



# STING-TITANS SOCCER

Emerging Talent Academy – Spring 2020

Corpus Christi, TX





## INTRODUCTION



### STING-TITANS CLUB ETA PROGRAM

4 'Phases' Yearly

- Phase 1 – Summer 2019 Camp (5 Day)
- Phase 2 – Fall 2019 (12 Sessions)
- Phase 3 – Winter 2019 (3 Day)
- Phase 4 – Spring 2019 (12 Sessions)



SPRING 2020



- 12-Sessions
- Feb – May 2020
- 2009-2001 Players
- Outfield Players Only
- Supplement to Curriculum – Why?



## GOALS



- Address technical deficiencies
- Accelerate technical development
  - Repetition, Expert Feedback / Coaching, Inspiration!
- Enhance club culture
- Impose high training standards / expectations – mimic ID environments
- Further impose club philosophy
- Inspire individual development at home
  - Players don't watch the game enough!



## METHODOLOGY



- Single Technical Focus each session
- 3 x 4 sessions per Technique = 12 sessions total on-field
- Maximum **Repetition** in allotted time (90mins per session)
- **High Intensity** / Competitive (Opponent, Time, Score?)
- **Feedback** – Coach, Peers, Self (Small Player-Coach ratio)
- Vast Majority of Coaching Points on Topic!
  - Players go away with CLEAR understanding of objective
- Opposed & Unopposed Activity
- Small-Sided Games – Play Free!
  - Repetition & Creativity



## SESSION



- Introduction of Staff / Topic (2mins)
  - Technical Warm Up (15-20mins)
  - 3-4 x Technical Stations (40-45mins)
  - Small Sided Games (30-35mins)
  - Summary of Session (2mins)
- 
- Water Breaks as needed (SHORT – keep players engaged!)



SPRING 2020



- Turning / COD (Sessions 1-4)
- Passing & Receiving (Sessions 5-8)
- Shooting & Finishing (Sessions 9-12)



## COACH EXPECTATIONS



- High levels of respect to be displayed for players and fellow staff
- Display upmost professionalism throughout duration of sessions
- Foul or abusive language or behavior is prohibited
- Attend all assigned sessions and be on time (30 mins before sessions start time)
- Must wear Sting-Titans / ETA approved clothing at all times
- Be responsible for duties outlined in curriculum
- No cell phones on the soccer field
- Coaching Points on TOPIC!





## PLAYER EXPECTATIONS



- High levels of respect to be displayed for other players and staff
- Foul or abusive language or behavior is prohibited
- Attend all sessions and be on time (15 mins before sessions start time)
- 2 Absences Allowed Maximum (Unexcused)
- Maximum Engagement / Effort
- No cell phones on the soccer field
- Must wear Sting-Titans-ETA approved clothing to all sessions
- Bring properly inflated Soccer Ball to every session & Fluids (Water / Gatorade)

*\*Failure to adhere to the Code Of Conduct may result in immediate removal from the ETA program*



# STING-TITANS ETA PLAYER TRAINING-WEAR



- ETA T-Shirt
  - *To be distributed at ETA*
- 2019-20 Training Short
- 2019-20 Training Sock



*\*Players welcome to wear Sting-Titans Jacket / Pant in colder conditions*



## PARENT EXPECTATIONS



- Support player in attending all sessions and to be on time
- Encourage positive attitude and maximum effort
- Observe sessions only from designated parent area – not too close!
- Absolutely no coaching or communication with players or staff during the session
- Adhere to club guidelines with regards to communication with coaching staff
- Educate themselves and support player using info. in email communication from club (session summaries)
- *\*Failure to adhere to the Code Of Conduct may result in immediate player removal from the ETA program*



## EMAIL SUMMARY



- Will be distributed via Stuart Hilton to participants/parents after each topic 4-session cycle is complete
- Will summarize;
  - All session activities
  - Major coaching points
  - Promote practice at home



ETA WEBPAGE



CLICK ON LINKS BELOW

[STING-CORPUS ETA WEBPAGE](#)

[TITANS-CORPUS ETA WEBPAGE](#)



## SCHEDULE



- Feb 7, 14, 21, 28
  - March 6, 20, 27
  - April 3, 10, 17, 24
  - May 1
- 
- All sessions 6-7.30pm @ Bill Witt
  - Any cancellations to be rescheduled



QUESTIONS?



Stuart Hilton  
Sting-Titans Technical Director  
Overall ETA Program Director  
[stuarthilton@sting-titans.com](mailto:stuarthilton@sting-titans.com)  
618-974-1047



Ignatio Ducan  
Corpus ETA Lead Coach  
[ignacio.dicun@gmail.com](mailto:ignacio.dicun@gmail.com)  
806-683-2406

Tony McKernan  
Corpus Director of Coaching  
[tonymckernan@stingsoccer.com](mailto:tonymckernan@stingsoccer.com)  
512-517-2029