

# PARENTS GUIDELINES AND EXPECTATIONS





## ***What is SABA?***

SABA (Soccer At Its Best Academy) runs year-round travel team coaching, camps and clinics at Red Hook and Met Oval. Harry Triana is the Founder and Director of SABA. Playing for SABA provides each player with a “true academy” environment, unlike clubs where independent coaches handle each team.

### ***What makes SABA stand out from the rest?***

#### ***Professional training by professional coaches***

Many programs add the professional tag next to their coaching staff. But in order to be a true professional coach; you need coaching education and licenses, the experience to make a difference, and the ability to teach the game thoroughly. Having an Academy label without the appropriate staff and curriculum short changes the players involved.

SABA players are provided coaches who follow guidelines set by Harry Triana (Director), and expectations set by the highest Soccer Coaching organizations in the US, Europe, and South America.

Harry Triana has attained his **US Youth National, NSCAA National, Advanced National**, as well as the **Premiere License**, obtained at Club Paranaense in Brazil. In addition to the credentials above, Harry Triana spent a week in London attaining the **West Ham United International Diploma** and a week in Holland, studying the **Ajax Youth Academy**.

## ***Positive coaching***

SABA coaches are not yellers and screamers and will never express negative comments aloud on the field as you may find common in other programs. Coaches will get the best out of younger players by encouraging risk taking and motivating them to compete without fears of making mistakes. As players get older, they are expected to be accountable and teams will have more demands placed on them. However, SABA coaches understand the patience needed in order for players to develop the right way and the differences in ages and gender.

## ***Academy Approved Coaches***

Only qualified coaches approved by Harry Triana are brought into the SABA curriculum. Other programs have independent coaches who work with a team or two in one club and teams in other clubs as well. SABA refrains from hiring coaches who will not commit fully to the SABA way. We refrain from hiring coaches working in several organizations who may have conflicting philosophies. This is a great advantage to parents involved with SABA as it ensures each child will not get conflicting messages from the coaching staff.



## What to expect from SABA

### *DEVELOPMENT*

This will be achieved through detailed sessions, involving games and problem solving exercises that are age appropriate. SABA coaches help players think for themselves so we are not OVER-COACHING or DIRECTING their every move. Even the youngest players should be encouraged to think for themselves. This helps them progress and develop appropriately through each age group.

### *A PROGRAM THAT UNDERSTANDS PLAYER DIFFERENCES*

Three key factors that SABA understands are the Cognitive, Psychosocial, and physical makeup of the youth soccer player. Understanding all age groups and levels helps adjust expectations and training methods in order to provide an ideal learning environment.

### *COACHING PHILOSOPHY and PLAYER POSITIONS*

*CONFIDENCE ON THE BALL* is first and foremost. At a young age, it's all about the ball and what they can do with it. All players trained by SABA are taught to feel comfortable at any position that he or she may play. Positions are not important at a young age. At a young age, players will play various positions. We are looking for the ability to adapt to changes and the use of skill to adjust to the changes. This will help develop the player for future success in various game situations. Expectations and discipline will also have an influence in how we coach a game. All parents should understand that from U8 to U12, the MAIN FOCUS is technical ability, not tactical. Tactical awareness will be encouraged by placing players in activities that provide awareness of shape needed on attack and on defense that replicate the game.

### *GAME COACHING THAT ASSESSES PLAYERS NOT OUTCOME*

Game coaching helps the staff evaluate development and it also helps get a sense of each player's game awareness. Players sometimes find it difficult to apply training during games because of various issues. Fear, discomfort, nerves, and too much parental involvement, can disrupt a player's performance. There are times where we are more concerned with the player and not the score or result of the game. Games are used by the staff to make notes and adjust training sessions according to what is needed. The majority of the staff's influence is made on practice days. Staff coaches will work with various teams and players in order to have assessments done by the entire staff and not just one coach.



## PARENT/COACHES EDUCATION

We look forward to educating all those dealing with the players, teams, and clubs. It is important for parents and managers to understand what the training philosophy is and how it should be applied.

