



# FTBL Academy Handbook

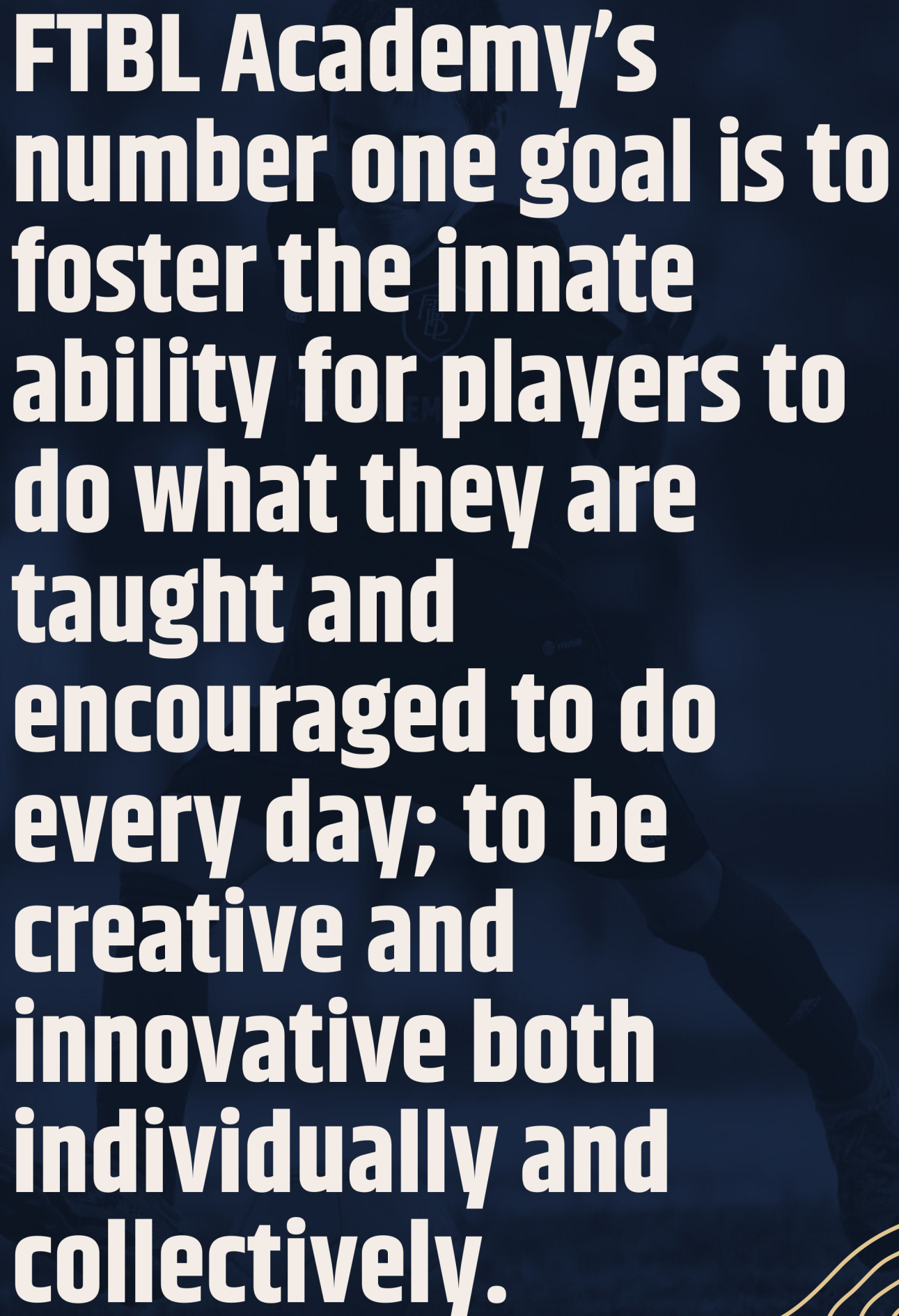
2024 | Educate, Empower, Equip

# Table of Contents

<b>4</b>	About Us	<b>18</b>	A FTBL Athlete...
<b>5</b>	Communication Methods	<b>19</b>	Pillars of Player Development
<b>6</b>	What is FTBL?	<b>20</b>	Programming
<b>7</b>	What is an Academy?	<b>21</b>	Program Overviews
<b>8</b>	Philosophy on Coaching and Fútbol	<b>24</b>	Training Schedule
<b>9</b>	Code of Conduct	<b>25</b>	Training at FTBL Academy
<b>10</b>	Youth Academy Players	<b>28</b>	Future Plan
<b>11</b>	Youth Academy Parents	<b>29</b>	Annual Cycle
<b>12</b>	Youth Academy Team Managers	<b>30</b>	Individual Player Plan
<b>14</b>	Player Development Coach (PDC)	<b>31</b>	Skills at Home
<b>15</b>	Coach Resources and Education	<b>33</b>	Academy Policies
<b>16</b>	Our Coaches	<b>34</b>	Fees, Payments, and Refunds
		<b>36</b>	Make-Up Sessions and Inclement Weather
		<b>37</b>	Player Safety and Health



**FTBL Academy's  
number one goal is to  
foster the innate  
ability for players to  
do what they are  
taught and  
encouraged to do  
every day; to be  
creative and  
innovative both  
individually and  
collectively.**



# About Us

**Welcome to FTBL Academy** – where passion for soccer and youth development unite. Founded over three years ago in 2020, FTBL Academy has swiftly grown into a vibrant community, trained and nurturing over 200 soccer players under the guidance of our dedicated team coaches.

## **Our Vision**

Develop and encourage innovative and creative soccer players and leaders today that will shape and change the game for tomorrow.

## **Our Mission**

**To educate, empower, and equip players, parents and coaches with a genuine love for the beautiful game;** and to encourage and inspire youth, of all ages and backgrounds, to develop a passion and absolute love for the beautiful game. By creating environments for the player that will allow them to completely and unconditionally express their passion through pure innovation and creativity. Therefore, allowing each player and team to achieve their personal best; by efficiently and effectively problem solving, no matter the situation.

# Communication Methods

## Website

[ftblacademy.com](https://ftblacademy.com)

## Social Media

(Facebook, Instagram)

@ftblacademy

@ftblacademy.vpysl

## Email

rafael@ftblacademy.com

## Phone Number

626.408.0444

## Training Locations

Eaton Blanche Park

Brookside Park

Victory Park

FTBL Academy employs a variety of communication channels to share essential information and updates with our players and their families. This includes our official website, email services like MailChimp and Spond, and social media platforms such as Facebook, and Instagram.

Our aim is to provide timely, concise, and relevant updates to ensure our members are well-informed and engaged. We are committed to delivering content that not only fosters a sense of community but also enriches the FTBL Academy culture. To enhance the personalized experience we strive to offer, we may use photographs or videos of current and former players and/or teams. These visuals help to vividly showcase the vibrant, day-to-day life within FTBL Academy. Additionally, when you engage with our content on social media, we may share certain information with these networks.

Through our communication efforts, we ensure you stay informed about everything related to FTBL Academy, including events, partnerships, and any unique opportunities within the soccer community.

FTBL Academy respects the privacy of our members and does not disclose email addresses or other personal information. Access to member information is limited to the FTBL Coaching and Administrative Staff and is strictly regulated. Any misuse or inappropriate handling of member information is dealt with according to our Code of Conduct policy. Only for official FTBL Academy matters should parents, team managers, or volunteers use the FTBL email system.

# What is FTBL?

## F - Fundamentals

At FTBL Academy, "Fundamentals" represents the cornerstone of our training philosophy. We believe that a strong foundation in the basic skills of soccer is essential for any player's success. This includes mastering ball control, passing, dribbling, shooting, and defensive positioning. Our focus on fundamentals goes beyond mere technique; it's about instilling an understanding of the game's principles, encouraging players to think critically about their actions on the field. By emphasizing the basics, we ensure that our athletes develop a solid base upon which they can build their future growth, enabling them to handle more complex strategies and playstyles with confidence and competence.

## T - Technique

"Technique" in FTBL Academy refers to the refinement and perfection of soccer skills. It's about taking the fundamentals and elevating them through focused practice, personalized feedback, and advanced training methods. Technique encompasses the artistry and precision with which a player executes their skills under varying degrees of pressure and in different game situations. Our aim is to cultivate players who are technically proficient, capable of displaying finesse, agility, and acuity on the ball. By prioritizing technique, we prepare our players to face any challenge on the field, ensuring they can execute their skills with elegance and effectiveness when it matters most.

