

# COLUMBIA UNITED



## **Columbia United FC Academy Player Commitments and Expectations** **Information, Guidelines and Tips for our players**

### **I will:**

- Promise to work hard at practice and games to improve my overall abilities as a soccer player and an athlete and to improve my understanding of the game of soccer.
- Have a positive attitude towards my abilities and the abilities of those around me and to be a positive role model and a good influence for my teammates.
- Exemplify and demonstrate sportsmanship at all times. Be generous when you win; graceful when you lose.
- Work hard and show determination to succeed no matter what the condition.
- Respect all officials, coaches, players and parents.
- Learn and obey the laws of the game.
- Attend and be prompt to all games and practices.
- Practice individual soccer skills on my own at least 3-4 times a week for at least 5 minutes a day.
- Be the best that I can be at all times; for myself, my team, my club and my family.
- Be a responsible steward for the Club, the Academy and my family at all times.

### **I will never:**

- Engage in dissent toward an official, coach or opponent or use profane or vulgar language.
- Leave a game field or practice session without the permission of one of the staff coaches.
- Forget that I represent Columbia United FC and the Columbia United FC Academy.

## **Training Routines**

Soccer is not a game that can be mastered twice a week at your practice sessions with your teams and your coaches. The Academy Staff teach the players all of the proper techniques and mechanics that they need to become more proficient and comfortable with the ball. The first 15-20 minutes of each practice session is set aside for individual development with the rest of the practice focusing on team work. Therefore it is imperative that players set aside time at home to develop their individual technique. We demand a tremendous amount of time from the Columbia United FC Academy Staff and we expect our players to be willing to make the same commitment.

The Columbia United FC Academy Staff understand that many of our players have other interests and demands on their time, but we firmly believe it is very important that you make every effort to have the players attend every practice session and allow them time at home to further develop and refine their skills. The players will need those same skills and techniques to be competitive and to continue their total development as a soccer player and an athlete while they are members of the Columbia United FC.

Columbia United FC Academy practice schedules will vary according to the age group, field availability, the season and upcoming events (tournaments etc.). The times and days of your teams practice will be set by the Academy Director and the Head Coach based upon these factors. Practice sessions will incorporate individual technique and team tactics based on the age group.

## **Important Practice Session Tips**

- It is very important that you regularly attend practice sessions. You cannot miss practice sessions or practice poorly and expect to improve.
- If you know you are going to miss a practice session call your coach and see if you can make arrangements to practice with another Academy team.
- Pay attention to the coaches at practice and behave. Practice time is very limited and coaches don't like to waste time constantly having to tell kids to "pay attention!"
- Do not distract your teammates during practice; respect their space and their time to improve their technique.
- Start off learning new techniques slowly and as you grow in comfort and confidence begin to speed up until you're performing the technique at game speed.
- Bring a properly inflated ball to each practice session; you can't get better unless you have your own ball.
- Bring water or sports drink to replace lost fluids during the practice session.
- Wear shin guards and proper practice gear, soccer shorts, soccer socks and Academy practice shirt to each practice session.
- Arrive early and in the proper frame of mind so that you can improve your overall abilities.
- HAVE FUN!



## **Game Day Preparation – Preparing for optimum performance!**

Soccer is one of the most demanding sports an athlete can play. Proper game day preparation is just as important as practicing proper technique. Here are a few simple guidelines:

- Come to each game mentally and physically prepared to do your best.
- Arrive at the prescribed time to allow for all warm-up activities.
- Avoid late nights or spend – the – night parties the night before a game. Fatigue, as a result of little sleep, raises the risk of injury and poor performance.
- Build up body fluids before the game. Start hydrating with water or sports drinks as much as 24-48 hours before a game and try to take in as much proper fluid as possible right up to the start of the game.
- Eat smart before, in between and after games. Stay away from carbonated drinks, high sugar foods and fried foods.
- Have all of your gear with you. Shoes, shin guards and all parts of your uniform, socks, shorts and shirts. You are responsible for this, not your parents.
- Leave all jewelry at home.
- Let your coach know before a game of any condition that might affect your ability to play.
- Call in advance to let your coach know if you will be missing or be late for a game.
- Bring your properly inflated soccer ball to each game and every practice.

## **The Columbia United FC Uniform**

Whenever a Columbia United FC Academy player is in uniform, they are representing the Columbia United FC Academy and Club and should wear their uniform properly and with pride. Here are a few guidelines to follow in regards to the Columbia United FC Academy uniform:

- Bring all uniform equipment to every game. This includes shirts, shorts, socks, and shoes, warm – up shirts, warm-up suites and shin guards.
- Jerseys must always be tucked into shorts whenever you are wearing the uniform (not just during games) Sliders should be the same color as the uniform shorts.
- Players should be dressed alike during team warm-ups before games.
- Uniform socks will be pulled up whenever you have them on. Shin guards must always be covered by socks, not socks under shin guards.
- Arrive at games and practices looking professional, no baseball caps.
- Have your equipment bag at all practices and games and line them up in a row behind the bench or on the sideline during the game.
- Clean, polish and care for your soccer shoes before each game.
- Bring your properly inflated soccer ball to each practice and game.

**REMEMBER THAT YOU ARE A  
COLUMBIA UNITED FC ACADEMY PLAYER!  
TAKE PRIDE...ACT THE PART!**

