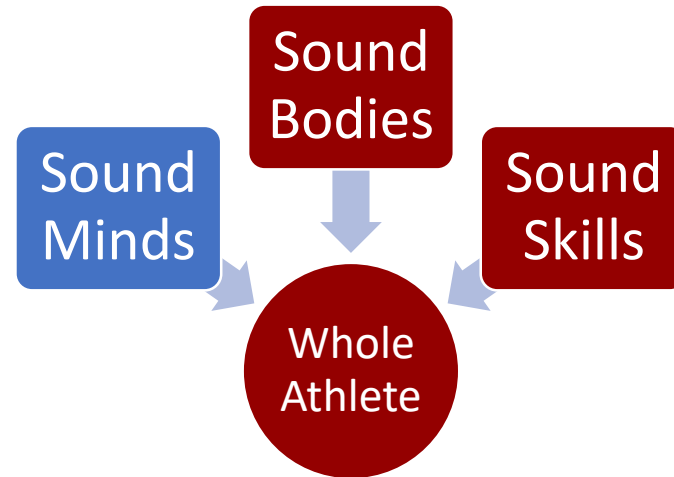


Athlete Leadership Program



Sound FC strives to become a leader within the soccer community at developing Sound Minds in our athletes. Through developing Sound Minds, we will be providing athletes, the opportunity to learn lifelong skills that will benefit them both on and off the field of play. We will achieve this by providing monthly workshops and resources for our athletes and coaches, to ensure that our athletes are adequately equipped to be successful in any challenges ahead.

Workshops

The Athlete Leadership Program creates monthly opportunities for Sound FC athlete leaders to utilize their voices, as well as develop, demonstrate leadership skills, with the aim of empowering teammates to influence positive change within their team environment. Our monthly workshops will be held in two age group brackets:

2011 – 2008 Birth Year

2007 – 2001 Birth Year

Coaches are to allocate two main athlete leaders to attend leadership workshops, to represent their team.

Coaches may rotate 1 main athlete leader for another athlete to expose more players to the workshops

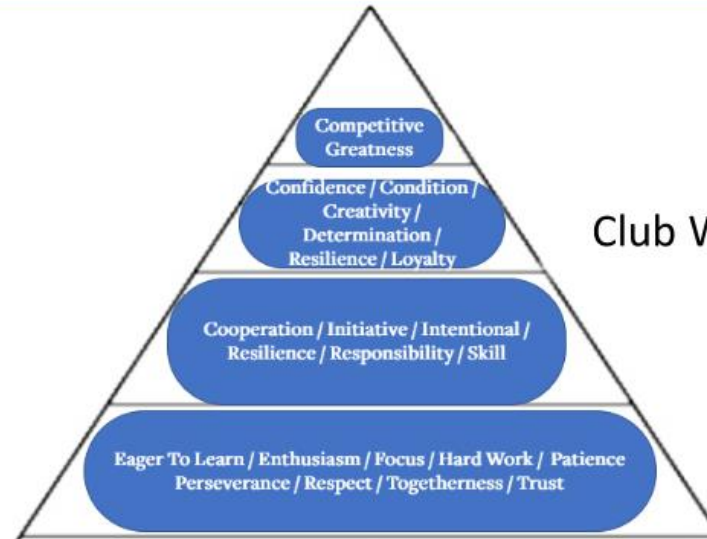


Pyramid of Success Designs



The Sound FC Pyramid of Success was formed through an amalgamation of pyramids created by athletes, coaches and team managers who participated in the leadership conference.

