: none"> To control the ball in tight areas with pressure and switch the ball into space Close control of the ball in tight areas with pressure, while getting out of pressure accurately 	<ol style="list-style-type: none"> Carson needs to improve his long range passing with his left foot especially the driven pass. He needs more repetition on this technique. Carson needs to improve his body positioning to receive the ball away from pressure. Carson's short passing accuracy has improved with both feet.
TACTICAL	<ol style="list-style-type: none"> To improve understanding of when to play forward, sideways and backwards 	<ol style="list-style-type: none"> To improve decision making in the Middle third of the field 	<ol style="list-style-type: none"> Carson improved his vision and awareness on selecting the right direction of pass when under pressure in the Middle third. Carson is constantly cracking over his shoulders before and after receiving the ball.
MENTAL	<ol style="list-style-type: none"> Positive Leadership 	<ol style="list-style-type: none"> To improve communication with teammates during negative situations in training and games. 	<ol style="list-style-type: none"> Carson improved his willingness to encourage his teammates during difficult situations in Training and Games.
PHYSICAL	<ol style="list-style-type: none"> Upper body strength Increasing speed over 15 yards Increasing the speed of 180 degree turn with both feet 	<ol style="list-style-type: none"> To improve the ability to protect the ball with arms, body and shoulders during the game To improve the vertical speed in the game To improve the ability to turn quicker in offensive situations 	<ol style="list-style-type: none"> Carson has improved his ability to hold off defenders longer as a consequence of more upper body strength Carson needs to improve his running technique with his arms. Carson's speed of turn has improved due to the reps of passing and receiving at different angles.

Baltimore Armour Player/Positional Profile

The following content reflects the position/unit specific roles of BA academy players:

1 – Goalkeeper

2/3 – Full Backs

4/5 – Central Defenders

6/8/10 – Central midfielders

7/11 – Wide Striker/Winger

9 – Central Striker

Goalkeeper - 1

Attacking

- Positioning
- Distribution(restarts and open play, counter-attacking)
- Supporting Position (Building out from the back, Switching play)

Defending

- Positioning
- Shot stopping
- Dealing with Crosses (Catching and punching)
- Defending from Set plays
- Communication (Clear and Concise)



Full Backs – 2/3

Attacking

- Receiving techniques (facing the play)
- A range of passing
 - short
 - long
- Running with the ball/Dribbling
- Crossing

Defending

- 1v1 defending (wide positions)
- Interceptions
- Stopping crosses/Blocking crosses/shots
- Defending Headers



Central Defenders – 4/5

Attacking

- Receiving techniques(facing the play)
- A range of passing
 - short
 - long
- Running with the ball
- Heading at the attacking set plays

Defending

- 1v1 defending(centrally)
- Interceptions
- Clearances
- Defensive Heading/set plays
- Blocking (shots)



Central Midfielders – 6/8/10

Attacking

- Receiving techniques(facing play and back to goal)
- A range of passing (disguise/clever passing)
- Turning
- Dribbling/Running with the ball
- Crossing
- Finishing (Inside/outside penalty area)



Defending

- 1v1 defending (stop turning/forcing play/tracking runners/recovery runs)
- Interceptions/Tackling/Blocking

Wingers – 7/11

Attacking

- Receiving techniques (back to goal/facing)
- Supporting positions wide and infield
- Crossing
- Dribbling
- Running with the ball
- Finishing techniques(Inside/outside penalty area)
- Heading(near/far post)

Defending

- Pressuring
- Forcing play
- Recovery runs
- Tracking



Central Striker - 9

Attacking

- Scoring techniques (Inside/outside the penalty area)
- Receiving techniques(back to goal)
- Passing/linking play/hold-up play
- Turning
- Dribbling
- Heading(near/far post , the penalty area)

Defending

- Pressuring
- Forcing Play
- Recovery runs
- Heading (set plays)



Training/Game Facilities – Covenant Park

Bob Lucido fields

4 Large Turf fields - (120x70 yards)

1 small turf field – (110x55 yards)

3 grass fields – Only used for games

On-site parking

Clubhouse with boardroom space and staff offices

Lighted Walking Path

Four turf fields have lights for evening training and games

Training/Game Facility – Covenant Park Bob Lucido fields



The Bob Lucido Fields at Covenant Park
An aerial tour of our complex.
<https://vimeo.com/138686409>

Clubhouse/Video Analysis room

