

Curriculum & Player Development Guide



**CENTRAL WASHINGTON
SOCCER ACADEMY**



www.centralwashingtonsocceracademy.com

Est. 2012



Guiding Values

Welcome to CWSA...we are more than just a club!

- Offer an affordable and quality competitive soccer program.
- Provide a superior professional training staff focused on the players.
- Provide opportunities to compete at all levels of play within each age group.
- Provide superior game and practice facilities.
- Educate and assist our senior players in their endeavor to seek collegiate playing and scholarship opportunities.
- Cooperation, respect, and maturity among the adults in our club will encourage the same qualities in our players.



Mission

- Central Washington Soccer Academy is a premier soccer club that offers the highest level of training and competition in all levels of play in Washington State. Some of the CWSA coaches have played and/or trained players that have played at the Olympic Development Program (ODP), regional, national or professional level.
- CWSA is committed to developing young men and women to have high moral and character values in their lives. Success in life is the main value at CWSA. The success of our program is attributed to the passionate and dedicated professional coaching staff that have the knowledge and curriculum to pass on to the players.

MISSION STATEMENT

- The mission of Central Washington Soccer Academy is to create a learning environment for soccer in the community that players and families are proud to be associated with. CWSA provides the highest level of training, competition, and player development in Central Washington. Personal development for the player is not only related to field success, but also skills needed to be successful in life.
- To maintain our mission, we promote the following strong set of values and standards:
 - Building life skills through premier soccer.
 - Commitment to develop all players at any skill set.
 - Pride and commitment in CWSA and our community.
 - High standards and excellence in personal growth.



Academy Curriculum

The Central Washington Soccer Academy (CWSA) Curriculum is our player development curriculum, coach's guide and philosophy. It embodies all that is CWSA Soccer; the style in which our teams play, the technical skill our players possess, the demands our coaches require from the players, and how our members behave and interact during practices and games. Our approach inspires passion, respect, leadership, guidance, and quality. It encourages our players to play to the best of their ability and to achieve their full potential. It shapes the core elements the coaching staff implements to guide our players to not only be successful players but also successful professionals. The Academy Curriculum is the future and will separate our teams from each of our competitors. The summary above in no way encompasses all that defines Academy Soccer, but enough to illustrate what it means to be a part of CWSA.

The Academy Curriculum adopts a 'No Player Left Behind' policy where **ALL** players receive the same training development and opportunities. We pride ourselves on providing the best for the player regardless of age or current ability, as the player deserves that. Each player will receive the same training regimen which is illustrated under *Team Training Philosophy*. We find this training expectation vital in order to internally develop our players and promote from within the club. If players want to progress and compete at higher levels of competition, then the club will provide equal opportunities so that progression is obtainable. In addition, player ownership in development is as equally important as the opportunities provided by the CWSA Club.

In today's fast-moving soccer environment, our club's ability to keep ahead of the latest Innovations and trends in coaching philosophies, style of play, psychology and physical fitness will keep us ahead of our competition. The Academy will continuously evolve to ensure the Club is delivering the best product possible to our members. Our leadership from the Executive Staff will be crucial to the successful adoption of new philosophies. Therefore it is important for our members to remain flexible as our club requirements change.



Academy Curriculum – cont.

Ownership, both club and player, is the fundamental principle of development. This Academy Curriculum defines the club's ownership in our players' development, which also serves as our accountability measure from our members. A player, and family taking ownership in their individual development is vital in progressing individual skills, creativity, improvisation and love of the game.

An Academy Player is also expected to take ownership for the following, **NOT** the parents:

- ✓ Prompt arrival to practice and games
- ✓ Arrival to practice with appropriate attitude to become a better player
- ✓ Meeting practice and game uniform policies
- ✓ Bring appropriate equipment to practice and games

To be a part of the coaching staff at CWSA, it takes a specific type of passion, motivation, and knowledge for soccer. Within CWSA, the club expects its staff members to take ownership of their positions, roles and responsibilities. Ultimately, the coaching staff are held accountable by the Executive Directors of Soccer. The Central Washington Soccer Academy look to hire men and women who are knowledgeable of the game, but most importantly ensure the style of play within the Academy Curriculum is in line with their philosophies. The club understands that it is critical that all coaches are capable of guiding our players in a similar fashion emphasizing technical skills, critical thinking, team work and competitiveness. Our coaches professionalism is equally as important as their knowledge and philosophy of the game. The coach's expectations for both practices and games are outlined under *Coaches Expectations for Practice* and *Coaches Expectation for Games*. Furthermore, we expect our coaches to have the professionalism to be comfortable in any situation when dealing with parents, players or any additional club matters.

