



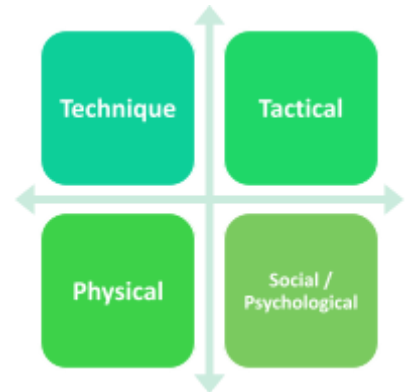
# Soccer Life Mastery

## Football Academy

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### Our Mission

Our mission is to ensure that players enjoy the process of achieving the highest levels of elite performance. We aim to teach players that they must master all aspects of ‘soccer life’ if they wish to have success. This includes mastering the on-field aspects such as skills, athleticism, mental fortitude, and game knowledge. However, it also includes the off-field aspects of the soccer life, such as ensuring they are taking care of their body, mental health, setting goals, self-analysing, seeking further education, etc. Mastering all aspects of soccer life is key to success both in football and life. This holistic approach is the basic philosophy of Soccer Life Mastery.

### Philosophy

Soccer Life Mastery utilises the creation of what is known as ‘mastery motivational climate’ – a learning environment that emphasises skill development, personal and team success, maximum effort and fun. (Smoll, Cumming, & Smith 2011). Research has shown that athletes who achieve mastery achievement goals in a motivational climate enjoy greater long-term success and well-being than ‘ego-oriented athletes’, who tend to see their own worth only in the number of matches won and lost. For example, athletes who develop mastery orientation feel more competent, enjoy training and competition more and have higher levels of self-motivation and effort. On the other hand, while athletes who rely on results-based success may also experience high levels of success in competition, they have also been found to suffer from adverse psychological effects such as inconsistent effort, performance anxiety, inability to overcome failure, decreased levels of persistence or ‘grit’, decreased motivation for involvement in sport, and a willingness to cheat or use illegal methods to win. The Soccer Life Mastery environment refers to performance structures that revolve around supporting effort, cooperation, and emphasis on individual/team development. We create athletes who regard effort as the principal cause of improvement (Treehozz.com 2022). This means our athletes strive to win, but that winning is not the most valued element. It is the effort to win, coupled with a growth mindset, that is valued at Soccer Life Mastery.

## Our Team Members

### Head Coaches

- Kyle Theodoroulakes - Academy Director
- Angus Wheaton - Head of Development
- Inacio Pinto - Creative Director

### Other

- Michelle Theodoroulakes - General Manager
- Lucas Pasquini - Content Creator



## Coaching Styles & Methodologies

Soccer Life Mastery focuses on providing age-appropriate sessions for young athletes. We use the Long-Term Athlete Development Plan (LTADP) and the Four Corner Model to design age-appropriate programs and training sessions (Balyi & Hamilton 2004). Each coach has an awareness of coach led and player centred coaching styles, and as players progress through the program they become more independent and able to utilise their own decisions in training and matches. This is the development of 'game intelligence', which is 'the quality which allows a player to recognise and adapt to situations quickly in the high-pressure situation of the match (Wein 2004). Our principles of 'letting the game be the teacher' allow the player to learn core skills and decision making in small-sided games (SSG's) during our sessions. Players are guided towards self-empowerment and take their first steps towards performance levels.



## Learn About Our Programs & Events

All Soccer Life Mastery programs focus on the development of the athlete as the core goal. We utilise indoor environments around Adelaide and its suburbs to ensure that players and parents can reduce travel time and costs to access our development programs. Indoor programs also mean we are unaffected by weather and inevitable cancellations that occur at the club level.

Our development programs utilise the principles of low player to coach ratios of a maximum of 12:1 to ensure each athlete receives personal feedback from the coach at each session.

This is then complemented by using a 'performance environment' where our more advanced players train on Saturdays and play against other local academies in the Premier Academy League. These players receive regular progress reports.

## Academy Programs

### Mini Kickers: 3 to 6 years

#### Focus & Objective:

- To provide an introductory program that allows players the opportunity to build their motor and soccer skills, learn to play with peers whilst falling in love playing sport and being physically active.

#### How We Achieve It:

- This program has been carefully designed by our team of head coaches to ensure the curriculum is perfectly suitable, enjoyable and effective for children ages 3-6. We split the program into segments, emphasise the development of fundamental movement and motor skills and maximise the time spent with the ball through mini soccer games to achieve 'ball mastery' in a fun environment suited to the developmental stages of creativity, imagination and movement.

#### Key Points:

- Learn to play and socialise with peers
- Free enrolment fees for the first term (try it and see if your child likes it)
- improve fundamental motor and physical movements and build soccer skills
- Play and enjoy soccer in a fun and positive age-appropriate environment



## Development Program: 6 to 16 Years

### Focus & Objective:

- This program is designed to develop and improve individual ability in all areas as efficiently and effectively as possible.



