

EST 1974

ALOHA

UNITED

SOCCER CLUB



ALOHA UNITED

AUCSC 2019 PARENTS MEETING

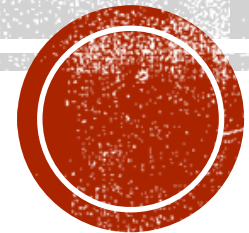
Ryan Henderson- President

Isai Montes de Oca – Vice President/Field Coordinator

Christina Tilson – Secretary

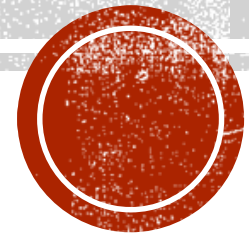
Alan Minor – Treasurer

Stacie Fuentes - Registrar

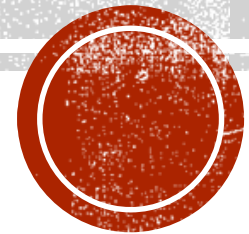


Agenda

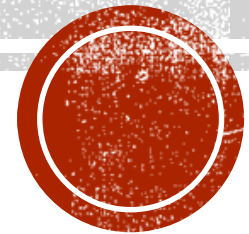
- Welcome/Agenda
- Dr Scott Yang - OHSU
- 2019/20 Season – Expectations and Logistics
- Social Media
- Game Changer App



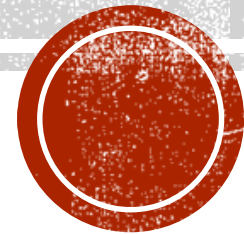
DRAWING - SCARF



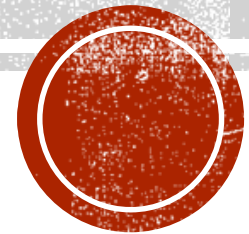
DR SCOTT YANG - OHSU



DRAWING — T-SHIRT

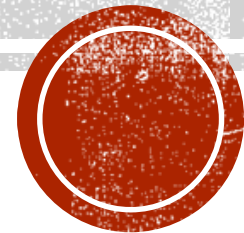


2019/20 SEASON



Aloha United 2019/20 – Calendar

- First Practice - YDP Thursday 5/30
 - First Practice - U15 Girls Tuesday 6/4
 - First Tournament U9 and Older
 - 6/28-6/30 Clash at the Boarder
 - **Aloha United night at Providence Park for TIMBERS vs Colorado 7/13**
 - Second Tournament U9 and older
 - 8/2-8/4 Mt Hood Challenge
 - **Aloha United night at Providence Park for THORNS vs Chicago - 8/25**
-
- Sports Psychology Seminar – Aug TBD
 - Fall Season – Sept 7th- Oct 27th
 - Thanksgiving Break- Nov 25-29
 - 3rd Annual Turkey Bowl (pick up game) – 11/29 (est.)
 - Winter Futsal Training - 8 sessions TBD
 - Winter Break – Dec 21st – Jan 4th
 - Winter TTL League (U15 Girls) Jan 18th – Mar 15th
 - Spring YDP Season – Mar 8th – Apr 26th (est.)



Club Philosophy

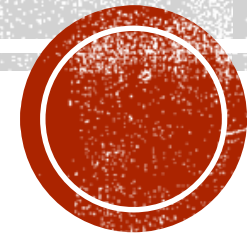
Playing philosophy of Aloha United

A controlled possession game approach with the emphasis on quality passing. This will be combined with intelligent and timely support and movement leading to penetration up the field to provide goal scoring opportunities.

Because our style of play is based around possession, passing and control of the ball, it is paramount for our teams to develop the ability to play through the thirds. This can either be on the counter attack or by a patient build up. So what does this entail?

When a team plays through the thirds it plays from one third to the next (backline to midfield line to forward line) rather than bypassing the midfield. There is no doubt that it is a risky proposition to make a pass from the backline into the midfield that has a chance of being intercepted or stolen.

At the youth level a long ball over the top with a run and chase mentality can produce excellent results in terms of winning games. This is why we stick with the long term development model over a win now model which is short term.