Our members are constantly looking at our coaches to set the standard for professionalism, therefore all employees need the ambition to uphold these expectations.



Academy Curriculum – cont.

At the Central Washington Soccer Academy we believe that being a responsible soccer club means being part of our community in the widest sense. We know that our performance as a youth soccer club will be measured not only by our success on the field of play, but also by our impact on the quality of life in our communities and on the environment we share.

Being a member at the Central Washington Soccer Academy means being part of a team. It is like a family. Being a part of our soccer program means sharing your life with people who are passionate about soccer and who emphasize the importance of well-rounded, educated and successful lives.

Each year the Academy has received more support and popularity and is exponentially growing from season to season. Our soccer program is a challenging program that brings together student athletes from Central Washington to work together toward common goals - great soccer development and a great place to create valuable memories.

The Central Washington Soccer Academy program provides all the elements necessary for kids to have fun, learn soccer, life skills and develop a love of the game. All of this happens in an environment that promotes the value of professionalism, teamwork and sportsmanship.

Our club prides itself on the “Everything we do we do together” motto where your support and our impact goes far beyond your time in the program.

We start with our *Junior Academy* and develop players through the *Developmental*, *Select* and *Premier* levels into High School and College. Our professional coaching staff provide a positive soccer experience across the board and teach valuable life lessons to prepare our youth for a successful future. We continue impact with our Alumni as they enter into their professional lives.

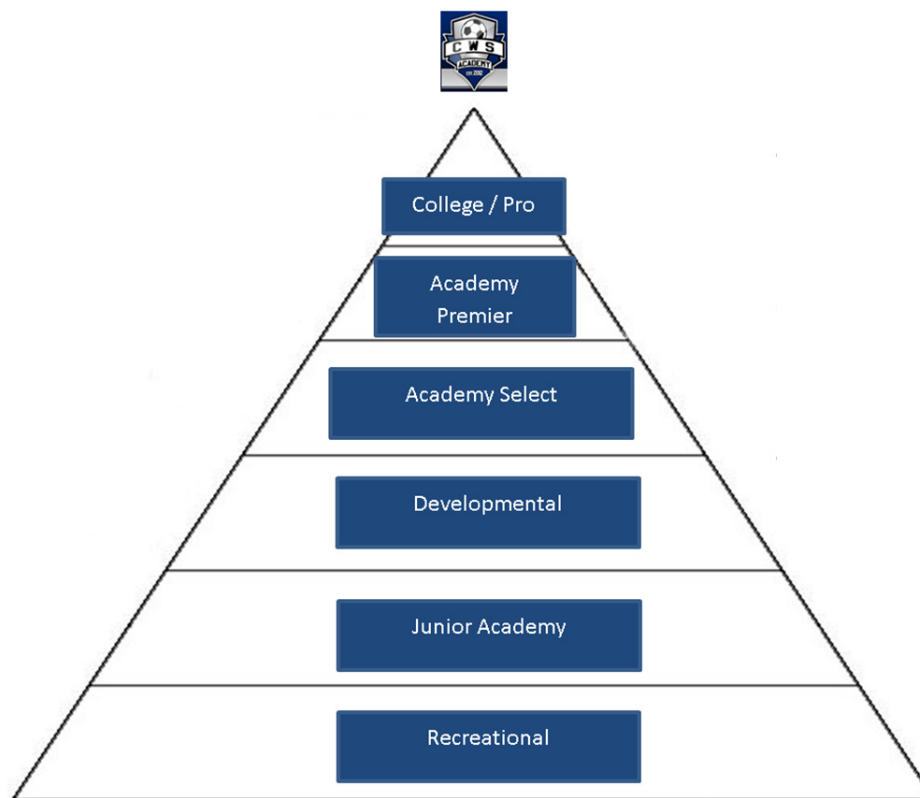
Through our work we share a mutual respect and love of the beautiful game. Our members are considered lifelong members and our club is always there as a constant in their lives. “We are more than just a club”



