

HYSC Training Program

The Highland Youth Soccer Club (HYSC) shall provide for a complete Training Program for each team within the club, including intramural teams. The Training Program will be designed to promote spirit, athleticism, and a desire to learn the game of soccer. Training sessions that focus on technical development through competitive, small-sided activities provide players the necessary environment to compete, be creative, make decisions, and reinforce technical and tactical skills.

HYSC is committed to the best interests of the player and believes that the following conditions must be in place for the player to grow and learn:

- Coaches/trainers should be coaching players to compete to want to win
- Coaches/trainers must have the courage to risk the final result of games to understand the big picture
- Coaches/trainers must teach players that the game is an extension of their training
- Coaches/trainers must look at the game as numerous opportunities to learn, and to enhance training based on player performance, not on a team's win/loss column
- Coaches/trainers must maintain the importance of wanting to win but preserve the overall focus on the play that occurred during the game as well as player development

Program Objective: The goal of the program is for players to develop technical skills and field awareness in an environment that stresses teamwork, sportsmanship, and skilled soccer play so that players gain a life long love and appreciation for the game of soccer. The idea is to let the game be the teacher. The more frequently players are given an opportunity to touch the ball in a competitive environment, the quicker they can develop technique and confidence.

In particular, training should exist as follows:

Intramural teams	Training for fun, coordination, and soccer basics
U-8 - U-9 Teams	Training for fun and player development
U-10 - U-11 Teams	Training for fun, player development, and to compete
U-12 - U-14 Teams	Training for fun and to compete and win
U-15 – U-19 Teams	Training for fun and to win

Job Description for the Director of Training (DOT)

HYSC shall employ a training coordinator approved by the Board who has the following job description:

1. THE DOT must have an F license or equivalent soccer credentials
2. The DOT will report to the Executive Board
3. The DOT position is not permitted to be a certified club trainer for any team during the fall or spring season, unless otherwise authorized by the Executive Board. It is permissible for the DOT to coordinate and run off-season clinics in cooperation with NJSA 04.
4. The DOT shall recruit and hire all trainers upon submission of a resume and indications that the trainer has contributed in a positive manner to the game. All resumes will be kept on file by the coordinator.
5. The DOT has the right to release a trainer from his/her duties upon recommendation from a coach, the Board, and the DOT's own observation of poor training.
6. The DOT is responsible for making all decisions on training cancellations due to inclement weather or poor field conditions.
7. The DOT, team trainer and team head coach must meet at the beginning of each season to implement/review the NJSA 04 training curriculum for the upcoming season. A mid-season evaluation is required with the head coach and team trainer to ensure the curriculum is being met and adjustments must be made as necessary.
8. The DOT will communicate proactively with all coaches and Board members. DOT is required to submit a written report on the status of the training program for every executive board meeting unless directed otherwise by the President.
9. The DOT is required to attend all general membership meetings and submit a report to the HYSC membership.
10. The DOT will establish and run a weekly training program for all intramural players throughout both the fall and spring seasons that will incorporate the prescribed training curriculum.
11. The DOT will organize all travel team training sessions and maintain logs for each trainer/team. The DOT will facilitate team training with approved trainers for those teams looking to improve in this manner.
12. The DOT will coordinate player development sessions with NJSA 04 (including goalkeeping) for all HYSC players to include but not limited to pre-season team training, speed and agility, finishing and any camp deemed necessary for the club and agreed to by the Executive Board and the DOT.
13. The DOT will provide a comprehensive tryout program that is uniform throughout the club as designated by the executive board. The DOT will also hire all trainers deemed fit by HYSC to properly evaluate and run the tryouts.
14. The DOT will hold two coaching clinics per year to review the HYSC/NJSA 04 training curriculum and introduce coaches to the latest coaching techniques.
15. The DOT will keep membership up to date monthly on the latest soccer developments and coaching techniques through email or the monthly membership meetings.
16. The DOT will develop and implement an evaluation instrument that will be used to evaluate trainers seasonally. This evaluation must be signed by the coordinator and the trainer and kept on file.