## B - Bravery

"Bravery" at FTBL Academy signifies the courage and resilience required to excel in soccer. This encompasses the willingness to take risks, the determination to face and overcome challenges, and the strength to persevere through setbacks. Bravery is about pushing beyond comfort zones, daring to be creative, and standing firm in the face of adversity. We encourage our players to be bold in their decision-making, to trust in their abilities, and to embrace the opportunity to lead by example on and off the field. By fostering a culture of bravery, we aim to develop players who are not only confident in their skills but also possess the mental fortitude to innovate, inspire, and influence the game positively.

## L - Leadership

"Leadership" within FTBL Academy embodies the development of personal and team leadership qualities in our players. We recognize that leadership extends beyond the captain's armband; it's about setting a positive example, motivating teammates, and contributing to a supportive and cohesive team environment. Leadership involves effective communication, accountability, and the ability to make strategic decisions that benefit the team. Our goal is to nurture leaders who understand the importance of teamwork, respect, and integrity, and who are prepared to take on leadership roles both on the pitch and in their communities. By instilling these values, we ensure our players are equipped to lead with confidence, empathy, and vision, shaping the future of the game and making meaningful contributions beyond soccer.

# What is an Academy?

An academy, in the context of sports and specifically within the framework of FTBL Academy, refers to a specialized institution dedicated to the comprehensive development of young athletes in a particular sport, in this case, soccer. Unlike regular teams or clubs that may focus primarily on competition and winning games, academies place a strong emphasis on the individual development of each player, incorporating a wide range of training methodologies to enhance their skills, understanding of the game, physical fitness, and mental toughness.

- Comprehensive Skill Development
- Focus on Individual Progress
- Holistic Development Approach
- Provide a Creative Environment
- Engagement with Parents and Community
- Providing Pathways to Success

An academy like FTBL Academy is a nurturing ground for future sports stars and leaders. It's an environment where young talents are given the tools, knowledge, and support to dream big and achieve those dreams, both within the realm of soccer and beyond. This comprehensive approach ensures that the legacy of the academy is not just in the success of its teams, but in the positive impact its graduates have on the world of sports and their communities.

E D U C A T E | E M P O W E R | E Q U I P  
**FTBL ACADEMY**



# Philosophy on Coaching and Fútbol

FTBL Academy's number one goal is to foster the innate ability for children to do what they are taught and encouraged to do every day; to be creative and innovative both individually and collectively. A detailed Player Development Pathway has been developed and will contain three stages; Fundamentals (U8 - U12), Youth Development (U13 - U15), Professional Development (U16 - U18). The stages will focus on attaining specific goals which in turn will ensure the player is properly progressing through the Player Development Pathway. Children will be taught the beautiful game through fun and engaging technical and tactical training sessions that are organized in a manner to ensure success for the individual player and team. The training sessions will focus highly on games and activities that allow the individual player a maximum number of physical touches with the ball. This will encourage the individual to explore creatively and experiment in a manner that is conducive to maximum development potential.

At every stage in the **Player Development Pathway** the individual will be the primary focal point with the team as the secondary focal point. Recently, there has been an enormous push of information regarding tactics and system of play in soccer. This barrage has stifled the individual player development and caused a void for learning, growing and creating. FTBL Academy will focus more on the principles of play rather than the tactics and systems of play. This will ensure a more focused approach is taken to individual player development which in turn will ensure individual and team success.

- Developing Individual Player and Team
- Preserving Creativity and Style
- Teaching Character and Responsibility
- Every Player, Every Position with a Long Term Vision
- Training under High Levels of Pressure

The collective coaching system of this Academy will be highly encouraged to focus on the aforementioned methods to establish creative and innovative individual technical players and incorporate them into the tactical aspect of the team. Children should be taught all positions on the field, to include goalkeeping, and not just be subjected to play one position. Children should be allowed to experiment and find out what they are good at because if a child chooses to play that position on the field they will give it their best effort. Having a child give 100 percent of their effort 100 percent of the time is one of the greatest compliments any coach can receive because it means you are employing all the correct methods of teaching and the child is enjoying what they are doing.

**As coaches it is our responsibility to teach and instill a passion for the beautiful game.** In order to accomplish this, we need to teach our players to be aware of all the options available to them. This method will produce good decisions, bad decisions and indifferent decisions but by allowing the player to make mistakes and as a coach, supporting/assisting them through this process without negative punishment, will in turn, allow players to develop an ability to quickly identify the right decision in any situation. When the ability to consistently make the correct choice and properly execute becomes automatic and without reminder or contemplation we have truly succeeded and developed exceptional players. This is the true measurement of our success as coaches and is the most gratifying accomplishment that can be attained.

It is truly about the development of each player both individually and tactically and not about winning as many games and trophies as possible. Teaching players to be self-reliant, humble and exceptional sportsmen will be the greatest asset the child can obtain in life and in soccer. This is done by focusing on the child and not winning. Ultimately the fear of failure will be eliminated and an astonishing level of self-determination and self-esteem will be established that can create elite players and teams for many years to come.



# Code of Conduct



The FTBL Academy Code of Conduct establishes the expectations for behavior and interaction within our academy. This code underscores the values and principles that guide our interactions with players, families, business partners, and other stakeholders. It serves as a foundational document for all FTBL Academy policies and procedures, aiming to foster a respectful, efficient, and positive environment for everyone involved.

Violations of the Code of Conduct are treated seriously and may lead to disciplinary action. While this Handbook outlines key policies and procedures, it does not encompass all academy guidelines. It's designed to highlight significant aspects of our operational ethos. Members are also reminded of their responsibility for the conduct of their guests or family members during any FTBL Academy activities or events.

If there are any questions or concerns regarding this Handbook or any specific policy or procedure, members are encouraged to reach out to the Operations Director or the Advanced Administrator. For soccer-related inquiries, please contact your Campus Manager.

## Acknowledgment

By enrolling your player at FTBL Academy, both you and your player(s) agree to abide by the FTBL Academy Code of Conduct and the academy's policies. While this Code of Conduct does not encapsulate all academy policies or address every possible scenario, it covers several common situations.

This Handbook outlines the academy's current policies and procedures. It's understood that this document does not account for every obligation towards the academy or the academy's obligations towards its members. Members agree to adhere to the rules, policies, and standards detailed in this Handbook.

We recognize that circumstances and business conditions may evolve. As such, FTBL Academy reserves the right to amend any policies, practices, or benefits described in this Handbook at any time, without prior notification. Any such changes will be documented in writing. Verbal assurances or statements cannot modify the provisions of this Handbook. It is acknowledged that no statements made by any member of the Board of Directors, the Technical Director, or any academy staff can modify these policies.

# Youth Academy Players

We understand that nurturing talented players from their initial steps in youth soccer to higher levels such as high school, collegiate, or professional play involves comprehensive player and parent education, focused player development, managing expectations, and establishing robust professional networks. Our commitment lies in dedicating ample resources to prepare our players to be influential and innovative at whatever their next level may be. We emphasize developing players who are not only skilled but also creative and forward-thinking, guiding them to the level of play that aligns with their passion and capabilities.

In collaboration with each player, our coaching team crafts a personalized development plan that outlines clear goals and an action plan to achieve them. By fostering trusting relationships with our players, we position ourselves to effectively guide them towards exciting opportunities as they arise.

Players in FTBL Academy are dedicated to enhancing their technical skills and value the high degree of individualized coaching we provide. As players progress through our program, they will face both physical and mental challenges, alongside peers who share their dedication and creative spirit. We believe that through their commitment and hard work, players will find their journey with FTBL Academy not only rewarding but also a memorable chapter in their love for soccer.

## FTBL Academy expects the following from players:

- Give 100% effort, demonstrate sportsmanship, and maintain a positive attitude in all training sessions and matches.
- Arrive on time for all training sessions and matches, as designated by the academy or your coach.
- Communicate in advance with your coach regarding any absences.
- Wear the approved FTBL Academy training kit for all training sessions and the official kit for all matches, including complete home and away uniforms.
- Bring necessary gear, including cleats, shin guards, a properly sized and inflated soccer ball, and water to all matches and training sessions.
- Be match ready: ensure adequate sleep and proper nutrition before each game.
- Show respect at all times for academy policies, coaches, teammates, opponents, and referees.
- Players are responsible for the behavior of their guests at FTBL Academy activities and events.
- Exhibit good sportsmanship at all times.
- Always support and uphold all FTBL Academy policies.

