



Eden Prairie Soccer Club

Player Development Curriculum

Introduction.

Peter Reid; Director of Coaching

EPSC provides the following player development curriculum to outline a level of expectation for coaches to aim at with EPSC players. Some teams may be behind the year level and might need to start a year down in order to get on the right track. A high level team may be ahead of the curriculum for their age and therefore use an age above. Contact the EPSC DoC to discuss the most appropriate curriculum for each team.

This curriculum provides valuable information in a clear and concise form; it is not a philosophy but a technical and tactical overview of what we are aiming for throughout the years.

A club curriculum is a vital component to a consistent player development program, without it we have no real direction. By implementing this curriculum and with the support and cooperation of club coaches, players will be better served in their overall individual development. Players will be better prepared to not only move up through the years but to also to work with different coaches and players.

EPSC coaches will train players using a method of *Guided Discovery* and by using individual skills training followed by problem solving activities that promote decision making by the player versus a drills teaching method.

All training sessions are broken down into a % and this will change slightly through the years. We place a strong emphasize on individual technique at all ages but especially the younger players.

Much of the technical and tactical goals are determined by the psychological make-up of the age group, we place a greater emphasize on tactical situations as the players move into their teenage years.

EPSC will support all coaches in implementing the Eden Prairie Soccer Club Player Development Curriculum and offers training sessions to follow that suit the EPSC team age.

If you have any questions contact your DoC.