CWSA Development Model

Central Washington Soccer Academy Development Model:

Recreational:	Ages U5 – U18
Junior Academy:	Ages U4 – U8
Developmental:	Ages U9 – U12
Academy Select:	Ages U13 – U18
Academy Premier:	Ages U12 – U18





CWSA Development Model

Recreational U5 – U18

The Central Washington Soccer Academy has partnered with Youth Soccer Association (TCYSA) to offer a recreational program that is based on fun and learning through playing the game. Coaches are volunteers and CWSA provides a curriculum for coaches to follow as well as coaching education clinics. The curriculum is based on US Soccer guidelines and aided by age appropriate child psychology.

Junior Academy U4 – U8

The *Junior Academy* program is provided for those players who excel at the recreational level and want a more challenging environment with advanced coaching. However, it is an open enrollment to all players. It is often recognized as the first step in becoming an Academy Player. Coaches for the *Junior Academy* program are professional coaches from CWSA, which follow the mandated player development curriculum. After graduating from the *Junior Academy* program, the next level *Developmental Program* begins at U8.

Developmental U9 – U12

The *Developmental* program focuses on player development, where we introduce the concept of winning through development. The focus will be on the fundamentals of the game, individual discovery and technical ability. The *Developmental* level will instill habits into the players that will follow them throughout their soccer careers. The main goals of this age are to grow the players love and knowledge of the game, so that they mature into complete soccer players that encompass the *Academy* system and style. By emphasizing success through development, players will acquire player traits such as competitiveness, coach-ability, work ethic, respect, creativity and sportsmanship.



CWSA Development Model

Academy Select U13 – U18

Select teams play in US Club Soccer and games are played in a 11v11 format.

The *Academy Select* program continues to focus on the development of individual skills, understanding of individual and group tactics, learning how to win through a greater emphasis on tactical understanding, importance of possession, competitiveness or results oriented training exercise, functional training, problem solving activities, sportsmanship, respect, and development of physical components (endurance, agility, speed, flexibility and strength). For improved synergy between levels, the *Academy* playing style is expected. This continuity allows for better opportunity to progress to the *Academy Premier* level.

Academy Premier U13 – U18

Premier teams play Northwest Premier League (NWPL). The *Academy Premier* program continues to focus on the development of individual skills, understanding of individual and group tactics, learning how to win through a greater emphasis on tactical understanding, importance of possession, competitiveness or results oriented training exercise, functional training, problem solving activities, sportsmanship, respect, and development of physical components (endurance, agility, speed, flexibility and strength).



CWSA Guidelines

Player Placement Process

Player placement is the systematic process of moving players from one roster to another or placing a new player to a roster. Movement or placement is based upon the players individual ability, athleticism, performance, commitment, and coachability.

Several Player Opportunity Events (POEs) / Tryouts will be held throughout the year to provide opportunity for players to showcase their abilities in an age group setting. POEs are open to the public and players of all levels are welcome to attend. Current CWSA players are required to attend POEs / Tryouts, but must always keep in mind that they are being evaluated throughout the entire year.

The club is loyal to its current players; however, players may be replaced by outside players if they demonstrate a higher level of ability based on the player traits mentioned above.

Upon completion of rosters, coaches are required to submit them to the Director of Coaching for final approval.

Players wishing to leave the club will be released, but will be held accountable for their outstanding balance in full.

Player Development and Recruiting

The Central Washington Soccer Academy prides itself on its ability to develop players internally through its “No Player Left Behind” policy. However, coaches are encouraged as well as expected to actively recruit players in order to strengthen the club. The importance of recruitment is based on the premise of strengthening player pool, improving overall quality in all teams, and challenging for state, regional and national championships. The primary focus of the club is internal player development with a secondary focus on recruitment. CWSA believes that through player development and recruiting that, in turn, it will enhance the overall competition in practice, games, and player placement.