## PLAYER EXPECTATIONS

All players must represent SABA in an exemplary manner. We expect each player to display a positive attitude and good sportsmanship. Players are expected to show respect for their teammates, coaches, opposing players and coaches, and referees.

Travel players are required to make a commitment to practices and games and make it a priority. The sacrifice you make in training will be evident in your play throughout the season.

### *Travel before AYSO*

We don't mind the younger players (6-8) still playing AYSO but we expect our club to be the priority.

### *Be ready to play*

Players are expected to be ready for technical and physical training methods.

Our concern is maximizing potential and the adjustment by the player is not always smooth. Expectations may not be met when players are not ready to play or when they are not organized. Players are expected to have the proper equipment at each practice, especially bringing their own ball.

### *Be on Time*

When coaches start their sessions, they explain the rules and the expectations of the activity. Once started, players arriving late may not understand the activity. Players arriving late slow down the progression of the practice.

### *Set Goals*

We want all players improving. The only way to improve is to realize what you would like to do better. Players as young as 8 can have small goals, whether it's juggling 5 times or learning new moves.



### PLAYER GUESTS FOR CERTAIN TEAMS:

One factor determining club and player success is certain players guesting up or across their age groups. Unlike other clubs, we encourage this. Other clubs may get territorial and hold players from guesting with teams within their own club. At SABA, we all work together for club success. The SABA staff makes player decisions and decides what is best for overall club needs on a given weekend throughout the season. Coaches will determine who is invited to play and which teams may need help from another team.

NOT ALL players will get a chance to play multiple games on a given weekend.

### PRACTICE DRESS CODE AND CODE OF CONDUCT

#### APPAREL AND EQUIPMENT

Players should bring all of the following with them to each SABA training session:

- SABA Safety Green T-Shirts, Black SABA shorts, Black Nike Socks
  - Ball (Size 4 for U8's)
  - Water
  - Shin-guards
  - Soccer specific cleats and/or indoor shoes (be prepared for the weather)
- \*\*Running shoes with high soles are not safe

#### PLAYERS WILL NOT BE ALLOWED TO PRACTICE IF:

They are wearing jeans

They don't have shin-guards

They don't have the GREEN SABA PRACTICE SHIRT. Parents can purchase extra shirts for \$10. Extra full practice kits are \$32.

#### PRACTICE UNIFORM CONSISTS OF:

- \*Green practice shirt
- \*Black Saba Nike Shorts.
- \*Shin-Guards
- \*Black socks

#### PLAYER CODE OF CONDUCT AT PRACTICE AND GAMES

Respect coaches and teammates. Language towards teammates must be encouraging and positive.

##### 3 strike rule

Players will be given warnings when their behavior is being disruptive. On the 3rd strike, players will be suspended from practice.

\*\*2 suspensions from a practice will result in 1 suspension from a game.

Coaches have a daily log of practice behavior, which they report to Harry Triana and managers as needed.



## ***PARENT EXPECTATIONS at GAMES and PRACTICES***

### **PLEASE STAY AWAY FROM THE PLAYING AREA**

Please stay away from the perimeter of the field and watch from a distance. Our coaching staff wants to run sessions efficiently without parental distractions.

Players are asked to get their water and keep it near their playing area so they Don't run over to their parents at each water break. The players will start understanding that the practice session is time with their teammates and coaches and not with their parents. If you need to pull your child from practice early, please do not walk on our field. Save your questions until the end of practice. We are always willing to answer questions. However, we have many players on the field and would like to concentrate on the sessions and the organization of players and groups. You can always call or email me and I would be more than happy to answer any questions or concerns.

## ***GAME BEHAVIOR AND GUIDLINES***

### **LET THE COACHES COACH AND PLAYERS PLAY**

Do not shout instructions to the players.

We are in full control of the sessions and games so we know exactly what we are working on. Many times, what we see is different then what parents without soccer knowledge see. We've had parents try to correct some things they think they see that we may not be concerned with that at the moment. We won't address something at times because we are letting the kids figure it out in game situations. We then correct it by designing a practice based on those observations.

