

# WASHINGTON TIMBERS FC

## 2022-23 Coaches Summit



# Coaches Summit Schedule



## Friday, June 10:

- 5:30-6:00pm - Welcome
- 6:00-7:30pm - DEI Presentation with Biniam Afenigus and Fawzi Belal
- 8:00-10:00pm - Coaches Social @ Heathen Brewing Feral Public House (food provided)

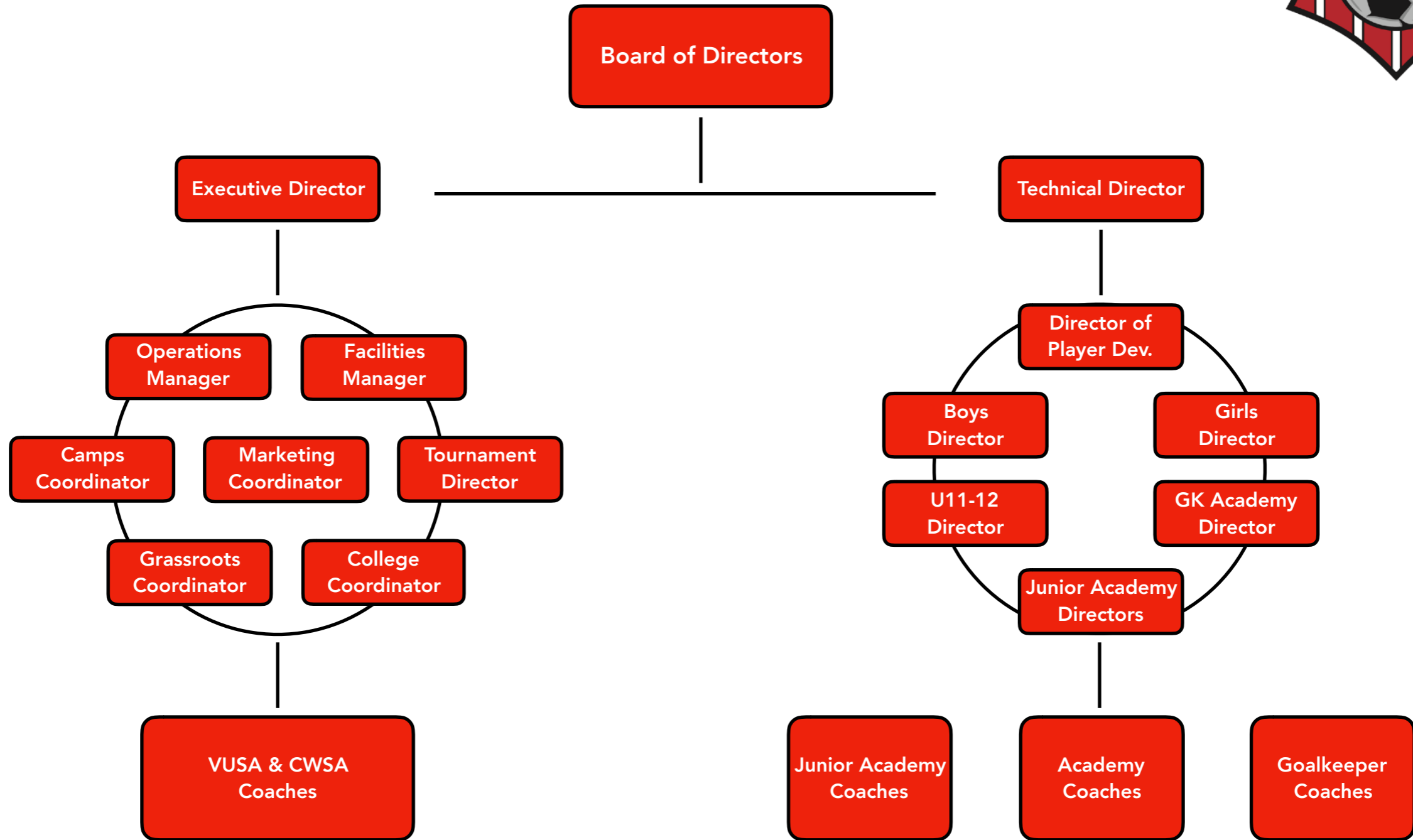
## Saturday, June 11:

- 10:00-11:30am - Washington Timbers Philosophy with Jeff Castagnola and Robin Bostwick
- 11:30-12:15pm - Reviewing the Role of the Environment in Youth Soccer Development with Jodel Wright
- 12:15-1:00pm - Lunch
- 1:00-1:45 - Performance Preparation & Injury Prevention with Kelsy Parker
- 2:00-4:00pm - Field Session (training)

## Sunday, June 12:

- 10:00-11:00am - Mental Health in youth sports, with Jackie Thomson
- 11:00-12:00pm - Age group collaboration breakouts
- 12:00-1:00pm - Lunch
- 1:00-3:00pm - Field Session (game)

# Organizational Chart



# Current Academy & JA



## Players & Teams:

**Junior Academy - 200 players, 20 teams**

**Academy - 1000 players, 54 teams**

## Coaches:

**Junior Academy - 6 Age Group Coordinators, 14 Coaches**

**Academy - 43 Head Coaches, 10+ Assistant Coaches**

# WASHINGTON TIMBERS FC

## Club Philosophy



# Mission



**The Washington Timbers Football Club is committed to providing opportunities for youth to aspire to their highest level in soccer and in life through competition, teamwork and personal achievement.**

# WASHINGTON TIMBERS FC

## CORE VALUES



### DEVELOPMENT

Developing soccer ability and character to support the holistic growth of every individual within a successful team environment.

