



MIAMI LAKES UNITED SOCCER CLUB
COACHES / PLAYERS CURRICULUM
(updated August 2016)



Week 10 Summer 2016

Development, Progression & Opportunity

Miami Lakes United Soccer Club (MLUSC) Academy and Competitive teams will start to adapt five components immediately that will show major improvements to the individual Player not only on the field but also off the field.

These components start with self development – working on first touch and ball handling and then physically getting faster, stronger, increase stamina along with a focus on in taking the right ‘Soccer Fuel’ food that will internally get right fuel allowing the body to operate at an optimum level consistently. We also go into positional passages giving the player mental images on the options available on game day.

Finally, upon completing the full cycle at MLUSC, Our obligation is to provide the player enough tools to attain a college scholarship; So our implementation of the SAT/ ACT Prep program will guide and monitor our players to achieve good Academic results therefore being eligible to go straight to college and sign a letter of intent to a chose institution.



Alvin Murray
Club President

Components

1 – Kick Ups & 50 passes

2 – Soccer Shape

3 – Positional Training

4 – Soccer Fuel

5 – SAT / ACT Prep Program

1 – Kick Ups & 50 Passes

Kick Ups (also known as: Juggling) is used to help the players ball touch, gain better balance, and controlling the ball whilst in motion (whether it's dealing with a long ball, hard pass, bounce ball, curve ball etc). As a youth we spent hours doing kick ups which kept us concentrated for long periods of time, developed my leg muscles and allowed us to manipulate the ball however we wanted.

While juggling may seem difficult at first, the key to absolute success is to practice, practice, practice.

When: 10minutes prior to practice starting to do kick ups every Practice
(With Both & Only Feet)

Target: Continuously & Consistently

U8 = 10

U9 = 20

U10 = 30

U11 = 40

U12 = 50

U13+ = 60+ Easily with tricks

There will be a **designated area**, marked by cones which every player will spend at least 10 minutes doing kick up and 50 self passes using our rebounder equipment.

Please make sure all players arrive 10 minutes prior to practice to get the above session completed.

2 – Soccer Shape

The competitive nature of soccer today has brought about a great deal of consciousness and focus in our Soccer Shape. The Game has changed tremendously since I was playing, whereas now you see a lot more athletic players: Stronger, Faster, Smarter players.

The old saying in Soccer “when the legs go, the mind goes”.

The Objective with the Soccer Shape component is to make sure all our players have the physical capacity to endure the demands of the game.

There will be 4 test dates: Early August / Mid October / Early January / Mid March

The tests used in the Soccer Shape program are implemented with the focus on each core skill: endurance, strength, power, agility and speed

- Bleep Test (endurance)
- Push Up Test (strength endurance)
- Sit Up Test (strength endurance)
- Standing Broad Jump Test (Power)
- Slalom Test (Agility)
- Sprint Test (speed)

Upon ALL Players receiving their Test Results;

A program Schedule will be sent to all players (highlighting focal area they will need to work on) The Soccer Shape Program is mandatory

The Schedule will:

Be Every Wednesday

45 minutes (15 mins for explanation/warm up / 30 minutes hard work)

6:30-7:00 pm – All Academy (u8-u12)

7:30pm – 8:00pm: U16 / U17 / U18 / U19

8:00pm – 8:30pm: U13 / U14 / U15

Circuit Training Style

there will be 3-4 drills per focal area.

Example: For Agility: there will be a ladder drill / directional up and downs / jump sprints

Once the Whistle has blown the player switches drills but stays on the same focal area until they are re tested.

3 - Positional Training

* (**)Goalkeeping Practice

**Specific Defending Shape Sessions

**Specific Midfield training Sessions

**Specific Forward/ Strikers Shooting sessions

Once a week, MLUSC will offer the above services for 1 hour, giving direct targeted instructions for specific positions.

* There will be one day a week of Scheduled Goalkeeping practice, but the second Goalkeeping practice (which will coincide with the strikers shooting session – gk will get hundreds of rapid shots within this session)

**there will be an additional fee for this service, which will be very low, encouraging mass participation; your Team managers will let you know cost/day/time/location

4 – Soccer Fuel

Soccer is a fast paced, intense, competitive sport, and the demands on a players' body can be incredible. During a game, a player is in constant motion for 30-45 minutes at one time, depending on age and level of play, followed by a 10 minute break and then another 30-45 minutes of constant activity. The average soccer player can travel up to 12 miles per game at various speeds. This means that a great deal of energy is used and must be replaced.

Nutrition needs to be a priority of an athlete's training. What you eat daily, weekly, and monthly will affect your energy level, performance and overall health. Energy in means energy out! It is so important that a soccer player eats a well balanced diet high in complex carbohydrates, and low in fats which will help them to maximize their energy levels and perform at their optimal levels.