### **Where should parents be during games?**

We ask that parents stay opposite the coaches and players. There is a parent sideline and a player/coach sideline. This allows us to have important coaching moments with the players without parental distractions. Please don't come sit with your child when we take them out of a game. We also hope they have their water prior to the game so that halftime talks aren't interrupted by parents walking over to cater to their child.

### **In Case of Injury**

In case of and injury, coaches will handle it. Please refrain from entering the field unless coaches ask for your assistance.



Parents should absolutely refrain from the following statements:

1. Dribble
2. Pass. You have to pass more?
3. Shoot
4. No, don't pass there.
5. What were you thinking?
6. Who was that to?
7. You have to score!

We know exactly what we want in certain situations. You may think a shot is what is better but we may want them to beat their opponent. You may think a pass is better but we may want them to shoot.

Parents should only encourage the team and the players. Refrain from placing demands that are too high or expectations that are too low.

## *Red Flags for Parents:*

1. **Ask yourself**...how many of the 7 statements mentioned above am I guilty of screaming?
2. **Living Out Dreams** -A parent who is continuing to live personal athletic dreams through his/her child has not released his/her child to the game.
3. **Too Involved** -If a parent tends to share in the credit when the child has done well in sport, or has been victorious, the parent is too involved.
4. **Trying Too Hard** -If a parent is trying to continue to coach his child when the child probably knows more about the game than the parent does, he has not released the youth athlete. Remember that the professional coaching staff will be instilling attitudes and expectations that the players will be trying to apply. Parents may give contradicting information that will interfere with the curriculum
5. **Too Serious** -A parent should realize that he is taking everything too seriously and has not released the child to the activity when the parent:
  - is nervous before his/her child's game.
  - has a difficult time bouncing back when the player's team suffers a defeat.
  - makes mental notes during a game so he can give his/her child advice at the conclusion of the game.



### Parents should....

1. Ensure players gets plenty of rest the night before the game
2. Try to get their child to eat correctly and at the right time.
3. Try to get their child to take some responsibility and pack their equipment and clean their own shoes. Many times players come unprepared and are quick to blame parents. Getting them to be more responsible will help them mature as soccer players.
4. Encourage their child to take on new skills and work on their game when not practicing with their coaches. Several of our top players are consistently playing in the park alongside older or younger kids. Playing “street soccer” helps them achieve a level of self -motivation where they don’t depend on their coaches to provide activities for them.

### IDENTIFICATION AND DEVELOPMENT OF TALENT AT SABA AND FORMING TEAMS EACH SEASON

We will **Evaluate** and **Re-Evaluate** players before, during, and after each season. After thorough evaluation, players will be designated to the team determined by the coaching staff

**Teams change each season.** It is important for parents to understand that at the end of the season, teams change based on new players joining, current players moving to other teams within SABA, and/or players quitting. Players are moved around according to where the staff feels they fit best. It is important for parents to understand that their child may be asked to be on a different team. It is common for parents to want to keep their child with their friends. SABA makes decisions based on development, progress, and ability of the player after each season. ALL SABA players are within an academy structure and therefore, friendships are fostered, even if players move from one team to another.

### Players are not grouped based on size or on teams to be with their friends.

They are grouped by age and level. If your child is bigger then most kids in the age group, we still register the player within the age group determined by the date of birth. Club/Academy policy is to register players in their appropriate age group in order to maintain a progressive and efficient development environment. Players then may be asked to play up if they are dominating their age group or if the coaching staff determines they are capable.



TAKE A LOOK AT THE 5 STEP CONTINUOUS CYCLE BELOW TO UNDERSTAND HOW WE SELECT AND EVALUATE PLAYERS.