Through these commitments, we strive to develop not just exceptional soccer players, but also innovative leaders and team players who are prepared to shape and change the game for tomorrow."

# Youth Academy Parents

Parents and guardians are pivotal in nurturing and contributing to the development of not only their own children but all young athletes at FTBL Academy. Your role is instrumental in instilling values of sportsmanship, self-discipline, creativity, and innovation. As a parent or guardian, your primary role is to support and encourage your child in a positive way, rather than assuming the roles of a coach, referee, or commentator. Your support is essential in helping your player commit to their team and the Academy.

## FTBL Academy expects the following from parents:

- **Timely Payments and Policy Awareness:** Ensure that your player's fees are paid on time and in full, and familiarize yourself with the Academy's refund policy.
- **Communication Etiquette:** Please wait 24 hours after any game or training session to approach any FTBL Academy staff member, team manager, or volunteer with complaints or concerns.
- **Updated Household Information:** Keep your contact information, including address, phone numbers, and email addresses, up to date with the Academy.
- **Punctuality and Responsibility:** If your child relies on you for transportation, ensure timely arrivals for all training sessions and games.
- **Safety and Supervision:** Be attentive to your child during training sessions and games.
- **Proper Attire:** Ensure that your player is wearing the appropriate FTBL Academy uniform to all training sessions and games for easy identification. Bring both home and away kits to all games.
- **Respect Boundaries:** Stay clear of the field during training sessions and games unless instructed otherwise by an FTBL Academy staff member.
- **Positive Support:** Encourage your child and their teammates positively. Refrain from sideline coaching to avoid conflicting with the coach's instructions.
- **Communication Conduct:** Avoid negative verbal or non-verbal communication with players, coaches, referees, opposing parents, and other teams during or after games.
- **Alcohol, Tobacco, and Language:** Refrain from using alcohol, tobacco, or abusive language at FTBL Academy events.
- **Sportsmanship and Rules:** Observe all rules applicable to parents and spectators, and demonstrate good sportsmanship at all times.
- **Responsibility for Guests:** You are responsible for the behavior of any guests you bring to FTBL Academy activities and events.
- **Club Support:** At all times, support the values, vision, and policies of FTBL Academy.

As members of the FTBL Academy family, your cooperation and adherence to these guidelines help us create a nurturing, creative, and respectful environment for all our young athletes. Together, we can foster the next generation of innovative, passionate, and skilled soccer players.

# Youth Academy Team Managers

The role of the Team Manager, as a volunteer parent, is essential to the thriving culture of FTBL Academy and greatly impacts the experience of our players. Team Managers are highly trusted and are expected to act as representatives of FTBL Academy to both parents and players. Their role includes endorsing and implementing FTBL Academy's policies and procedures, as outlined in this handbook and on our website. Primarily, Team Managers are the main conduit for communication between parents, players, coaches, and the Academy.

As an FTBL Academy Team Manager, you play a pivotal role in disseminating important information related to the players' involvement in club activities. Although the responsibilities of a Team Manager may vary across different programs, leagues, and age groups, it's crucial to note that our Team Managers do not have coaching duties. All training sessions and games are led by our professional coaching staff. The decision to appoint a Team Manager for a particular team, as well as the extent of their involvement, is at the discretion of the coaching staff.

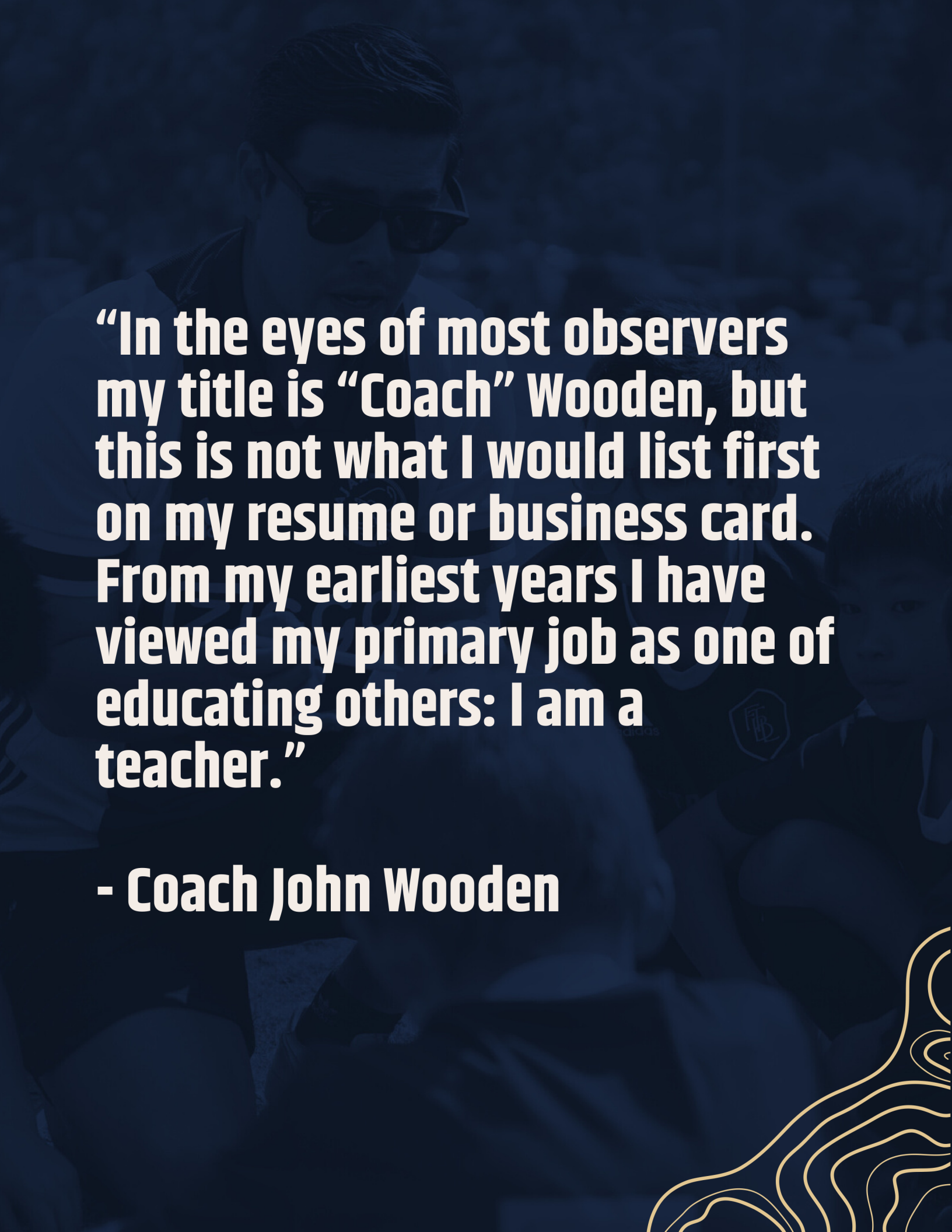
## Expectations from FTBL Academy Team Managers:

- Attend all mandatory Team Manager meetings organized by FTBL Academy.
- Participate in all team meetings.
- Ensure that no full-time or part-time club employees take on the role of Team Manager.
- Collaborate with coaches to keep team parents informed about all pertinent information regarding the season, including training, game, and event schedules.

- Welcome and assist in orienting new parents/players who join the team during the season.
- For all games, manage the team's roster, player cards, first aid kit, bench, and canopy.
- Abide by the coaching staff's decision regarding Team Manager presence on the field or sidelines during training and games.
- Collect and manage funds for team activities not covered by the club's fees, when applicable.
- Register teams for events approved by FTBL Academy, following guidance from the coaching staff.
- Pass a background check as a prerequisite for the Team Manager or Assistant Team Manager position.
- Strictly adhere to the club's policy of not altering training sessions or game schedules without proper authorization.
- Uphold and promote all FTBL Academy policies at all times.

FTBL Academy places immense value on the role of the Team Manager, recognizing their contribution to nurturing a supportive and efficient environment for our players. As ambassadors of our core values, Team Managers play a vital role in fostering creativity, innovation, and a player-centric focus, aligning with our mission to develop passionate and innovative soccer talents.