CWSA Guidelines

Player Evaluation Process

The coaching staff performs three different types of player evaluations, which are coach and player face-to-face evaluations, technical and physical testing.

CWSA members can expect face-to-face evaluations with their coach a minimum of twice a year. During these meetings the coach will highlight strengths, areas of improvement as well as encourage interaction from the player. Parents are welcome to attend meetings; however, the discussion is between the player and the coach. Parents will be provided the opportunity at the end to ask questions or provide comments.

CWSA members can expect players to be tested technically and physically four times per year. The testing activities vary per age group, however, all promote what we expect from our players which are technically sound and soccer savvy players. The benefits we will gain from testing our players are vast, although, one of the main benefits is quantitative accountability. Through testing our players it holds, both the player and the coach accountable to concentrating on the right aspects within the game of soccer. If the player does not practice at home then the growth of the testing results will be minimal each time.

The coaching staff will commit to our members that we will conduct ourselves in a professional fashion during practice and games that will influence the players to be comfortable with the ball at their feet, use skill to solve problems and work as a team. This will not only improve the players scores during testing days, but also help them find success on the field.



CWSA Guidelines

Uniform Policy

Primary game uniform is a navy jersey, navy game shorts, and navy game socks for **ALL** season games/tournaments and all invitational tournaments. If there is a color conflict when we are Home team, then the alternate game uniform should be worn. Alternate game uniform is white jersey, white game shorts, and white game socks. Warm-up and game jerseys must be tucked in at all times.

All players should arrive to a game wearing their warm-up jersey, game shorts and sandals or flats. Once players arrive to game field, the players will continue preparing for the game by putting on game socks, shin guards and cleats. Players will begin warming-up in their warm-up jersey, and then change to their game jersey 5 minutes prior to game kick-off. All players should have both game uniform sets and their practice jersey with them, along with their soccer bags, soccer balls, and water. Soccer bags should be lined up neatly on the sidelines.

Compression under-shirts (white or red - should match main color of game jersey) and under-shorts (navy or white—should match color of game shorts) may be worn. An armband signifying the captain of a team may be worn on the left arm only, which will be provided by the coach of the team.

After completion of a league game, or in between season tournament and invitational tournament games, players must change from their game jersey to their warm-up jersey. Being shirtless or wearing only a sports bra is **NOT** allowed. This applies while at the fields or while out in public.



CWSA Guidelines

Player Expectations for Practice

Players are expected to arrive for practice at least 15 minutes prior to training beginning. All players are expected to attend training. Players who strive to become the best and become more successful will attend practice with the appropriate attitude of wanting to leave a better player. All players are expected to attend their team training sessions. If a team session is missed, then it is up to the player to communicate that with their coach.

If the player is injured then they are expected to attend team training and learn through observation, unless a physician has instructed the player must stay off their feet for a quicker recovery. If the player is sick, then it is acceptable for the player to stay at home; however, a physician's note does need to be provided to the coach of the team. If a note is provided to the coach, then playing time will not be affected.

It is mandatory that once players have completed preparation for training, the remainder of the 15 minutes before practice starts should be spent practice juggling. Once enough players have arrived, the players are expected to organize 3v1, 4v2, or 5v2 games. Touch limitation is either 1- or 2-touch based on age, in which the coach that works with the team will set limitations.

A player's attendance and commitment level are major factors in player placement. Players who do not attend practice, team events or fail to make up a session will jeopardize playing time and/or their place on the team.



CWSA Guidelines

Practice Expectations for Coaches

Coaches are expected to have all practice sessions planned prior to arriving to the practice fields. Coaches are also expected to have all sessions set up before players arrive to practice. It is deemed unacceptable to use time while players are warming-up for practice to prepare for training.

Exceptions for these policies would be in the case of lack of numbers, last minute field changes, family/personal emergency, back-to-back practice sessions which prevents setup prior to players arriving for practice or approval from the Director of Coaching.