Coaches

U15 Girls –

Tony Marquez – Head Coach

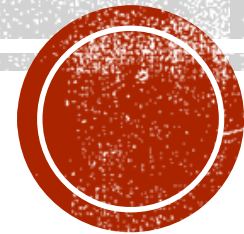
Alan Minor, Ryan Henderson, Mark Damerjian – Asst Coaches

Youth Development (YDP)

Eric Tilson, Fortino Izquierdo, Kevin Miller

Goalies

Giankarlo (GK) Sotelo



Practice Schedule

Tuesday, Thursday

YDP – 5:30-7

U15 Girls – 7-8:30*

Fridays

Open Play/Technical Skills/ Agility

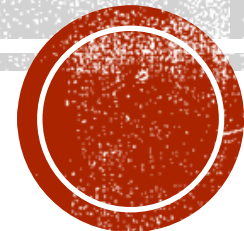
*Schedule subject to change

Practice Location –

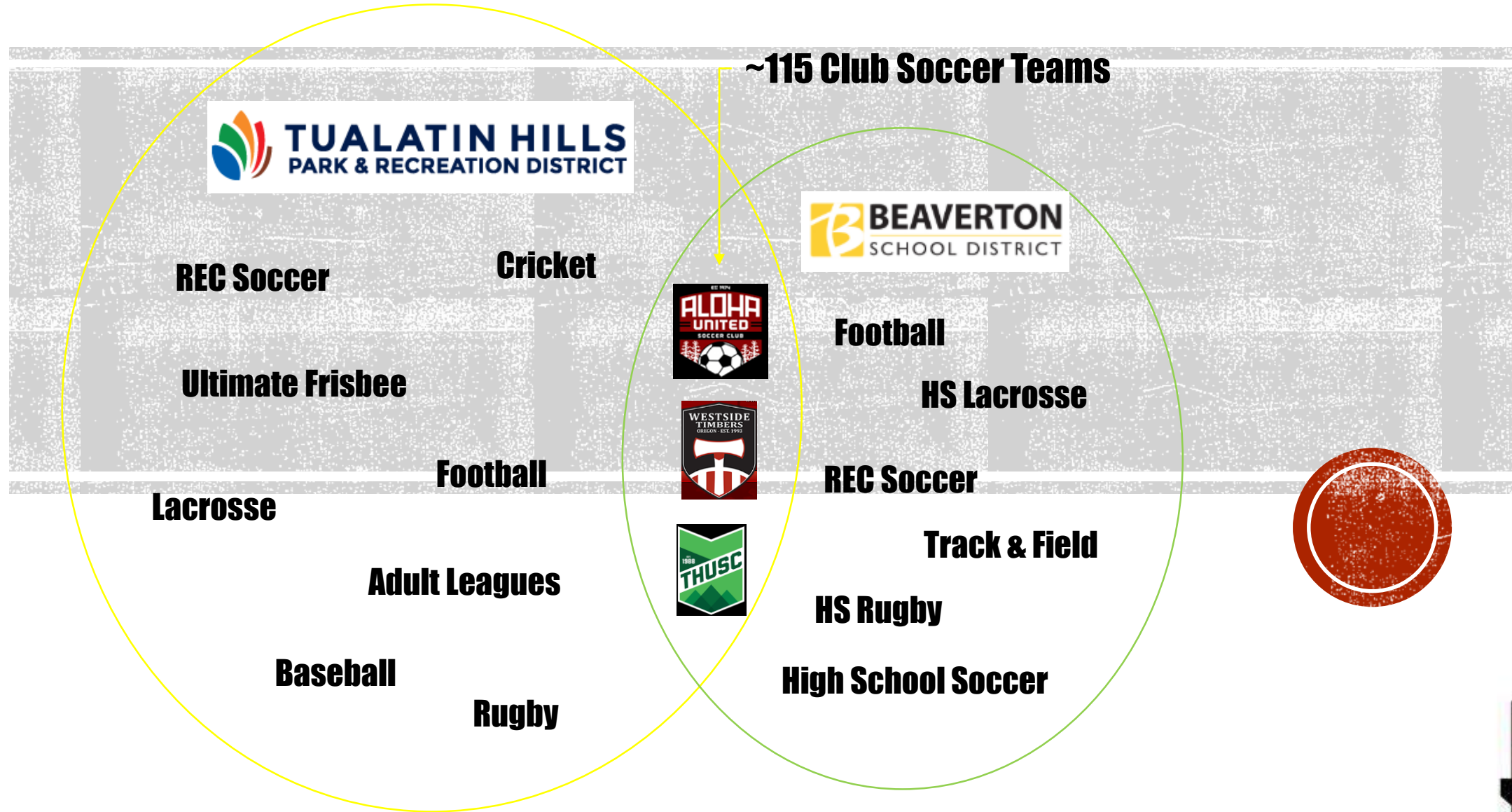
Mountain View Champions Park

Field #2

We have the fields set through the end of June.

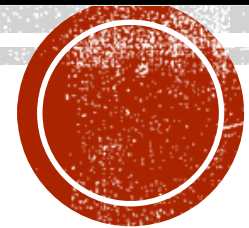


Field Allocation



Aloha United Development Plan

- Standard Club Playing Philosophy
 - Focus on player development
 - Practices follow US Soccer Guidelines
 - Play
 - Practice
 - Play
 - Ball Skills
 - High # of touches on the ball (600+ per practice)
 - Everyone has a ball at their feet
 - No Lines
- Age Appropriate Technical Development
- Progression based tactical game components
- Club Style – playing out of the back through the thirds
- Focus on positive coaching and team work



COACHING STYLE

- **Command** – “I want you to do this...”
- **Q & A** – “How can you get the ball to the open wide player?”
- **Observation** – “Watch how Johnny opens up his body when receiving the ball.”
- **Guided discovery** – “Show me how you can switch the play.”
- **Trial & error** – “Recognize the moment to drop the ball back.”

Game day:

- Keep everything in perspective
 - Played well and won – Celebrate.
 - Played well and lost – Disappointing, but there were lots of positives.
 - Played bad and won – Good result, but we need to improve.
 - Played poorly and lost – With hard work this week at practice, we will get it right. Team work!!!!



Essential Mental Skills for the Players

Confidence – *This is how we make them feel.*

- Maintains positive body language, even after mistakes.
- Will try something different and will enjoy being coached.