**“In the eyes of most observers my title is “Coach” Wooden, but this is not what I would list first on my resume or business card. From my earliest years I have viewed my primary job as one of educating others: I am a teacher.”**

**- Coach John Wooden**



# Player Development Coach

At FTBL Academy, before each new soccer season, our Technical Director carefully appoints a Player Development Coach (PDC) for each of our competitive teams. These dedicated PDCs take on the vital role of coaching and are responsible for all decisions regarding the soccer development of the players in their charge for the duration of the season. Our PDCs are committed to providing an exceptional learning environment, focused on individual player development.

The FTBL Academy Player Development Staff train our players using a unique and innovative training curriculum, tailored to foster creativity and skill. This curriculum encompasses technical, tactical, physical, and mental aspects, crucial for comprehensive player development. While our training is adapted to suit different ages and skill levels, the underlying principles and methodologies remain consistent across all levels at the Academy. Additionally, we continually address specific training needs based on each team's performance in competitions, ensuring a dynamic and responsive training approach.

Our mission is to not only enhance the soccer abilities of our players but also to empower and inspire them to reach their full potential, embodying our core values of creativity, integrity, and passion for the beautiful game.

## AT FTBL ACADEMY, PARENTS CAN EXPECT OUR PLAYER DEVELOPMENT COACHES (PDC) TO:

- Conduct inspiring and effective training sessions that align with FTBL Academy's unique curriculum, promoting innovation and creativity on the pitch.
- Arrive at scheduled practices and games well in advance to prepare for the session.
- Develop a comprehensive team season plan, finalize team roster, schedule, and set clear objectives for the season.

- Organize meetings with team parents and players before the season starts to set expectations and communicate the schedule.
- Provide individual evaluations for each player, focusing on their development and growth.
- Be readily available to parents and players for feedback and to answer any team-related questions, in line with our academy's policy.
- Maintain professional conduct at all times, embodying our core values of respect, integrity, and trust.
- Always wear FTBL Academy attire for easy identification during training sessions and matches.
- Foster a positive and engaging environment that supports individual player development and encourages the boundless expression of soccer talent.
- Collaborate with the Team Manager to ensure clear, timely communication of essential team information.
- Address any team, parent, or player issues in accordance with the academy's policies.
- Take practical steps to prevent players from playing while injured and ensure their safety and well-being.
- Always support and uphold all FTBL Academy policies, driving dedication and passion for the beautiful game.

Our PDCs are dedicated to empowering our players and fostering a player-centric focus, ensuring that each individual has the opportunity to achieve their personal best through innovative and creative soccer training.



# Coach Resources and Education

At FTBL Academy, we are deeply committed to ensuring that our coaches have access to a wide array of resources, enabling them to provide comprehensive learning and education that aligns with the unique FTBL Academy way. Our approach to coaching is rooted in fostering creativity, innovation, and a deep love for soccer, and we ensure our coaching team is well-equipped to embody and impart these values.

**Central to our coaching resources is the "FTBL Academy Coaches Manual."** This comprehensive guide serves as a cornerstone for our coaching philosophy and methods. It covers a wide range of topics from player psychology, communication skills, to innovative coaching techniques, ensuring our coaches are well-versed in the art and science of soccer coaching.

In addition, the "FTBL Academy Player Development Manual" is a crucial tool for our coaches. This manual provides a detailed roadmap for player development, offering age-specific guidelines and strategies to enhance the skills and abilities of our players. It ensures that every coach understands the developmental stages of players and can tailor their coaching methods accordingly.

The "FTBL Academy Training Curriculum" is another pivotal resource. This curriculum outlines our structured yet flexible training programs that are meticulously designed to promote the holistic development of players. It includes a variety of drills, games, and exercises that are both fun and challenging, fostering an environment where players can express their creativity and innovation on the pitch.

Moreover, we provide our coaches with a rich library of books, covering a broad spectrum of soccer coaching and leadership. These books offer insights and perspectives from renowned coaches and soccer experts, ensuring our coaches have access to a diverse range of coaching philosophies and styles.

Our commitment to ongoing education is further exemplified through various coaching courses. These courses are designed to keep our coaches at the forefront of modern coaching techniques and methodologies. They range from local workshops to internationally recognized certification programs, allowing our coaches to continually develop their skills and knowledge.

To aid in daily training sessions, we offer session planners and drill libraries. These tools assist coaches in designing effective and engaging training sessions tailored to the needs and abilities of our players. The session planners help organize and structure sessions efficiently, while the drill libraries provide a vast selection of drills that focus on different aspects of the game, from technical skills to tactical awareness.

Finally, we believe in the importance of continuous learning and provide ongoing coaching resources. These include online materials, webinars, mentorship opportunities, and access to coaching networks. This ensures our coaches remain updated with the latest trends and techniques in soccer coaching, and can continuously evolve in their coaching journey.

In summary, at FTBL Academy, we place a high emphasis on providing our coaches with the resources they need to excel. Through our comprehensive manuals, training curriculum, educational books, courses, session planners, and ongoing resources, we ensure that our coaches are well-prepared to deliver the highest quality training, embodying the values and vision of the FTBL Academy.

# Our Coaches



Rafael



Erik



Arber



Juan



Luis



Sydney



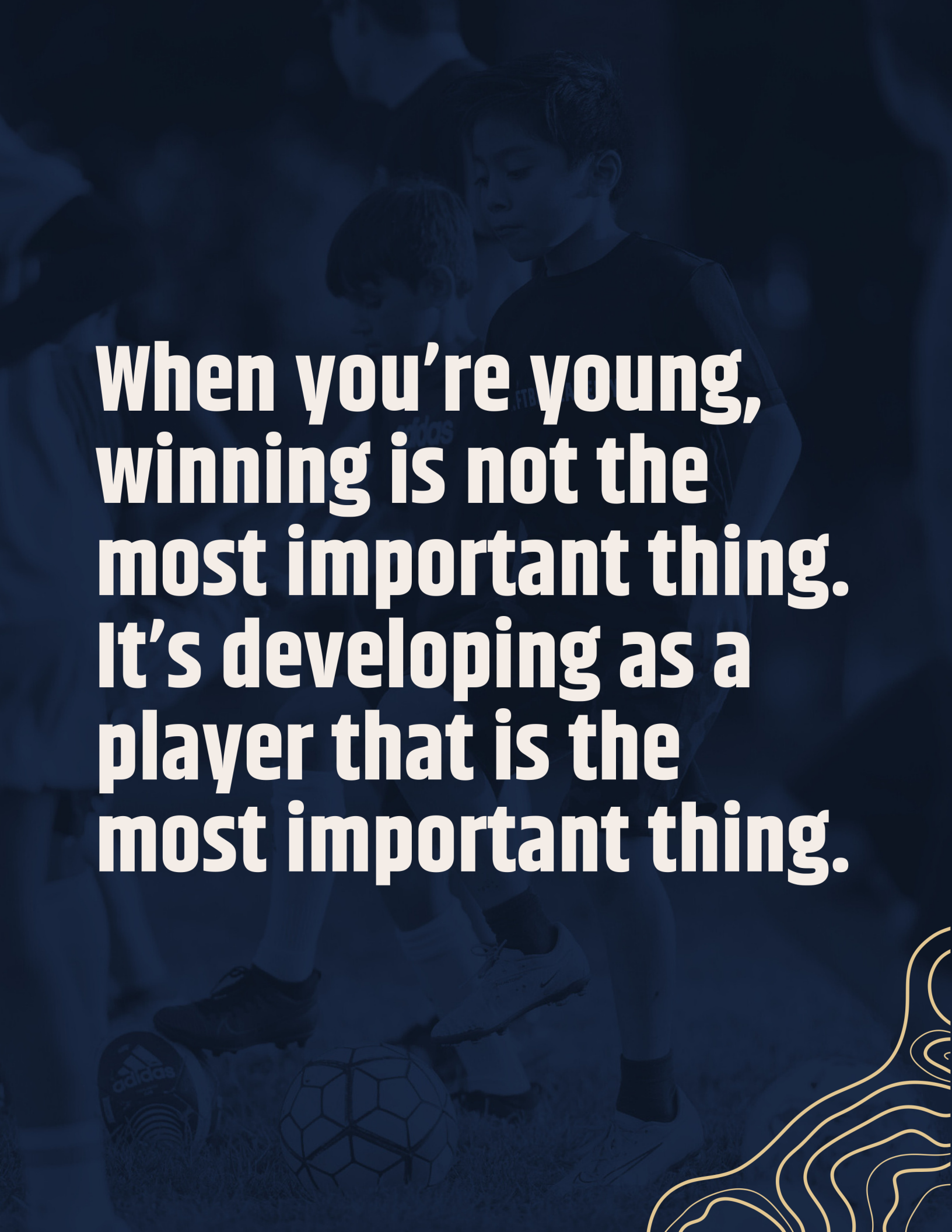
Daniella



Chris



Julian



**When you're young,  
winning is not the  
most important thing.  
It's developing as a  
player that is the  
most important thing.**



# A FTBL Athlete...

1. Is **RESPONSIBLE** for their behaviour and development.
2. **RESPECTS** themselves, others, and their surroundings.
3. Always seeks to **WIN** and to get the most out of themselves.
4. Is part of the best youth academy and, as such, an **EXAMPLE** to others.
5. Works optimally on their technical, tactical, physical and mental **DEVELOPMENT**.
6. Is **DISCIPLINED**, both on and off the field.
7. Gets **ENJOYMENT** from playing football.
8. Shares a common goal with their teammates and enjoys **WORKING TOGETHER** to achieve this.
9. Has the **AMBITION** to develop themselves optimally.
10. Always takes the **INITIATIVE**.
11. Is **CREATIVE** in their actions and in the choices they makes.