It is also never acceptable for a coach to be on their cell phone during practice, unless in the case of emergency.

Practice Expectations for Parents

The CWSA coaching staff encourages parents to observe practice. To ensure the maximization of field space we ask that parents observe practice on the perimeter of the practice facility. Only in the case of an emergency should parents come onto the practice fields during training.

It is also expected that parents do not coach players at any time during practice. The players need to remain focused during practice and too many voices providing instruction can become confusing and distracting.



CWSA Guidelines

Team Training Philosophy

Junior Academy will be provided the following training schedule:

- (1) 45 minute team training session per week
- Highly recommend attend any CWSA Advanced Training Camps and Clinics (Seasonal)

CWSA Academy players will be provided the following training schedule :

- (2) 1 hour and 15 minute team training sessions per week
- (1) 1 hour age group pool training session per month
- Highly recommend attend any CWSA Advanced Training Camps and Clinics (Seasonal)

All *Developmental*, *Select* and *Premier* level teams will be provided the following training schedule :

- (2-3) 1 hour and 30 minute team training sessions per week

Academy Premier Level Players will be required to train on their own at home, at a minimum of 2 additional training sessions per month. This model is encouraged for all players, regardless of level of play, however, mandated for *Academy Premier* Level Players.



CWSA Guidelines

Game Expectation for Players

All players should arrive to a game wearing their warm-up jersey, game shorts and sandals or flats. Once players arrive to the game field, then players will continue preparing for the game by putting on game socks, shin guards and cleats.

Players will warm-up in their warm-up jersey, and then change to their game jersey 5 minutes prior to game kick-off. Bags and equipment should be neatly lined up behind the bench. All uniform policies strictly adhered to and players should conduct themselves professionally at all times.

Players must arrive promptly, or playing time will be effected.

Arrival Times:

U11-U12

Arrival 35 minutes before kick-off

Warm up 25 minutes before kick-off

U13-U19

Arrival 50 minutes before kick-off

Warm up 40 minutes before kick-off

Pre-game Routine:

Initially players will be given time on their own to prepare both mentally and physically. Once the team warm-up begins, the player will be placed through a series of actions they will experience during the game. The *Developmental*, *Select* and *Premier* age groups each have their own unique pre-game warm-up, in which all CWSA players perform prior to games. This ensures consistency prior to games regardless of the teams' level of play or age, player ownership for pre-game preparation, and appropriate repetition of actions prior to competition. All players will experience game action at game speed, but only for a short duration to avoid fatigue before the start of the match.



CWSA Guidelines

Game Expectations for Coaches

It is always important for our coaches to remember that they are a role model and mentor to our young players. Therefore, CWSA coaches are expected to represent a professional image at all times. A coach's conduct while on the sidelines is equally important as our player's behavior during a match. Coaches are expected to show respect to officials, opponents, parents and the game of soccer. Coaches will hold players accountable for performance and will be motivational throughout games. Coaches are also expected to remain positive as much as possible, but all realize a part of learning comes from correcting mistakes. A key component is for Academy players to be able to think strategically and solve problems individually and collectively as a team. Therefore, the micro-management of players will not be tolerated. Instead, coaches will allow players to make decisions on their own and, if necessary, the coach will aid the player if a better decision could have been made in that moment.

Coaches are expected to arrive to games no later than 50 minutes prior to kickoff. Exceptions would be in the case of conflicts between teams or an unpreventable emergency. If conflicts or emergencies occur then team managers need to be notified, so parents are aware of the situation. If a coach is going to be late or miss a game, then the coach is expected to find coverage by another CWSA coach and communicate coverage to team manager. It is also never acceptable for a coach to be on their cell phone, unless in the case of emergency.