### RESPECT

Displaying appreciation for all aspects of our soccer environment.

### COMMUNITY

Sharing common values in soccer to create a unified club that contributes to, receives support from, and represents our community.

### OPPORTUNITY

Creating an inclusive environment for players from all backgrounds to achieve success in soccer and life.

### FUN

Finding joy in the effort that we put into training and competing with teammates who share our love for soccer.

# Principles



- 1. Our players are the center of our environment. Every decision we make must prioritize their safety and development.**
- 2. Our players experience with Washington Timbers is supported by 4 pillars: Family, Club, Team, and Coach. Each pillar must work collectively to provide an optimal and enjoyable environment for every player.**
- 3. Our players will experience conflict and adversity on their soccer journey. We will resolve conflict and support players through respectful and honest communication with players and families to help develop a growth mindset.**
- 4. Our community is represented on and by every team. Everyone must feel welcome, supported, and respected by and with the Washington Timbers.**



# Player Dev. Philosophy



**DEVELOPMENT PHILOSOPHY:** We strive to create a fun and competitive environment for each individual player to develop Character, Intelligence, and Soccer Ability during all club activities.

The specific age-appropriate traits we work to develop are contained in the Washington Timbers FC Key Player Qualities.

**COMPETITIVE PHILOSOPHY:** We want our players to have fun competing together. We will push our teams to win at appropriate levels of competition under conditions that support each player's development.

**COACHING PHILOSOPHY:** Our coaches are leaders, guides, and teachers. We model behavior, support players through challenges, and provide ideas, solutions, and demonstrations to help players find success.

**TEACHING PHILOSOPHY:** Our coaches work to facilitate development by creating a game-like environment in training and a healthy competitive environment in games that allows each player to make soccer decisions under realistic pressure and to learn from those decisions without fear of failure.

Every coach and team are different. Our club provides appropriate guidelines for coaches in different age groups and levels of play to use when making decisions about playing time, positions, and other in-game decisions.

# OUR SOCCER IDENTITY



## CHARACTER

We are passionate about soccer.

We respectfully compete with confidence and resilience from whistle to whistle.

## INTELLIGENCE

We are leaders on the field.

We are intelligent soccer players prepared to make creative decisions at game speed.

## EXECUTION

We execute with speed.

We control the game by possessing the ball with a purpose to create chances, we finish chances, we press to frustrate our opponents, and we take pride in our defending structure.

# Development Philosophy



**DEVELOPMENT PHILOSOPHY:** We strive to create a fun and competitive environment for each individual player to develop Character, Intelligence, and Soccer Ability during all club activities.

The specific age-appropriate traits we work to develop are contained in the Washington Timbers FC Key Player Qualities.

Development is one of our club's Core Values. We must consistently evaluate the environments that we create to make sure that all of our players are provided the opportunity to develop. General guidance:

- Know the players. Where did they start? What are their strengths? What areas do they need to improve? Where are they going? How are we guiding them there?
- Explore opportunities to meet the needs of the top players on your team by playing up in age or level, or with the opposite gender.
- Provide clear, written, and verbal individual feedback.
- Engage families in understanding the individual players development path.

# Competitive Philosophy



**COMPETITIVE PHILOSOPHY:** We want our players to have fun competing together. We will push our teams to win at appropriate levels of competition under conditions that support each player's development.

Fun is one of our club's Core Values. We all share the responsibility to create an environment in training and on game days that allows our players space to enjoy competition while also learning how to win. Our talent pool often provides us the opportunity to win games at all levels of competition. General guidance:

- Superior preparation, leadership, and teamwork lead to wins. Otherwise the wins come from superior talent.
- Instilling a desire to win is part of development but should not come at the expense of other aspects of development.
- Reflect on preparation, leadership, and team performance.
- Compete with maximum effort in every game.
- Celebrate wins respectfully.

# Coaching Philosophy



**COACHING PHILOSOPHY:** Our coaches are leaders, guides, and teachers. We model behavior, support players through challenges, and provide ideas, solutions, and demonstrations to help players find success.

This is the same for every age group. It is a philosophy that guides coaches as they make age and level appropriate decisions. General guidance:

- We should provide solutions instead of displaying frustration.
- We should provide constructive feedback instead of criticizing actions.
- We should demonstrate solutions instead of highlighting failure.

# Coaching Philosophy



**What are we really trying to say? What impact do we actually want to have on player performance?**

**Fix the language, plan for development, address accountability:**

**"We've worked on this a million times!" or "We worked on this last week!"**

**"You keep giving the ball away!"**

**"Why are you in the wrong position?"**

**"Stop kicking it over the goal/straight at the keeper!"**

# Teaching Philosophy



**TEACHING PHILOSOPHY:** Our coaches work to facilitate development by creating a game-like environment in training and a healthy competitive environment in games that allows each player to make soccer decisions under realistic pressure and to learn from those decisions without fear of failure.

This is the same for every age group. It is a philosophy that guides coaches as they make age and level appropriate decisions. We will provide more specific age and level appropriate guidance within our methodology resources. General guidance:

- Small sided games that increase in complexity as level and age increases
- Functional and tactical input increases as level and age increases
- Physical periodization begins as players begin to reach PHV
- Set piece training