# Pillars of Player Development



## FTBL QUALITY

Develop players who make a difference on the ball

- Ball Mastery
- 1-on-1 Ability



## STYLE OF PLAY

Our way of playing football

- Player-Centric Focus
- Principles of Play
- Scenarios & Strategies
- Teamwork & Leadership
- Set pieces



## UNIQUE SKILLS

Developing unique qualities to make a difference on and off the field

- Technical Mastery
- Tactical Intelligence
- Physical Stamina
- Mental Resilience

The Pillars of Player Development for FTBL Academy provide a comprehensive and strategic approach to player development.



FTBL Academy is dedicated to providing top-notch soccer training for players of all skill levels starting from age 5. Our academy's broad and in-depth programming enables our Player Development Staff to engage with your player, aiding their individual development journey over time.

Our programs are meticulously crafted for players who demonstrate a strong commitment to enhancing their technical abilities and who are eager to absorb advanced coaching techniques. As players progress through our academy, they face challenges both physically and mentally among peers who share their mindset and dedication. We believe that through their hard work and commitment, players will find the journey with FTBL Academy both enriching and memorable.

FTBL Academy excels in nurturing soccer talents, driven by our pledge to offer an unrivaled environment for player growth. This is spearheaded by our highly skilled and passionate coaching team, who are adept at unlocking the potential of every player. Our commitment to player development is evident through our investment in exceptional facilities, elite coaching staff, innovative technology, and adaptable talent management systems. This holistic approach ensures that players have all they need to reach their developmental milestones.

As players advance in age within FTBL Academy, they will experience varying rates of development. Optimal growth happens when players are appropriately challenged, and in certain instances, outstanding talents may be accelerated into older age groups for more rigorous challenges. As players mature and competition intensifies, standouts from our programs will have opportunities to showcase their skills in more advanced training and match environments.

## YOUTH ACADEMY (Ages U8-U12)

The FTBL Academy Youth Academy introduces young players to their first competitive soccer experiences. It offers a platform for those who have excelled at the recreational level to rapidly enhance their technical skills among equally ambitious peers, under the guidance of our dedicated Player Development Staff. This synergistic approach creates an inspiring and demanding environment, propelling players to quick and significant growth.

Commitment to regular training sessions is crucial for Youth Academy players to ensure consistent development. This includes frequent practice with the ball and continuous learning from our elite coaches. It's important that players and parents understand how our training aligns with the broader player development goals of FTBL Academy. Our training is designed to directly translate into improved performance in matches, with activities mirroring real-game scenarios to best prepare our players.

As players grow within the Youth Academy, they will acquire a robust foundation in fundamental skills, a deep understanding of our playing style, and become fully immersed in FTBL Academy's culture. The dedication shown by players aids our Player Development Staff in ensuring appropriate development within their peer group and establishing a clear path towards their future in competitive or elite-level soccer. Youth Academy players can anticipate significant playing time, with a goal of participating in at least 50% of the matches during the season.



# Program Overviews



## Small Group Training

### Foundation 1 (Beginner)

- Age Group: 4 - 10 years
- Playing Experience: 0 - 3 years

**Overview:** This program introduces young players to the fundamentals of soccer in a fun and engaging environment. Emphasizing enjoyment and basic skill development, it's ideal for beginners to build a strong foundation in the game.



### Foundation 2 (Advanced)

- Age Group: 9 - 14 years
- Playing Experience: 2 - 5 years

**Overview:** Geared towards players with some experience, this phase focuses on refining skills and boosting confidence. It's designed for those looking to elevate their game and prepare for competitive play.



## Semi-Private Group Training

- Age Group: 10 - 15 years
- Eligibility: Players with a solid foundation skills and competing in club/high school soccer.

**Overview:** This elite training option offers a more personalized approach. Limited to small groups, it allows for focused skill enhancement, tactical awareness, and overall player development at a higher level.

# Program Overviews



## Goalkeeper Training

- Age Group: Open to all age groups

**Overview:** Specialized training for goalkeepers, focusing on techniques like shot-stopping, positioning, and distribution. This program aims to develop the unique skill set required for goalkeeping, including reflexes, decision-making, and game reading.



## Youth Academy


- Age Group: U8 - U12
- Competing in Villa Parke Youth Soccer League
- Invite

**Overview:** The Academy's Development Program is the competitive group of players representing FTBL Academy (U8-U12). The Academy Group is selective, focuses on the individual player, and requires multiple training sessions per week.



The Academy teams are formed after players participate in formal assessment and observation sessions led by FTBL Coaches. Team training occurs, at minimum, twice weekly with games on weekends in Spring and week nights in Fall. Additional training opportunities are available under our Training Programs section on the website.





**An intuitive soccer  
training program for  
individual creativity  
and leadership.**

# Training Schedule

## GROUP TRAINING (SKILLS SESSIONS)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEMI-PRIVATE	4:00 PM		4:00 PM		4:00 PM	
F. ONE	4:00 PM	5:00 PM	5:00 PM	5:00 PM	5:00 PM	10:30 AM + 3:00 PM
F. TWO	4:00 PM	6:00 PM	6:00 PM	6:00 PM	6:00 PM	

## TEAM TRAINING (VPYSL - SPRING 2024)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DIVISION 6		5:00 PM		5:00 PM		GAME DAY
DIVISION 5		5:00 PM		5:00 PM		GAME DAY
DIVISION 4			5:00 PM		4:30 PM	GAME DAY

# Training at FTBL Academy

## Training Sessions at FTBL Academy

FTBL Academy players are expected to show unwavering commitment to their soccer development through regular participation in our training sessions. These sessions are exclusively for players and our dedicated coaching staff. Parents and other spectators are welcome to watch but must remain as observers only, unless a coach explicitly requests their involvement. Players should wear the approved FTBL Academy kit to all training sessions.

## Group Training - Emphasizing Individual Skills

At FTBL Academy, we utilize group training to create a high-quality coaching environment focused on individual player development. This method allows players to be grouped by skill level, acknowledging that each player evolves at their own pace. The benefits include enhanced competition, an enriched training environment, and accelerated individual growth.

### Benefits of Group Training:

- Tailored, age-appropriate training exercises.
- Focus on individual player development over team performance.
- Addressing specific needs of each player.
- Grouping by skill and age narrows developmental gaps and fosters meaningful competition.
- Flexible training groups ensure optimal development environments.
- Promotes a strong academy culture and team spirit.
- Fosters friendships and broadens social interactions across different age groups.
- Regular evaluations and feedback from our coaching staff.

## Training Methodology for Advanced Players

Our approach is integral to our overall philosophy of player development. Training is designed to directly enhance game performance, closely simulating real game situations.

## We utilize two primary training methodologies:

**Play-Practice-Play Methodology:** This player-centric approach allows players to engage in game-like situations extensively. It moves away from traditional drill-based practices to more dynamic, engaging sessions that mirror actual soccer gameplay.

**Progressive Coaching Methodology:** This method involves game-related activities that gradually become more complex, helping players understand and apply our principles of play in various game scenarios. It starts with basic exercises, progressively adding complexity to thoroughly prepare players for real-game situations.