Game Expectations for Parents

The members of the Central Washington Soccer Academy when supporting their teams must, at all times, remember they are representing the organization. Where your enthusiasm and passion for the Academy is noticed and admired from inside and outside the organization and shows the strength in our community. Negative actions, including bad sportsmanship and disrespect shown to officials, coaches, players, and other parents will weaken our club. CWSA members are expected to be constructive, motivational and encouraging to **ALL** players and officials, regardless of the situation. Furthermore, CWSA members are expected not to coach from the sidelines, instead simply enjoy the experience of the game. Games are not only a competitive sporting event, but also a learning environment. Each positive or adverse situation is a learning opportunity that the players must embrace or overcome. Representing the organization includes games, tournaments, banquets, fundraisers, ceremonies or wearing spirit wear. The Central Washington Soccer Academy does have a **24-hour** policy regarding post-game questions from parents to coaches. It is not appropriate to approach a coach after the completion of a game regarding questions of playing time, player position, etc...we ask our members to wait a minimum of **24-hours** after games completion to make contact.



CWSA Guidelines

Guest Playing Policy

Guest playing opportunities are a great way for players to experience different levels of play, age groups and social interaction. If a player is offered the opportunity to guest play, it is the player's responsibility to communicate it to the coach that oversees the team. Ultimately, it is the coach's decision on whether or not the opportunity to guest play is beneficial for the player and/or the team. It is not permissible for parents to make guest playing decisions without approval from the coach overseeing the team. Players are **NOT** allowed to guest play with clubs outside of the CWSA organization. If a player would like to guest play with teams outside of the CWSA, then the CWSA Coaching Staff will seek opportunities through one of our US Club affiliates. Players must remember they are a guest and should behave accordingly and are representing *CWSA*. Any additional questions pertaining to the *CWSA Guest Playing Policy* can be directed to the Director of Coaching.

Note:

Any guest playing opportunities outside of the CWSA organization must be approved by the Director of Coaching.



CWSA Guidelines

Coaching Education Expectations and Requirements

The commitment from the Central Washington Soccer Academy to continuously educate our coaches is of the highest priority, because a more educated coach equates to a more educated player. The executive staff will hold informational and educational meetings to make certain that the most value is being provided to our members in coaching, communication and organizational structure. Consistently evaluating coaches, programs and players will ensure accountability, growth and the desire to improve.

The executive staff and coaches will hold staff development events, in which model sessions are held, to demonstrate *CWSA style of* coaching methods as well as provide constructive feedback to staff coaches for improvements. Such staff development events will ensure that all coaches are fully aware of expectations for both themselves and the players. Session plans and new methods are frequently provided to all coaches to encourage growth and advancement for everyone coaching with the Central Washington Soccer Academy. Coaches are encouraged to attend national licensing programs, such as USSF or NSCAA, for professional and educational development. Coaches are also encouraged to seek involvement in state, regional and national team programs.



CWSA Programs

CWSA Advanced Training Program (ATP) – Junior Academy

The Advanced Training programs will be conducted by the CWSA Directors, Marty Lackey and Gerd Strom. The CWSA Directors will ensure that **ALL** players get the same opportunity to develop in the key pillars of technical, tactical and physical which would include strength, speed, and agility. This platform places age groups of players in a technical development arena where they receive the equal technical training. *The Academy* believes that players can train as individuals and strive to be better than the best. Furthermore, through the ATP Curriculum, players will be provided with activities they can practice on their own, which will allow the players to take ownership over their own development. As mentioned previously, within *the CWSA* philosophy, a player's ownership in personal development is a key ingredient to any player accomplishing his or her goals. As evaluated, players may be invited to train with older age groups based on ability or physical development.

Academy ATP Training Emphasis

- **Ball manipulation and 1st Touch:** Ball manipulation and '1st Touch' is the foundation of every player's development and becomes essential to progress. Each step is integral to each other and player improvement is achieved as the techniques at each level become more challenging.
- **Speed Mobility & the 3 'A's (Agility – Acceleration – Awareness):** Training with and without the ball to develop.
- **Receiving , Passing & Decision Making:** Exercises and games to improve and embed a good 1st touch and to execute accurate and creative passing in attack and defensive situations.
- **Individual Attack and Defending Techniques:** Exercises and games that focus on 1v1, 2v2 individual game situations, space creation and successful outcomes against disciplined defenses.
- **Goal Scoring & Finishing:** Exercises and games that improve technique and encourage instinctive play around the goal.
- **Group Combination Play:** Exercises and games that improve small group play with emphasis on quick break counter attacks and transition play.