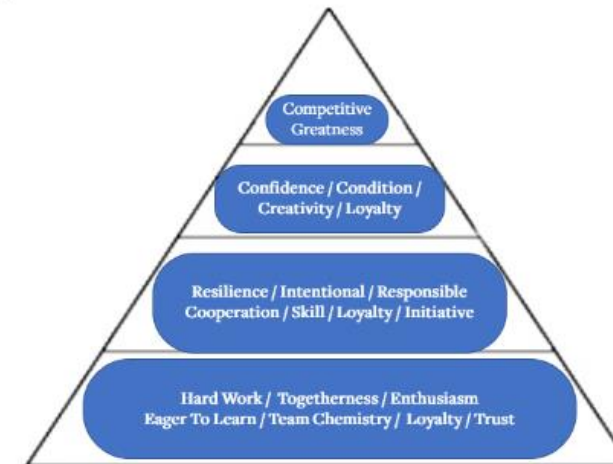
Club Wide Pyramid



Athletes



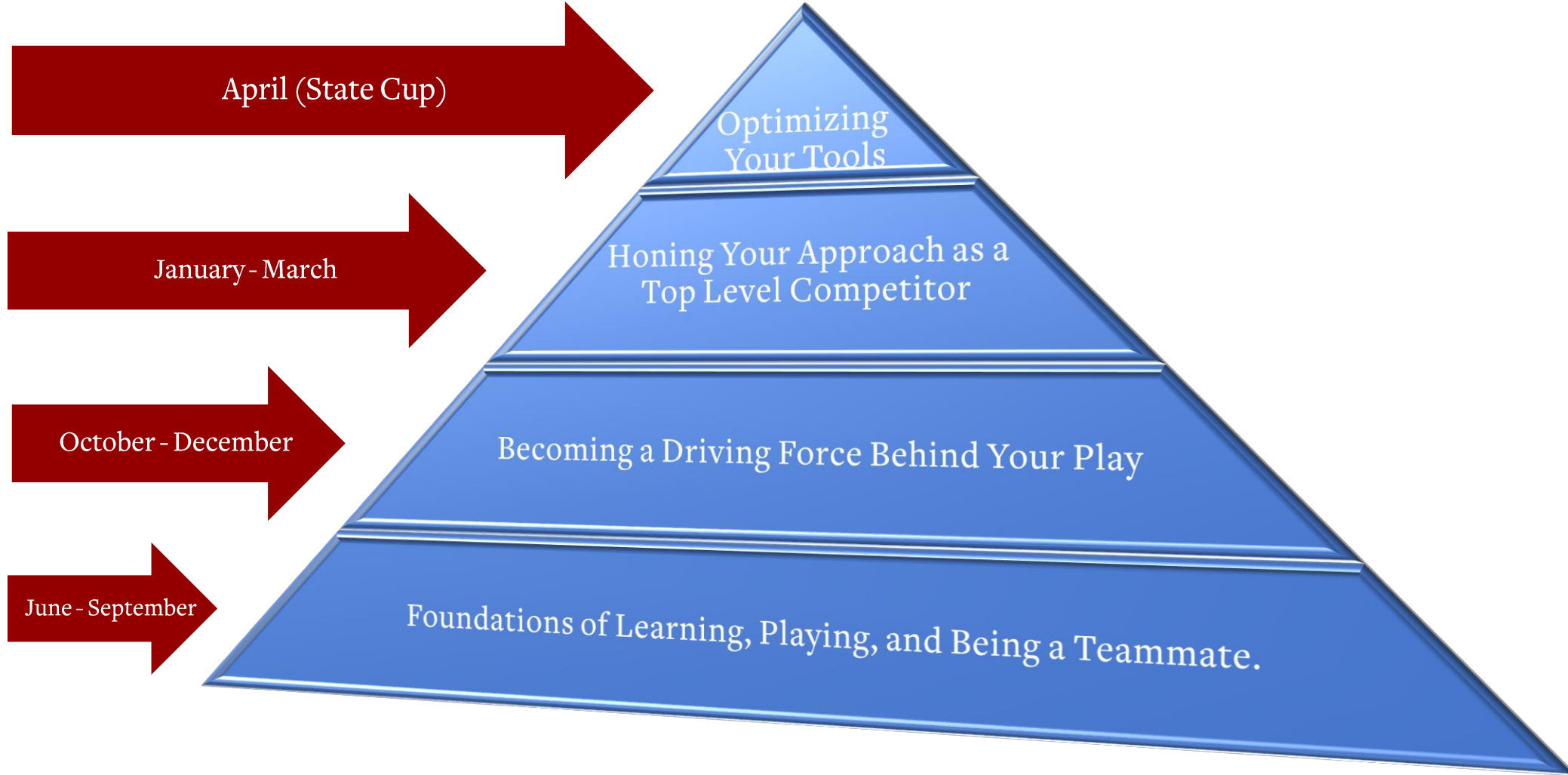
Coaches



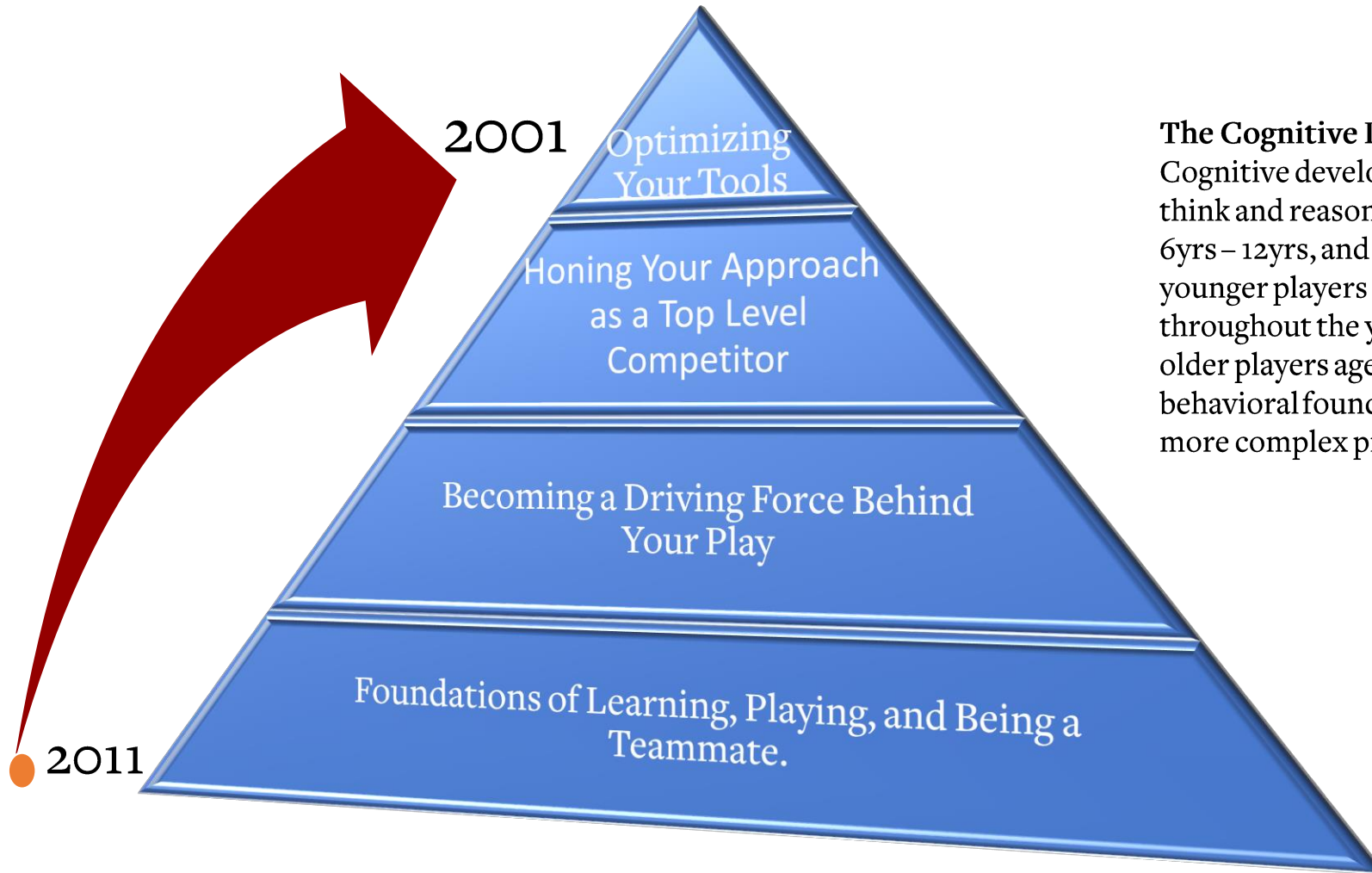
Managers



Leadership Pyramid of Success – Club Wide Focus



Athlete Cognitive Development



The Cognitive Development Arc:

Cognitive development is the growth of a child's ability to think and reason. This growth happens differently from ages 6yrs – 12yrs, and from ages 12yrs – 18yrs. For this reason, our younger players aged (2011-2008) may spend more time throughout the year on behavioral principles, whereas our older players aged (2007 – 2001) should have a solid behavioral foundation and therefore can spend more time on more complex principles and concepts.



Foundations of Learning, Playing and Being a Teammate



Seasonal Time Frame: June – September

The base layer of the pyramid, is mostly comprised of behavioral principles e.g. Hard work, enthusiasm, togetherness / teamwork. Typically these principles are formed and developed through our 2011- 2008 age groups. No matter where an athlete is on their development journey, it is important that they have a solid foundation of learning and behavioral principles, paired with the ability to be a good teammate.

“Great teammates do their best to bring together teammates and give them an opportunity to build a better relationship.” –

Athletes will begin to learn that they must approach every practice and game day with an emphasis on the ‘process’ of improvement and growth rather than the outcomes and results.

Qualities and Focus Areas Identified Club Membership

- | | | |
|------------------|----------------|----------------|
| - Eager To Learn | - Enthusiasm | - Focus |
| - Hard Work | - Patience | - Perseverance |
| - Respect | - Togetherness | - Trust |
| - Skill | | |



Becoming a Driving Force Behind Your Play



Seasonal Time Frame: October – December

It is important that as athletes grow, they also develop the skill of being an independent thinker. As ultimately they are their own driving force behind what and how they achieve their goals.

“Some athletes take responsibility for their own goals and actions, embrace learning and challenge, and accept personal accountability for their destiny. On the other hand, some athletes create the cause of their own failure by blaming others for shortcomings, making excuses for setbacks, and refusing responsibility for their destiny.” – *Chrsitian Lavers, NFHS*

Qualities and Focus Areas Identified Club Membership

- Initiative
- Intentional
- Cooperation
- Responsibility



Honing Your Approach as a Top Level Competitor



Seasonal Time Frame: January – March

Mindset is one of the biggest contributing factors in achieving high level performance on a consistent basis. Pressure of competition is tough. An athlete deals with many factors both positive and negative, throughout performance, eg. stresses and distractions, mistakes and letting teammates down, the euphoria of winning. Athletes who are able to condition their mind through mental skills and techniques will see a greater success in controlling situations as they occur, allowing them to execute their sporting goals more effectively.

Athletes may use mental skills and techniques to help with, goal setting, increase self confidence, and imagery of a particular action or outcome leading up to or during an event.

“Sport psychology can also help athletes with problems off the court that may affect performance on court” - USTA Player Development

Qualities and Focus Areas Identified Club Membership

- | | |
|-------------|---------------|
| - Confident | - Conditioned |
| - Creative | - Determined |
| - Resilient | - Loyal |



Optimizing Your Tools To Achieve Competitive Greatness



Seasonal Time Frame: April (State Cup)

As athletes head towards the competition ‘State Cup’ phase of their season, it isn’t just about what an athlete has developed physically, that will lead them to success, but also how they have developed their mindset and mental skills. As the pressure to perform increases, an athletes ability to tap into the resources and mental skills learnt throughout the year will allow them to be prepared for any situation they may encounter during competition.

“Optimizing focus and reducing stressors and other detractors are key in having a relaxed and controlled mental state. When we achieve an optimal state of consciousness, we feel and perform at our best” - Dr Roseann, Neurofeedback practitioner