## Training Phases:

- Warm-Up: Prepares players both physically and mentally, using either physical or technical exercises.
- Orientation Stage: Introduces players to specific game scenarios, focusing on understanding and problem-solving.
- Learning Stage: Teaches solutions through experiential learning, emphasizing decision-making skills.
- Implementation Stage: Players apply what they've learned in unrestricted game settings.

# Training at FTBL Academy

## Trial and Training Players

**Trial Players:** Those who missed initial tryouts can join training sessions for a period, subject to league and transfer rules. This offers an opportunity to integrate new players seamlessly.

**Training Players:** In cases where team placement isn't possible, players may be designated as 'Training Players'. They will train with teams and may participate as guest players in events, without being part of the regular team roster.

FTBL Academy is dedicated to nurturing creative, innovative soccer talent, providing an environment where players can express themselves and reach their full potential.

## Player Identification

At FTBL Academy, our elite teams are crafted through diverse evaluation methods. We identify players during matches, tryouts, and exclusive training sessions. Evaluations for our elite teams can happen anytime during the year, provided the player isn't already registered with another team in the same league at a different club. All individual elite player evaluation sessions at FTBL Academy are complimentary. This policy is applicable solely to our elite development programs.

## Matches


The majority of matches our teams participate in are regulated by official soccer leagues. Consequently, FTBL Academy has limited influence over match schedules and locations. For specific details, please refer to the league's website or consult your FTBL Academy Player Development Coach (PDC). Occasionally, circumstances may necessitate training sessions or matches on non-standard days or times, including Sundays and weekdays. Schedules for games and practices are subject to change due to various factors like bye weeks, field conditions, and weather-related events.

At FTBL Academy, all matches are overseen by our Player Development Coaches. Others, such as Team Managers and parents, are strictly prohibited from coaching players during matches. Generally, at younger and non-elite levels, one registered Volunteer parent Team Manager is permitted alongside the PDC for safety and to maintain a calm, professional sideline. In higher age groups and elite levels, only FTBL Academy Coaching Staff are allowed on the sidelines, and the volunteer parent Team Manager will join the parents' side. Your PDC will provide details about sideline access for Team Managers.

In instances where a PDC is unavailable for a match, the registered Team Manager should be the sole adult on the team sideline, operating as per the PDC's or a FTBL Staff member's guidance. The PDC is responsible for the team's pre-game warm-up. Should they be delayed, the Team Manager, following the PDC's instructions, may conduct the warm-up until a PDC arrives. In older age groups, players should be familiar with their team warm-up routine and may not need a Team Manager-led warm-up.

At FTBL Academy, PDCs may reassign players between teams, leagues, and age groups to optimize player development. All such player movements are initiated and overseen by our Player Development Staff.

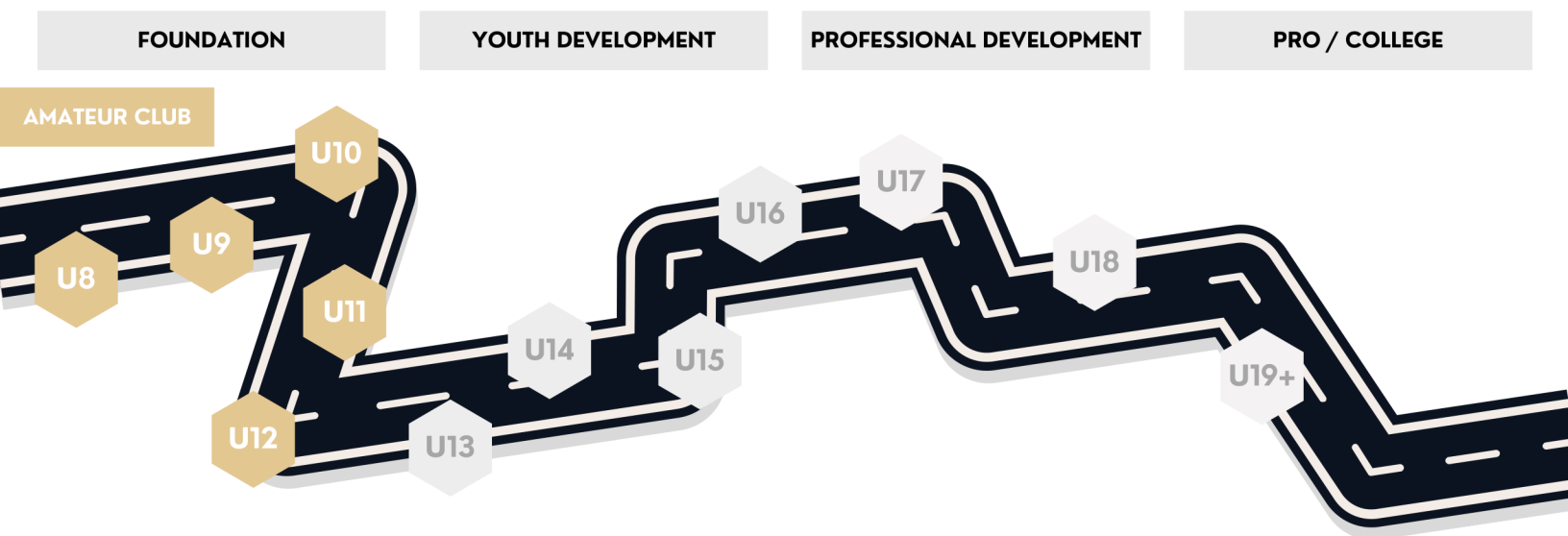




**Our matches are not  
the goal in itself. The  
matches help us to  
develop our players.  
It's not about  
winning, it's about  
implementing what  
we learn in our  
training environment.**



# Future Plan



At every stage in the Player Development Pathway the individual will be the primary focal point with the team as the secondary focal point. Recently, there has been an enormous push of information regarding tactics and system of play in soccer. This barrage has stifled the individual player development and caused a void for learning, growing and creating. FTBL Academy will focus more on the principles of play rather than the tactics and systems of play. This will ensure a more focused approach is taken to individual player development which in turn will ensure individual and team success.

The philosophy of winning at all cost will not be tolerated in this Academy; it is truly about the development of each player both individually and tactically and not about winning as many games and trophies as possible. Winning should never be the focus of anything we do as coaches; rather a by-product of what and how we teach and coach. Teaching players to be self-reliant, humble and exceptional sportsmen will be the greatest asset the child can obtain in life and in soccer. This is done by focusing on the child and not winning. Ultimately the fear of failure will be eliminated and an astonishing level of self-determination and self-esteem will be established that can create elite players and teams for many years to come.

# Annual Cycle



We recognize that there's no possible way for a human to learn all the techniques and tactics of soccer before they complete their youth career at age 18, and that attempting to do so will only result in poorly developed skills and little tactical understanding that can be used at the highest level.

Coaches will learn to appreciate how a team containing multiple players with these abilities will eventually dominate ball possession plus the creation and finishing of goal-scoring opportunities.

# Individual Player Plan



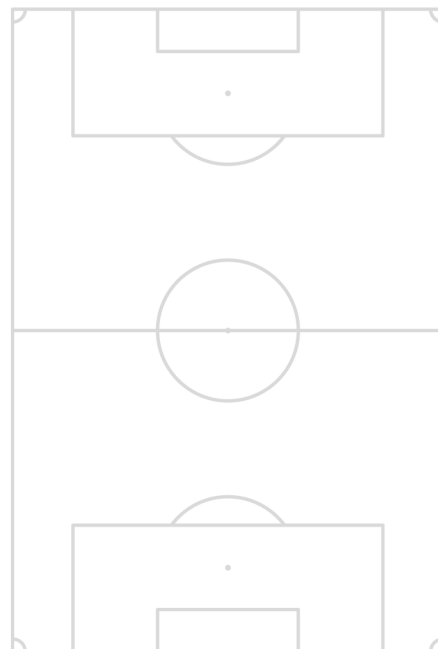
Name:

Date of Birth:

Development Stage:

Team:

Place an "O" where player would be most successful on offense and an "X" on defense.



Golden Movements

Iniesta (inside-inside), Crujff (turn behind standing leg)

4 Movements of Coach Rafael

Inside of the foot cut, Outside of the foot cut, Crujff cut, Step-over (Frenkie)

Technical Skill Theme - Passing

- Do you use both legs during training/matches, and is there a big difference between your preferred leg and your other leg...? Assignment ambidexterity...
- Write at least 3 exercises for yourself on how you will work extra on your ambidexterity this coming week.