### *CONTINUOUS CYCLE WHEN IDENTIFYING PLAYERS IN OUR CLUB*

#### STEP 1: TRYOUT/PRACTICE

Tryouts are held in early June for the following fall season's teams. The coaching staff assesses all players based on age, level, and ability. Throughout the fall, winter, and spring there are tryout practices for players interested and recommended to the staff. These players are placed in the training program and players who stand out may be placed on a team sooner than players who need time to develop. It is a competitive club and being on a team longer than a new member does not entitle players to stay on a team. Players are selected based on the 5-STEP Selection process and on where the staff sees each player fitting.

#### STEP 2: IDENTIFICATION/SELECTIONS

Players are identified and selected to teams. Who are the most talented or driven players?

The players who stand out in each age group are placed on the teams within their age group. Not all players may be selected to be on a team but some may be invited to take part in practices. The practice program places players in our training environment and coaches will give them the opportunity to develop. If they progress and meet the requirements to join one of the teams, they will be offered a future roster spot.

#### STEP 3: COMPETITIVE EVALUATION

Once players are selected to teams, the coaching staff monitors how each player approaches the competitive cauldron at practices and games. Do players compete or do they go through the motions? How do players react to victory or defeat? Do they care too much about a victory or do they care too little about a loss?

We strive to create an environment where players earn respect by approaching any competitive activity with the motivation to be the best and finish at the top. Once the game or activity is over, we will deal with their psychological approach to dealing with the win or loss.

#### COURAGE AND BRAVERY

Does the player lead the team or show determination to win his offensive and defensive battles?

Are they willing to get after the ball and make tackles?

#### CHARACTER, MENTAL TOUGHNESS, AND ENTHUSIASM

This measures the player's psychological approach.

1. How are they reacting to their coach, teammates and competition?
2. Does the player want the ball or does he/she hide from competition?
3. Does the player enjoy what they are doing?
4. Does the player refuse to lose or just goes through the motions?



#### STEP 4: TECHNICAL/ TACTICAL EVALUATION

Technical-Dribbling, passing, shooting

Tactical- do they understand the principles required of them based on their age group? Our players are taught to not be overly concerned with set positions at a young age. Instead, they are taught to understand the shapes needed in order to provide proper attacking and defensive support.

Knowledge and awareness-Does the player show an understanding to be a clever passer and see a step ahead.

Does player check shoulder and recognize the “next pass?” Does the player mark up immediately on defense?

Does the player understand touch tight?

#### STEP 5: RE-EVALUATION

After each season, players are assessed using the evaluations above and then placed on teams according to their performance and results. Some players move up to the top tier teams and some players move to other teams to develop further.

#### A few other evaluating factors at SABA:

\*Throughout the year, evaluating players in different environments helps us form a valid assessment of their potential.

\*Players may be asked to play up an age group or up a division on a given weekend.

\*Players may be moved from one team within an age group to another midseason in order to change the environment recommended by the coaching staff.