Proper nutrition not only benefits an athlete physically, but also mentally and that's half the battle on the field. If the brain is not well fed, then the player will not play to the best of their ability. Without the right food, a player can suffer from the inability to concentrate, lethargy (feeling tired all over), having visual problems, muscle cramps, dizziness and even passing out.

A soccer player should start hydrating 2-3 days prior to games and tournaments. Players can lose as much as 3 quarts of fluid in a fast paced game and in hot climates. Fluid replacement is one of the most important nutritional concerns of a soccer player. Body fluids are not only lost through the skin as sweat, but also through the lungs when breathing.

Fluids should be replaced during half time and if possible during the game, especially on hot days, and after the game. The liquid should be at or around normal body temperature, as cold liquids are absorbed slower. Water, along with sports drinks that may or may not be enhanced with electrolytes, is acceptable and should not be gulped as the body will use smaller quantities more easily.

By following a good dietary plan, eating well-balanced meals and staying hydrated, soccer players will discipline their bodies as well as their minds. Performance levels should increase, overall health should improve and preparation will be made for future competitions at higher levels of play.

MLUSC Players are mandated to bring a Fruit to every Practice an Game, which will be eaten at the end of every practice whilst the coach is debriefing the practice

Soccer player's needs energy for performance, therefore the proportion of carbs, fats and proteins they eat is very important. Let's break it down into the following categories:

1. Carbohydrates, Fats, Proteins, Vitamins, Minerals, and Fluids

2. Sample menus of high carbohydrate/high energy diets

3. Foods to avoid

4. Pre-game, during the game, and post game meals

1. Carbohydrates are very important and come in two different types:

A. Complex = spaghetti, potatoes, lasagna, unsweetened cereal, rice, baked beans, peas, lentils, sweet corn and other grain products

B. Simple = fruits, milk, honey and sugar

Complex “carbs” should be given priority because they provide 40-50% of our body’s energy requirements. Okay, let’s get technical...during digestion, our body breaks down carbohydrates into glucose and stores it in our muscles as glycogen. While exercising, glycogen turns back into glucose and is used for energy.

*Soccer players need to eat a high carbohydrate diet 2-3 days prior to an event so that the muscles and liver will store the amount of glycogen needed to sustain enough energy for 90+ minute games.

Fats also provide fuel for the body and may contribute to as much as 75% energy. Keep in mind that trained athletes use fat for energy more quickly than untrained athletes, and the amount of fat used as fuel will depend on the duration of the event and athlete’s condition. Remember that fatty foods can slow digestion, so be choosy and avoid eating these foods a few hours before and after exercising. Stay away from fried foods. That means French fries ladies! They will only slow you down and go straight to your hips...trust me.

Protein is just stored as fat and it is training that builds muscle, not protein. Too much protein can do more harm than good. Some good sources of protein are fish, lean meats and poultry, eggs, dairy, nuts, soy and peanut butter.

Vitamins & Minerals are also important, and if an athlete is following a proper diet and eating well balanced meals, then these needs will be met. Female players sometimes need additional iron and calcium. Iron can be found in certain foods such as lean red meats, grains that are fortified with iron, and green leafy vegetables.

Calcium, which helps build strong bones and protects against stress fractures can be found in dairy foods such as low-fat milk, yogurt, and cheese.

Fluids are just as important as nutrition and athletes need to start hydrating at least 2-3 days prior to competitions. Carbonated, high sugar and caffeinated beverages should be avoided. Water is the drink of choice and the player should drink at least 3-4 (8 oz) glasses of water daily along with eating foods high in water content.

Drink Lots of Water

Remember that it’s important to hydrate prior to, during and after games. Here are some recommendations for hydrating:

Day before	Water
Pre-event meal	2-3 cups

2 hours before game	2-2 ½ cups
½ hour before game	2 cups
*Frequently throughout the game	

After each game, players should attempt to ingest enough carbohydrate containing sports drinks to replace all the fluid they have lost during competition. Hydration should continue for several days because it may take that long to hydrate an athlete's body depending on the level of play, climate, etc.

The following are some suggested foods that are balanced in vitamins, minerals, carbohydrates, and proteins.

Milk & Yogurt	Cantaloupe, Kiwi, Berries
Broccoli	Bananas, raisin, apples
Tomatoes	Oranges, Grapefruit
Chicken, Turkey	Baked potatoes
Spinach	Lean beef
Peppers	Pizza
Tuna Fish & Salmon	Peanut Butter & Nuts
Bran & Whole Grain Cereals	Breads & Whole Grain rolls
Popcorn (air popped)	Peas, beans, lentils

NOTE: Eating sugar or honey before a game does not provide extra energy. In fact, honey will trigger a serotonin- release (serotonin is a natural chemical occurring in the body) which will only make you sleepy. Sugar can cause a surge of insulin which can cause a sharp drop in blood sugar which is definitely not good.

