



IRONDEQUOIT ADVANCED ACADEMY

JON POULAKIS, ISC COACHING DIRECTOR

TRAINING FOCUS →

SUPPORT
PATIENCE
VISION
DECISION MAKING
WHERE

ISC Coaching Director Jon Poulakis has developed a program to help improve our advanced players. This will be used as a teaching aid to further educate our coaches and help our overall program to reach the next level for our players, teams, and coaches.

The concept of our training is to help players develop spatial awareness on the field, no matter the field size they play on.

This method introduces all the concepts needed to control the game through possession and quick attacking with the ball.

Players are empowered to make better decisions for their team than teammates become more aware of where to best support each other.

The method we are introducing is special in that there are no restrictions as to how we train your children, ie. gender or age.

This will resemble how children develop as players around the world. The primary focus is passion, enjoyment, education, and long term success.

Everything in training can be found in the game. The training session will include skills, small sided

games, lessons or patience and where to put the ball and to pass & move. Also, it will include scrimmage games. Here we will incorporate the lessons learned and from this, build on the lessons to the next training. This form of training is to learn by playing.

This method helps to create smarter and more aware players who show confidence and a passion for the game. Their speed of play and reliance on skill above all else is what sets players apart.

Our overall objective is to create a love for the game.