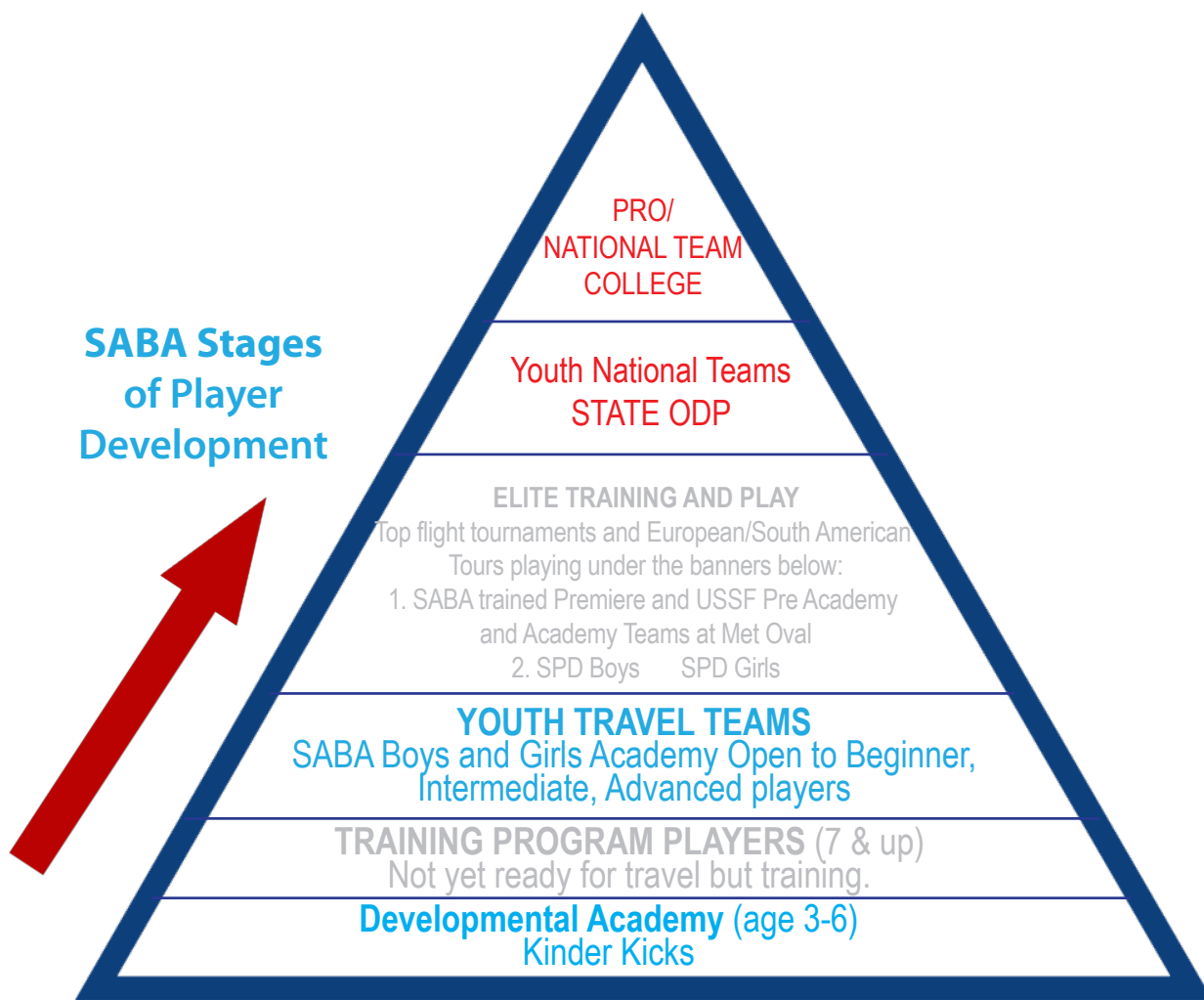
\*Teams may train together in order to see how players are reacting and competing with various levels or teams within the same age group. This allows the staff to measure overall player development and assess what team and player needs.

\*Coaches will rotate groups at practices and games in order for all coaches to have assessments on each player. Having various coaches assess a team and its players helps us maintain a level of consistency not evident in many clubs.



## CLUB AND ACADEMY PYRAMID

As talent is identified and developed, players move up the pyramid as TALENT AND ABILITIES surpass the average player within each age group. Not all players are expected to reach the red levels. However, we will guide each player through each age group who is in the pursuit of excellence.





## WHY SABA WAS THE RIGHT CHOICE FOR YOU

### CONSISTENCY AND STABILITY

Each staff coach has over 4 years at SABA, establishing long-term relationships with the players and the parents in the community.

### DIVERSE and BILINGUAL STAFF

The coaches and administrative staff have multicultural backgrounds that make SABA one of the most diverse soccer programs in the area.

SABA has staff members from Romania, Ecuador, Colombia, Mexico, England, Cypress, China and Philippines.

### QUALIFIED COACHES

Licensed coaches who abide by youth coaching expectations.

### PROVEN RECORD IN YOUTH DEVELOPMENT

### WE EVALUATE WHAT WORKS, WHAT DOESN'T, WHAT CHANGE NEEDS TO HAPPEN

We expect that the Academy's philosophy and approach to youth development will continue make SABA a top choice for parents.