### How We Achieve It:

- We utilise the benefits of Futsal whilst ensuring the focus is on developing footballers. Futsal means 'football in the hall' and is played indoors with a low-bounce ball. It is a 5v5 version of the outdoor game. The game is tremendous for developing individual skill, athleticism and quick thinking (fa.com 2022). However we also overlap these benefits with specific coaching and a program structure that teaches players core topics and concepts on how to play soccer at an elite level. On top of a weekly football skill topic we also have weekly mentality topics such as respect, work ethic, and leadership to ensure we are developing all areas of players.

### Key Points:

- Enrolment Fees FREE for newcomers ages U7/U8\*
- Over 200 weekly participants of ages U7 to U16
- 20+ sessions located all over Adelaide
- Choose the day, time and age group that suits you
- Only 12 participants per session to ensure players get personal and thorough coaching
- A track record of real player success stories and results, with progress into elite player pathways
- Highly trained, qualified and experienced coaches
- End of term player feedback reports
- Did you know many of your favourite footballers give credit to Futsal for their success?

*"First and foremost the kids absolutely love it. They get so much repetition of touches with the ball. There are so many attributes to Futsal: constant decision making, ball manipulation under pressure and in tight areas, developing spatial awareness, and the game almost forces the players to give appropriate support to team-mates."*

**Head of Academy at  
English Premier League club**

*"Futsal is an extremely important way for kids to develop their skills and understanding of the game. My touch and my dribbling have come from playing Futsal."*

**Ronaldinho, FIFA World Footballer of the Year 2004 & 2005**

*"As a little boy in Argentina, I played Futsal on the streets and for my club. It was tremendous fun, and it really helped me become who I am today"*

**Lionel Messi, FIFA World Footballer of the Year 2009, 2010, 2011, 2012**



## Advanced Program: 6 to 16 Years

### Focus & Objective:

- The objective of this program is to allow players to train as a team and compete against other academies in friendly games and in the Premier Academy League. This program is more specific to teaching and developing players to compete and work as a team rather than the focus being entirely on individual ability. Younger and older age groups are taught team shapes and formations by progressing through exercises from 1v1, 3v3, 5v5 to 7v7. Levels of tactical understanding and team shape are taught as 'hidden learning' only through the application of small sided games (SSG's) which are carefully chosen to be age appropriate, challenging but not overwhelming for younger players.



### How We Achieve It:

- All training and games are held in an outdoor soccer environment, as a progression from an indoor skill-based development program. We utilise the training sessions to teach players more advanced concepts on how to play football as a team.
- We also use the Premier Academy League as a tool to develop players through intense competition. The games are also a way for our coaching staff to clearly identify what the team and specific players need to work on.

### Key Points:

- Be trained by qualified experienced full-time coaches
- Train with more skilled players with a mindset to learning and development
- Compete in the Premier Academy League (partners with LaLiga)
- Opportunity to participate in National competitions
- Individual feedback/report cards every term
- Strength, speed & agility testing & training
- Affordable & low commitment (Saturday only program)
- Mentality homework tasks; goal setting, self-analysis and etc (coming soon)
- Veo video game & player analysis (coming soon)



## Events

### 3v3 Futsal Championships

#### What Is It?

- This is a school holiday event that is an incredibly fun, intense and exciting way to play soccer. 3 players per team with no goalkeepers and on a small court. We have had the likes of Adelaide United, Nike Adelaide and Bounce Adelaide partner with us to give our awards and prizes!



#### The Key Points & Benefits:

- Play lots of games throughout the day
- Constant engagement and action as you are always involved in the game
- Coaches get to see their players be put in an environment where they are forced to learn to stay focused, play in tight areas, off-the-ball movement, react to quick transitions, combination play and much more!
- A tournament structure that has exciting knockout finals
- Prizes and awards for winners and runner-ups
- Players & coaches get to meet similar minded people
- A day that is away from technology and is about socialising, teamwork and being physically active.

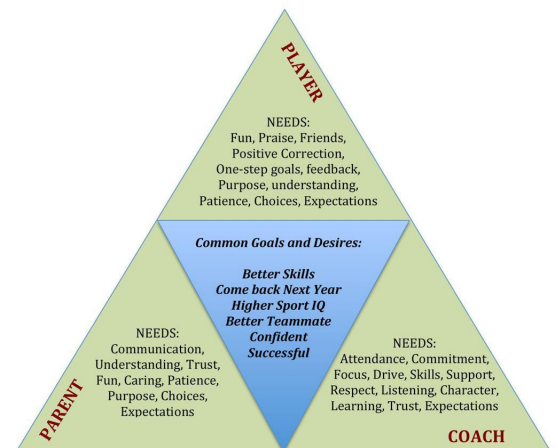
## Expectations: Players, Parents & Coaches

