



Senior Girls Soccer Team 2019-20

Coaching Staff Information

Head Coach: Matthew Aslett (National C License)

Co-Head Coach: Mrs. Kayemba

Contact Information: "Contact Us" at www.pjpiisoccer.yolasite.com

Required Equipment

The following items are required at all training sessions: shin guards, long socks, shorts, red shirt, blue shirt, indoor shoes, outdoor shoes, water bottle, and required documentation as indicated by coaches.

Session Structure

Each session will include a warm up (continuous movement, neural preparation, technical preparation), initial small sided game, analytical, final small sided game, and cool down. The development area topics will be: passing, dribbling, shooting, receiving, running with the ball, creating space, support, defending, pressure and cover, and fitness.

Learning Objectives

- To identify important learning skills and develop success strategies applicable on and off the pitch
- To improve technical knowledge and decision making by understanding the laws of the indoor and outdoor game
- To enhance tactical, technical, emotional, social, physical and mental pillars of player development
- To simulate a competitive game environment in order to explore teamwork and leadership skills
- To evaluate improvement and potential of player skills as demonstrated in the tryouts and season
- To recognize the value of attitude, effort, and professionalism in a sports and academic context