Keep-ups

- Within 1 min, keep up as much as possible with right and left
- Keep up with the foot (right), thigh (right), thigh (left), foot (left) and back
- Keep up with a tennis ball... what is your record?

Training Ambidexterity with the Wall

- Half-volley against the wall & receive from the air before the bounce
- Hit the wall once without a bounce
- Hit the wall twice, receive with left, pass with right and vice versa

Other Activities

Organize a street soccer game, Challenge older players, Other sports practiced next to FTBL Academy like basketball or tennis.

# Skills at Home

[www.ftblacademy.com/skillsathome](http://www.ftblacademy.com/skillsathome)

## Train at Home

Learning a new skill and tracking your practice time away from your regular sessions couldn't be easier.

## Track Your Progress

Print the INDIVIDUAL PLAYER PLAN to track your progress. Keep the chart safe, and put it somewhere you can see it each day. You might put it on your bedroom wall, or maybe even on your fridge.

## Share Your Progress

Share your plan with your coach and progress with friends and family as you work towards achieving your goals!



<b>CHANGE OF DIRECTION</b> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>BALL MASTERY</b> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>STOP AND STARTS</b> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>JUGGLING</b> <input type="checkbox"/> <b>WALL PASSES</b> <input type="checkbox"/>
<b>FAKES AND FEINTS</b> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>MENTAL SKILLS</b> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>TECHNICAL SKILL THEME</b> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>BADGE EARNED</b> 



**January 2024**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

COACH'S COMMENTS:	THREE THINGS I DID WELL THIS MONTH:



**“My generation learnt to play soccer in the street. Our skill levels greatly improved because of the lack of space and the fact that there were few of us meant that we were always involved in the game. The street was our soccer school. Players like Pele, Beckenbauer, Platini, Di Stefano, and myself all started by kicking a football, tin cans, rubber ball, or even rags in the street against guys who would fight to get the ‘ball’ off of you. You had to rely on your quick thinking and your skill when playing against these guys, because not only are they bigger than you, but space was tight and you were often under great pressure. During those games, I’d use walls, my teammates and even the curb of the pavement. My favorite move was to kick the ball against a wall and control the rebound whilst running at speed, as this split second was often the crucial difference between a great goal and loss of possession.**

**Youngsters need to develop a close personal relationship with the ball. They need to get to know it and love it as quality is only achieved through many hours of lonely practice. When I played for Ajax juniors, each boy had a football with his name on it. In Spain, at the grassroots level often there is only one ball for the whole team. At Ajax, my ball “Cruyff” was my friend and I had lots of affection for it.”**

**— Johan Cruyff**

# Academy Policies



At FTBL Academy, we firmly believe in providing a space for every child with a passion for soccer. Our principles align with FIFA's Fair Play Code, and we extend this with our unique ethos. Our players are educated to play with fairness, respecting the rules of the game, their opponents, teammates, referees, and families. While striving for victory, we accept defeats gracefully, always upholding a positive and enriching experience. We expect our board members, coaches, administrators, volunteers, parents, and players to represent FTBL Academy and the spirit of soccer with pride.

Our conduct, both on and off the field, reflects our academy. We anticipate exemplary behavior from everyone associated with FTBL Academy, including board members, coaches, administrators, volunteers, parents, and players. All are encouraged to maintain a positive and supportive attitude. Competitor clubs, players, parents, and referees are partners in our journey to celebrate the beautiful game.

Alongside our Code of Conduct, our academy policies, philosophies, and expectations are designed to foster an organized and effective environment, enhancing the experience for all involved. By embracing these guidelines and collaborating, we create a setting where significant impacts on the lives of young athletes are possible.

Our Player Development Coaches at FTBL Academy continuously assess player progress. To maximize individual player growth, coaches may reassign players among teams, genders, age groups, or leagues. Similarly, teams may be shifted between genders, age groups, or leagues as needed.

FTBL Academy cannot promise that a player will remain with a specific team for a season or year. Likewise, we cannot assure that a coach assigned to a team for a certain season or year will be present at every game and training session. Our focus remains on fostering the innate ability of players to be creative and innovative, in line with our vision and mission.

# Fees, Payments, and Refunds

## Fees

Your player's dedication is key to fostering the innovative and creative environment we strive for at FTBL Academy. By registering or accepting a position in one of our teams, you are acknowledging your player's commitment to the team, the Academy, and the associated fees for their participation for a full year or season, as applicable.

Fees at FTBL Academy may vary depending on the program and the level of play or age group of your player. We offer a range of programs, each with its own structure. It's important for parents/guardians to fully understand the program they are enrolling their player in, and we encourage inquiries about any potential costs associated with the chosen program before registration.

## Payments

FTBL Academy offers a monthly subscription model to simplify fee payments for our families. This subscription will automatically renew on the first day of each training month, ensuring seamless continuation of your player's training and development.

We understand that schedules can change, and we are committed to accommodating these changes as much as possible. If there are updates to your player's schedule or if you need to cancel a session, we ask that parents communicate these changes directly to the coach within 15 days of the scheduled change or cancellation. This advance notice helps us manage our resources effectively and ensures that we can provide the best possible experience for all players.

Our streamlined subscription model is designed to reduce administrative burdens and provide a more convenient experience for families. It allows for better planning and resource allocation within FTBL Academy, ensuring that each player receives the focused, player-centric training that is central to our philosophy.

We appreciate your cooperation in keeping your subscriptions up to date and communicating any changes in a timely manner. This collaboration is vital in maintaining the high standard of training and development at FTBL Academy.

We strive to provide flexible payment options that accommodate the varied needs of our players and their families. Our goal is to ensure that every player has access to the right level of training and support to thrive in soccer. We appreciate your cooperation in maintaining timely payments and communicating any changes as needed.

**FTBL Academy offers various training formats to cater to the diverse needs of our players, each with its unique payment structure.**

- **Small Group Training:** This format focuses on teamwork and group dynamics. Fees for small group training are structured to reflect the collective nature of the sessions, offering an economical option while still delivering high-quality training.
- **Semi-Private Training:** Tailored for players seeking more personalized attention within a small group context, the semi-private training fees are set to balance the benefits of individualized focus and group interaction.
- **Private Training:** For players requiring one-on-one coaching, private training sessions are available. These sessions are priced to reflect the personalized and intensive nature of the training, offering a bespoke experience for individual development.
- **Academy Team Seasonal Payment:** Players who are part of the FTBL Academy teams will have the option to pay for the entire season upfront. This payment covers all regular training sessions, matches, and other team-related activities for the season. This option offers convenience and ensures uninterrupted participation throughout the season.

# Fees, Payments, and Refunds

## Refunds

At FTBL Academy, we understand that unforeseen circumstances may arise, impacting a player's ability to continue with our program. FTBL Academy is dedicated to providing high-quality soccer training for players of various ages, abilities, and backgrounds. We diligently plan each soccer season, securing skilled coaches, arranging field maintenance, ordering uniforms, and organizing activities based on our registered player count. Much of the fees collected are allocated towards these expenses well before the season starts. As such, requests for refunds can compromise the quality and planning of our programs.

### **No Refunds for Voluntary Withdrawal or**

**Removal:** If a player chooses to withdraw or is removed from a team for any reason after accepting a place, they will not be eligible for a refund of any fees paid. This also includes a commitment to fulfill any pending payments for the current season. Previous season unpaid balances must be cleared before registering for new seasons. All financial obligations must be met before any player releases are granted. Accepting a team invitation signifies automatic and irrevocable agreement to these financial commitments.

## Exceptions to the No-Refund Policy:

- **Season-Ending Injury:** Players who suffer a season-ending injury during an FTBL Academy activity may be eligible for a partial refund (excluding a \$25.00 processing fee) for the remaining seasonal year. This refund does not cover uniform costs, payment processing fees, or fees related to league and tournament participation. Official medical documentation is required.
- **Relocation:** Players relocating more than 50 miles from our training facilities can request a refund or waiver for the remaining fees (excluding a \$25.00 processing fee), calculated from the date of ceasing participation or the date written notice of relocation is provided. Proof of relocation is required.
- **Inability to Place a Player:** While we strive to place every player on a team, if FTBL Academy is unable to do so, a full refund will be issued. Alternatively, players may be offered the role of a "Training Player," participating in training and guest playing in events, without being rostered for weekly games. Terms and conditions for this arrangement will be communicated by the Academy's administration.