### Player Expectations

At Soccer Life Mastery, coaches do not expect that the athletes will be the most gifted or talented. Nor do they expect the athlete to demonstrate perfect technical, tactical, social and psychological traits. Nor do they expect professional levels of performance. However, in the Soccer Life Mastery program, athletes are expected to commit to demonstrating maximum effort in all facets of the program. Our holistic approach means this does not stop at training and matches. Our athletes are asked to show commitment to their own development through behaviours such as dedication and commitment to good sleep, nutrition, and self-development. For example, our players may be asked to keep diaries and journals recording sleep patterns, diet, training hours and other events which contribute to their athletic development, such as goal setting and time spent on homework tasks. Players are also expected to uphold the values, ethics, and rules of Soccer Life Mastery at all times and represent themselves and the organisation to the best of their abilities.

## Parent Expectations

The role of the parent is vital. The coach – parent – athlete triad has been referred to as the “athletic triangle” which is a complex system of interactions between all the stakeholders. The psychological well-being and development of the athlete is the most important factor in this relationship. Coaches, parents and athletes need to communicate well together in order to help the athlete develop their goals. Soccer Life Mastery provides regular verbal and written feedback to athletes and parents, and parents are invited to discuss this feedback with coaches and athletes at opportune moments or by agreed arrangement with the relevant coach.



Parents should engage in self-reflection constantly while working with the child/athlete: They should ask themselves:

- *Can I Share My Son or Daughter?*  
(Allow and trust the coach to take responsibility for guiding the athlete).
- *Can I Accept My Child's Disappointments?*
- (Use your life experience and maturity to help your child understand failure and disappointment are the cornerstones of development and improvement).
- *Can I Show my Child Self-Control?*  
(Demonstrate self-control in all moments and act as a role model for your child).
- *Can I Give my Child Some Time?*  
(Always attempt to give time to your child to see their training and games).
- *Can I Let my Child Make His or Her Own Decisions?*  
(Parents should avoid telling players what to do before, during and after. This inhibits growth of the decision-making process).

There are many expectations placed on parents' behaviour during training and matches:

1. *Do* remain in the spectator area during the event.
2. *Don't* interfere with the coach. Parents must be willing to give up the responsibility for their child to the coach for the duration of the practice or game.
3. *Do* express interest, encouragement, and support to young athletes. Be sure to cheer for good effort as well as good performance. Communicate repeatedly that giving total effort is all that is expected.
4. *Don't* shout instructions or criticisms to the children.
5. *Do* lend a hand when a coach or official asks for help.
6. *Don't* make abusive comments to athletes, parents, officials, or coaches of either team.

The expectations placed on parents are quite considerable and at Soccer Life Mastery we are always willing to spend time helping parents to discuss and meet those expectations.

## Coach Expectations

Soccer Life Mastery coaches are expected to uphold high levels of professionalism and standards at all times. All coaches are accredited by Football Australia or relevant overseas national bodies. Our coaches all have current Working with Children Checks and First Aid & CPR certificates. Beyond this, our coaches have vast levels of experience working with young athletes. The psychological well-being and development of the individual athlete is paramount in the coach's order of priorities. Coaches are expected to guide athletes of all ages, backgrounds, gender, and abilities to their full potential. Our coaches are committed to developing the four Cs to all the players in the program. These include competence (Refining the technical, tactical and sports-specific performance elements), confidence (developing athletes self-belief and self-worth, as well as resilience and mental toughness), connection (building bonds between teammates coaches and supporting staff) and character and caring (developing the moral character of athletes, items such as empathy, respect and integrity so that athletes are good role models) (O'Sullivan 2019). Soccer Life Mastery coaches are expected to demonstrate emotional self-control, athlete care, enthusiasm, and commitment at all times.

## What's In Store For The Near Future!

Over the course of this year, Soccer Life Mastery will develop and release:

- Athleticism Training (has now been implemented)
- End of term player feedback reports (has now been implemented)
- Video game analysis of players in individual and team moments.
- Group bonding days during school holidays as an end of term activity
- New program: All Access Academy Program. For dedicated players that want to commit to 3 days a week training/games at a discounted price. Includes one session of Development, Advanced and Academy League Program.
- Interstate and International soccer opportunities and experiences
- Specialist goalkeeper coaching
- Recovery equipment for pre and post sessions
- Mentality training, including the development of a growth mindset and resilience training for individuals and groups.
- Player journals and diaries to understand emotions, training loads, mental, social, physical, tactical and technical improvement, and set goals.
- Workshops on off-field behaviours, such as diet, sleep and rest, such warm and cooldowns such as stretching, increasing agility, flexibility, strength and speed.
- Homework, including age-appropriate tasks designed to help children understand elements of the game such as technique, skills, techniques and tactics.
- Stand-alone packages for individual athlete fitness & skills



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