2, HIGH CARBOHYDRATE DIET (SAMPLE)

BREAKFAST	CALORIES	CARBS (grams)
8oz orange juice	120	28
1 cp oatmeal	132	23
1 banana	101	26
8oz low fat milk	102	12
1 piece whole wheat toast	60	12

LUNCH	CALORIES	CARB (grams)
2 oz sliced ham	104	0
1 oz Swiss cheese	105	1
1 piece lettuce (green leaf)	120	25
1 slice tomato	1	0
8 oz apple juice	3	1
8 oz skim milk	85	12
2 cookies	96	14

DINNER	CALORIES	CARBS (grams)
3 cps Spaghetti	466	97
1 cp tomato sauce w/mushrooms	89+5	20
2 TBSP Parmesan cheese	45	0
4 slices French bread	406	78
1 slice angel food cake	161	36
¼ cp sliced strawberries	13	3
½ cp ice cream	133	16

SNACK	CALORIES	CARBS (grams)
16 oz grape juice	330	83
6 fig cookies	386	81

TOTAL	3236	613
(75% of total calories)		

3. FOODS TO AVOID

High-sugar: Lead to rapid rise and fall in blood sugar which results in less energy. Can draw fluid into the gastrointestinal tract and contribute to dehydration, cramping, nausea and diarrhea (examples =candy bars, desserts, etc.)

Fats: Take longer to digest (examples= bacon, sausage, gravy, sauces, potato chips, tacos, nachos, salami, chocolate, excess butter/margarine)

Carbs Nutrient-poor carbs: Lead to premature use of glycogen stores in endurance events (examples = jam, jelly, white sugar, marshmallows, jelly beans, donuts, etc.)

4. PRE-GAME MEALS & SNACKS

The night before a game, PASTA is always a good choice along with: Salad (very little dressing) / Vegetables (fresh, frozen, or steamed)

Rice (steamed or boiled) / Cooked dried peas, beans or lentils

Lean Meat / Fish / Fresh or dried fruit / Poultry (not fried)

Potatoes (not fried) / Pretzels / Popcorn (no butter)

It is recommended that players eat 2-3 hours prior to games and Practices. Studies have shown that when there is food in the stomach, the heart pumps large volumes of blood to the stomach to aid in digestion. When an athlete goes into a game or practice with food in their stomach, the heart will shunt the blood to the working muscles thereby stopping the digestive process. This can cause stomach gas and cramping.

BREAKFAST

- Bagels, raisin bran, oatmeal, bran muffin, breads (all varieties), yogurt, toast (2-3 slices) baked beans.
- Apple, orange, fruit, and vegetable juice; water, milk]
- Fruit bars, Fig Newton's, fruit (fresh or dried), raisins, banana

LUNCH (DURING COMPETITION)

- Sandwich (2oz lean meat, fish or poultry), cup of stock soup, bagels, (2-3 slices)
- Apple, orange, fruit, and vegetable juice; water, milk shake, milk
- Fruit bars, Fig Newton's, fruit (fresh or dried), raisins, banana, apple, cheese, pretzels, and saltines

POST GAME

- Pasta, potatoes, vegetables, grains, fruits

DON'T FORGET THE FLUIDS!

REMEMBER: DO EVERYTHING IN MODERATION - DON'T BE EXTREME

References:

Nutrition for the Athlete, by J. Anderson and L. Young (Colorado State University Cooperative Extension foods and nutrition specialist and professor; and L. Young, M.S., former graduate s M.S., former graduate student, food science and human nutrition 12/96.

Soccer: Soccer Nutrition and Mental Focus, Other Nutritional Resources: American Dietetic Association at www.eatright.org American College of Sports Medicine at www.acsm.org

5- SAT / ACT Prep

A student's SAT performance can have a significant impact on his or her future college applications,

- **Colleges value higher scores more than ever**
- **Higher scores raise merit-based scholarship potential**

Unfortunately, The first thing on a youth Soccer players mind is Soccer. With many clubs in South Florida main focus is winning games, rankings, financial gain etc; the vast majority does not take into account the future of the young players. With our SAT Prep program we will continue to develop our players on the field but will also focus diligently on the Academics.

Our Goal here at MLUSC is to develop our players all round giving them the soccer help and academic help giving our young players every chance of succeeding to attain a Good Scholarship.

Once the first grading period is over – Grades will be given to the Club President. These grades will be analyzed and the results will determine if you need the SAT Prep and when/where it will take place.

(There will be an additional cost for this service, but is highly recommended for a chance to earn a soccer scholarship)