CWSA Programs

College Planning Program

The Central Washington Soccer Academy is proud to provide our *College Planning Program* to its members. The purpose of the *College Planning Program* is to prepare college bound players for a smooth transition from high school to college. Preparing for college, individually, can be an overwhelming and intimidating task. The CWSA *College Planning Program* was developed to help empower and inform our members through each step of the process, beginning with the players freshman year of high school and continuing through their senior year. Throughout the players' high school career, the program provides information and guidance in the following areas:

- Recruiting
- College research assistance
- Yearly checklist
- Player profile template
- College coaches attending practice sessions
- Showcase attendance
- Washington State College Combines
- Annual College Mentoring Night hosted by the *College Planning Program* Coordinator
- Review information compiled by players
- Q & A sessions with players and parents
- Connect players with college coach network through the CWSA Organization
- *College Planning Program* Coordinator and staff coaches contacting college coaches for player recommendation

*The College Planning Program is run by **Jamil Anabtawi** and is provided to all players ranging from U15 to U18.*



CWSA Programs

Private Training Policy

Internal Opportunities:

Director of Coaching , Technical Director and/or Director of Goalkeeping individually and collectively, has the overall responsibility of carrying out the organizations policy regarding private training.

This policy applies to all employees and contractors hired by the Central Washington Soccer Academy. Please direct any questions or comments regarding this matter to the Director of Coaching , Technical Director and/or Director of Goalkeeping . This policy is in place to ensure that the consumer is obtaining a product purchased from the trainer while ensuring that the trainer is paid for their services. Rate of pay is defined below and is non-negotiable. All rates apply to all CWSA employees and contractors. Rates ONLY apply when CWSA employees and contractors are conducting private training with CWSA players at an CWSA Facility.

- Technical Personal Training (defined by 1-to-1)
Rate: \$35 per hour, per player
- Technical Group Training (defined by ≥ 2 players)
Rate: \$25 per hour, per player
- Speed/Agility Training (session limited to 20 per session)
Rate: \$25 per hour, per player
- Technical Goalkeeper Training (defined by 1-to-1)
Rate: \$35 per hour, per player



CWSA Nutrition Guide

Whenever highly talented, motivated and well trained players meet in competition, the margin between victory and defeat is small. Attention to detail can make that vital difference. Diet affects performance, and the foods that we choose in training and competition will affect how well we train and play. All players need to be aware of their personal nutritional goals and of how they can select an eating strategy to meet those goals. Every player is different, and there is no single diet that meets the needs of all players at all times. Individual needs also change across the season and players must be flexible to accommodate this.

Getting the right amount of energy to stay healthy and to perform well is key. Too much food and body fat increases, too little and performance falls, injuries occur, and illness results. Carbohydrates supply the muscles and brain with the fuels they need to meet the stress of training and competition. Players must be aware of what foods they should choose to meet their carbohydrate needs, how much should be eaten, and when these foods should be eaten. Foods rich in protein are important for building and repairing muscles, but a varied diet containing everyday foods will generally supply more than enough protein. Well-chosen vegetarian diets can easily meet protein needs.

A varied diet that meets energy needs and is based largely on nutrient-rich choices such as vegetables, fruits, beans, legumes, cereals, lean meats, fish and dairy foods should ensure an adequate intake of vitamins and minerals. Excluding any of these food groups means that more careful food choices must be made.

Maintaining hydration is important for performance. Fluid intake before, during (where appropriate) and after exercise is important, especially in hot climates. When sweat losses are high, foods and drinks consumed must contain sufficient salt to replace losses.

Players are cautioned against the indiscriminate use of dietary supplements.



