



UK SOCCER ACADEMY



Sport Science Program

Team Workshops & Seminars

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Program Lead – Qualifications & Background

- ▶ Ray Head, 24–7 UK Soccer Academy
- ▶ Masters Degree in Sport & Exercise Psychology
- ▶ Thesis – The Performance Environment of the England National Youth Soccer Teams
- ▶ Bachelors Degree in Sport & Exercise Sciences
- ▶ Applied Sports Scientist – Loughborough University – applied Sports Psychology work with elite athletes across 10 sports
- ▶ Qualified Physical Education Teacher with 7 years teaching experience
- ▶ REPs Personal Trainer & Fitness Instructor



Program Overview

- ▶ A range of workshop-based sessions that can take competitive teams to the next level
- ▶ A valuable resources for players, coaches and parents
- ▶ 4 pillars – Physical, Technical, Tactical, Psychological
- ▶ Program that very few clubs can offer their players



Program Offering

- ▶ Teams choose the workshops from the session 'menu' offered that most suit their needs
- ▶ Sessions are 1hr30mins
- ▶ All sessions include follow-up work product for player and coach use
- ▶ All sessions can be tailored in order to cater for player age and individual team needs in a bespoke fashion
- ▶ Some sessions are more suitable for older and more competitive teams



Program Offering

Session Name

Initial Team Building

Team Culture & Goal Setting With Player Handbook

Team Culture & Goal-Setting 2 (Re-Visit)

Player Development Plans (PDPs)

Player Commitment Cards

Imagery & Mental Rehearsal for Performance

Arousal Control & Relaxation Techniques

Sports Nutrition – Fuelling The Youth Athlete

Sports Injuries – Prevention & Treatment of Youth Soccer Injuries



Session Name	Synopsis	Recommended For
Initial Team Building	<p>This session focuses upon fun, structured team building activities and trust exercises away from the typical soccer environment, with the aim of taking the team through Tuckman’s (1965) Stages of Group Development. Particularly useful for newly formed teams, teams whom have had an influx of new players or teams experiencing difficulties with group dynamics. Recommended for the Spring season.</p>	Teams of all ages and ability levels
Team Culture & Goal Setting With Player Handbook	<p>This session takes a structured approach to team goal-setting within an open and safe environment. Hopes, fears and expectations are explored in order to create a team culture and goals agreed upon and set through a step-by-step discovery approach. The session is player driven and a Player Handbook is produced as a result of the session which should guide the team towards shared goals and values moving forward. Ideally this session takes place during the Spring season. Recommended for Spring.</p>	U11 players and older.
Team Culture & Goal-Setting 2 (Re-Visit)	<p>This session builds upon the previous session. The player handbook is re-visited and revised by the team based upon progress and achievements to date. Ideally this session takes place during the Fall season. A third session may also be desired by older, more competitive teams later in the Fall.</p>	U11 players and older

Session Name	Synopsis	Recommended For
Player Development Plans (PDPs)	<p>Player Development Plans (PDPs) are created through this session that explores personal, individualized goals for players in a structured environment. The Coach and Facilitator will aid players in producing their own PDP which follows the SMARTER Goal-Setting methodology. PDPs should be referred back to throughout the season and should be linked to individualized training needs and methods. Some teams may desire a follow-up PDP session later in the season. Recommended for Spring and Fall.</p>	<p>U11 players and older. Particularly recommended for competitive teams</p>
Player Commitment Cards	<p>Player commitment cards (linked to both team and individual goals) are produced by each player. These are then distributed to a random team mate whom will help the player towards their goals and hold them accountable for working towards them. The coach can then review these on a bi-weekly or monthly basis with the team. This methodology was used by the hugely successful De La Salle High School football team whom held the longest winning</p>	<p>U11 players and older. Particularly recommended for competitive teams</p>

Session Name	Synopsis	Recommended For
Imagery & Mental Rehearsal for Performance	<p>This Psychological Skills Training (PST) session introduces the concepts of Imagery and Mental rehearsal and their utilization as skills that aid soccer performance. Players are led through a series of imagery and mental rehearsal exercises and given soccer-specific exercises that can be practised at home to enhance these skills and aid their preparation for performance. A follow-up session may be desired. Recommended for Fall.</p>	<p>U13 teams and older. Particularly recommended for higher level competitive teams.</p>
Arousal Control & Relaxation Techniques	<p>This Psychological Skills Training (PST) session introduced various arousal control and relaxation techniques that may be utilized by players as a means of performance preparation, particularly amongst those whom experience pre-game anxiety. Methods that are explored include breathing control techniques, relaxation imagery techniques, progressive muscular relaxation (PMR) and mind-to-muscle techniques. Players are taught the techniques so that they may practise them at home and harness them as a means of performance preparation. A follow-up session may be desired. Recommended for Fall.</p>	<p>U13 teams and older. Particularly recommended for higher level competitive teams.</p>

Session Name	Synopsis	Recommended For
Sports Nutrition – Fuelling The Youth Athlete	<p>This informative and interactive session may be desired for players, coaches and/or parents and can be designed to cater for the desired audience as such. Set in a seminar format, more than one team may attend this session. This session is focused upon learning how to best fuel the youth athlete, over the course of the season and during tournament play. The ‘do’s and don’t’s of sports nutrition are explored and take home resources are provided. Recommended for Spring or Fall.</p>	<p>U13 pplayers and older. Parents of all players. Coaches. Particularly recommended for higher level competitive players.</p>
Sports Injuries – Prevention & Treatment of Youth Soccer Injuries	<p>This informative and interactive session may be desired for players, coaches and/or parents and can be designed to cater for the desired audience as such. Set in a seminar format, more than one team may attend this session. This session is focused upon learning how to best avoid soccer–specific injuries in youth athletes, explored the issues of burnout and over–training and how to deal with typical soccer–related sports injuries. Take home resources are provided. Recommended for Spring or Fall.</p>	<p>U13 players and older. Parents of all players. Coaches. Particularly recommended for higher level competitive players.</p>

Program Pricing Structure

Number of Sessions	Price	Pricing Notes and Suggested Discounts
One	\$250	*Prices equate to \$15 p/ player based upon squad size of 16 players
Two	\$450	*Prices equate to \$14 p/ player per session based upon squad size of 16
Three	\$650	*Prices equate to \$13 p/ player per session based upon squad size of 16

****Teams may choose to undertake more than three sessions.**

*****All sessions scheduled subject to facilitator availability.**



Team Testimonials From 2014/15

“These sessions have helped me and the rest of my team prepare properly and effectively for games...they have helped us analyze our performance more effectively and function better as a team.” (Sami, CVM Academy Player)

“I highly recommend this program to any player looking for a complete edge...it helps young players understand their psychological potential...and it has had a clear impact upon my son’s performance.” (CVM Academy Parent)

“This session allowed us to set realistic team goals and made everyone accountable for their actions in a constructive and positive way.” (Thomas, CVSC Player)

“It was a great session for my team. We have 8 new players this year, so it really gave the girls a chance to discuss what they want from the experience and how they can all pull together in one direction.” (Coach Dan, CVSC)