# Make-Up Sessions and Inclement Weather

## Make-Up Sessions

At FTBL Academy, we understand that unforeseen circumstances can sometimes prevent players from attending their scheduled training sessions. To accommodate these instances and ensure our players continue to develop their soccer skills without interruption, we have established a flexible make-up sessions policy. Our policy allows players to attend a make-up session on any day training is offered, providing the flexibility needed to accommodate busy schedules and unexpected conflicts. This approach is in line with our commitment to a player-centric focus, ensuring that every player has the opportunity to grow and express their talent on the pitch.

To utilize a make-up session, we simply ask that parents or guardians send a quick message to the coach, informing them of the missed session and the planned make-up day. This communication is crucial for maintaining the integrity of our training programs and helps us prepare accordingly. There is no time limit for when a make-up session must be completed, offering further flexibility to our players and their families. However, it is the responsibility of the player and their guardians to keep track of missed sessions and to update the coach on their make-up plans. This policy fosters a sense of responsibility and accountability among our players, aligning with our core values of respect, integrity, and trust.

## Inclement Weather

FTBL Academy is committed to ensuring the safety and well-being of all its players, coaches, and families. We recognize that weather conditions can be unpredictable, and we strive to make informed decisions regarding training sessions and games. Our approach to inclement weather is as follows:

- **Decision-Making Timeline:** Decisions regarding field closures will be made by 3 PM daily. However, we acknowledge that weather conditions can change rapidly; therefore, updates might be issued closer to training or game times if necessary.
- **Field Control Variability:** FTBL Academy utilizes a variety of facilities, ranging from rented fields with limited control over closures to fields we fully manage. This means that one location may be open while another may be closed on the same day due to differing weather impacts.
- **Procedures During Inclement Weather:**
  - In cases of severe weather, such as lightning, all players, coaches, and parents are required to immediately seek shelter in their vehicles. Further instructions will be provided by FTBL Academy staff.
  - FTBL Academy will communicate any decisions regarding field closures, delays, or re-openings promptly through our preferred notification systems to all parents and players.
- **League Game Cancellations:** For matches under league jurisdiction, cancellations will be governed by the policies of the respective leagues and the clubs hosting the games. We advise checking the relevant league websites for detailed information on their specific policies.

# Player Safety and Health

## Player Safety

FTBL Academy is dedicated to providing a secure environment for all players. While we make every reasonable effort to ensure safety, we remind parents not to leave players unattended at any facility. Ensure that a coach or team manager from FTBL Academy is present before leaving your child at any training session or game.

Familiarize yourself with other staff, parents, and players within FTBL Academy, especially those on your child's team and adjacent teams. We advocate the "Buddy System" for players when using restrooms during games and training sessions. Parents or designated chaperones are responsible for their players during travel. Stay vigilant about your surroundings.

Aligned with U.S. Soccer's Safe Soccer Framework, FTBL Academy participates in creating a safe environment free from emotional, physical, or sexual abuse. This framework includes comprehensive policies, processes, screening, education, and training for detecting, reporting, and preventing abuse.

## Player Health

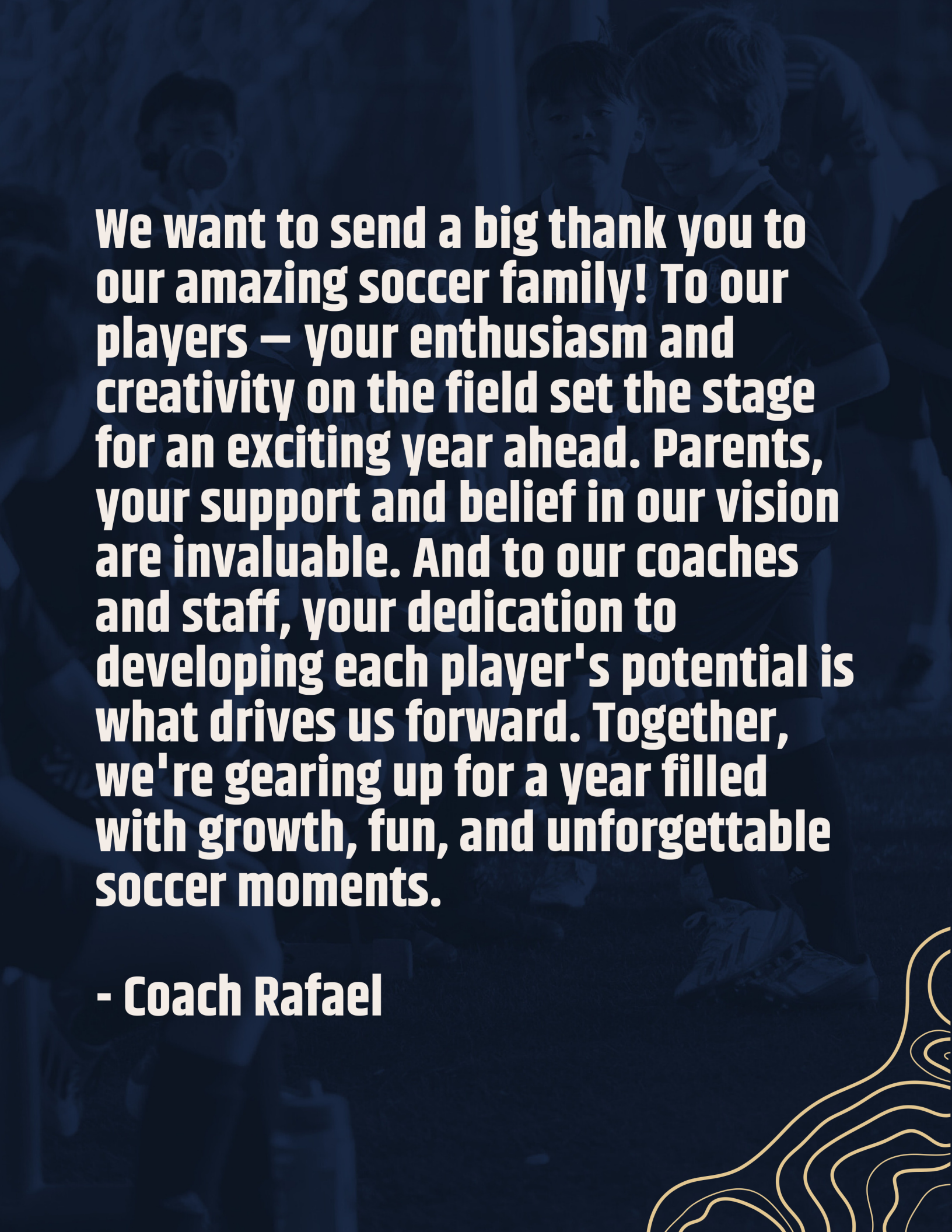
### Waiver, Release of Liability, and Assumption of Risk Agreement

In consideration of participating or allowing my minor child to participate in FTBL Academy practices, games, and events (collectively, the "Activities"), I agree as follows:

The "Released Parties" include FTBL Academy and its officers, directors, employees, contractors, coaches, agents, and representatives.

1. I acknowledge the inherent risks associated with the Activities, including potential exposure to illnesses such as COVID-19. These risks may result in personal injury or death. Participation in Activities is voluntary and undertaken at my own risk.

- I understand that the risks cannot be eliminated without compromising the essential qualities of the Activities. I assume all risks of illness, injury, or death, from any cause, during my or my child's participation.
- I waive, release, and discharge the Released Parties from any claims or liabilities arising from participation in the Activities, including but not limited to those related to COVID-19.
- I agree to indemnify and hold harmless the Released Parties from any claims or liabilities resulting from my or my child's participation, including those arising from their own negligence.
- This agreement applies if the participant is a minor, and I have full authority to agree on behalf of the minor child.
- I confirm having adequate insurance to cover any injury or illness, or I accept the responsibility to bear the costs myself.
- If any part of this agreement is found void or unenforceable, the remainder remains valid. This agreement constitutes the entire understanding related to its subject matter.
- This agreement binds myself, my spouse, children, parents, heirs, and personal representatives. I fully understand that this is a release of all liability and an agreement to indemnify the Released Parties.



**We want to send a big thank you to our amazing soccer family! To our players – your enthusiasm and creativity on the field set the stage for an exciting year ahead. Parents, your support and belief in our vision are invaluable. And to our coaches and staff, your dedication to developing each player's potential is what drives us forward. Together, we're gearing up for a year filled with growth, fun, and unforgettable soccer moments.**

**- Coach Rafael**