CWSA Nutrition Guide

A Well-Chosen Diet Offers Many Benefits to Every Athlete:

- ✓ Optimal gains from the training program
- ✓ Enhanced recovery within and between workouts and events
- ✓ Achievement and maintenance of an ideal body weight and physique
- ✓ A reduced risk of injury and illness
- ✓ Confidence in being well-prepared for match play
- ✓ Consistency in achieving high level performances in matches
- ✓ Enjoyment of food and social eating occasions

Energy Demands of Training and Match Day

Most serious soccer players play in one or two competitive games per week for a large part of the year and will train most days of the week, throughout this time. The energy demands of training must be met to maintain performance capacity and prevent the development of chronic fatigue.

Energy for Match Play

Soccer is a game of intermittent work. Players generally perform low intensity activities for more than 70% of the game, but heart rate and body temperature measurements suggest that the total energy demand is high. The high energy demand may be partly explained by repeated high intensity efforts that players are called upon to perform. A top class player performs about 150-250 brief intense actions during a game. These efforts place high demands on the anaerobic energy systems, so the rates of creatine-phosphate utilization and glycolysis are high during the course of a game.

Carbohydrate, which is stored in the muscles and in the liver as glycogen, is probably the most important substrate for energy production, and fatigue towards the end of a game may be related to depletion of glycogen in some of the individual muscle fibers. If even a few of these are unable to contract, then sprinting ability is reduced, and skill may also be impaired. Free fatty acid (FFA) levels in blood increase progressively during a game, partially compensating for the progressive lowering of muscle glycogen. There are major individual differences in the physical demands on a player during a game related to physical capacity and tactical role in the team. These differences should be taken into account in the training and nutritional strategies for a player.



CWSA Nutrition Guide

Energy Demands of Training

The energy demands of training will vary depending on the intensity, frequency and duration of the training sessions, but they will also change over the course of the season. Most players will follow a weekly cycle that involves a reduced training load to allow recovery from the previous game, days of harder training, and a reduction in training load in preparation for the next game.

In pre-season, the training load is usually at its greatest as players strive to reach full fitness for the opening games of the season. Energy demands in a training session focused on fitness may reach those of a hard game. In sessions where the emphasis is on recovery and regeneration or on skill, the energy cost will be much less.

Energy Needs

The foods we eat and the fluids we drink provide for the immediate energy needs of the body as well as influencing body energy stores. Energy stores play a number of important roles related to exercise performance, since they contribute to:

- ✓ Size and physique (i.e. body fat and muscle mass)
- ✓ Function (i.e. muscle mass)
- ✓ Fuel for exercise (i.e. muscle and liver carbohydrate)

The energy needed for training and match play must be added to the energy required for normal daily activities. As outlined above, the energy demands of training will depend on the intensity and duration of the training session. There will vary across the season and at different levels of competition.

How much food a player needs will depend largely on energy needs, and there is no simple formula to predict this. Energy needs depend not only on the demands of training and match play, but also activities outside the game. For those who train infrequently, or where training sessions are short and easy, the energy demands will not be high. Similarly, energy needs are lower during periods of inactivity such as the off-season or while a player is injured, and players should adapt their food intake accordingly.



CWSA Nutrition Guide

Approved List of Half-Time Snacks:

- Peanut butter Crackers
- Peanuts, almonds, cashews (honey-roasted or plain)
- Granola
- Granola Bars (peanut butter, chocolate chip, or oatmeal raisin)
- Pretzels
- Trail Mix containing mix of peanuts, almonds, dried fruit, raisins and chocolate
- Dried Fruit
- Bananas or Oranges
- Sports Drinks

Approved List of Post-Game Snacks:

- Chocolate Milk
- Recovery Supplement
- Peanut butter Crackers
- Peanuts, almonds, cashews (honey-roasted or plain)
- Granola
- Granola Bars (peanut butter, chocolate chip, or oatmeal raisin)
- Pretzels
- Trail Mix containing mix of peanuts, almonds, dried fruit, raisins and chocolate
- Dried Fruit
- Bananas or Oranges
- Sports Drinks

*All players should be cautious of food allergies in selecting snacks, if uncertain see family physician.

Hydration Recommendation Prior to Match Play:

- A player should drink half of their body weight in pounds in ounces of water prior to a game. For example: 120-pound player = 60 ounces of water = (5) 12 ounce bottles of water.