Commitment – *This describes their motivation*

- Takes on difficult challenges.
- Encourages team mates.

Control – *How well can they control their emotions?*

- Recovers quickly from mistakes and moves on quickly to the next task.
- Does not dwell on disappointing performances.

Concentration – *A players ability to focus on the right things at the right time.*

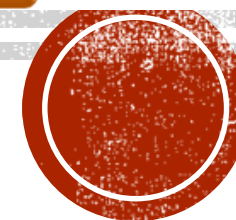
- Stays focused on what is going on around them.
- They know that mistakes will happen. They have to move on to the next part of the task.

Communication – *How they communicate with coaches and talk to team-mates.*

- Encourages, motivates and composes team-mates.
- Listens to coaches and team-mates instructions.

Courage – *Encourage bravery.*

- Our playing style is to play the ball through the thirds. Players have to be courageous to play this style of soccer.
- Trusting each other encourages bravery.



Role of the Parents

- ---When we think about it, the parent is the foundation of the soccer club. The parent is the one who is teaching their child physical, emotional, social and intellectual development.
- Your support is critical in the development of young players
 - Players arriving on time
 - Players getting the appropriate amount of rest
 - Players getting the appropriate nutrition
- A successful team has good communication between the team members. In soccer this is illustrated with good communication between the coach and the players, the coach and the parents, between the players themselves and the parents and the players.



Parents – Code of Conduct

- **Avoid ‘coaching’ from the sideline while watching your child’s game**
- **Do not criticize the referee**
- **Focus on the benefits of the game rather than the score**
- **Think when interacting with opposing fans**
- **Don’t stress out over the game**

https://www.usyouthsoccer.org/sideline_etiquette_6_tips_to_make_youth_soccer_better_for_parents_and_players/

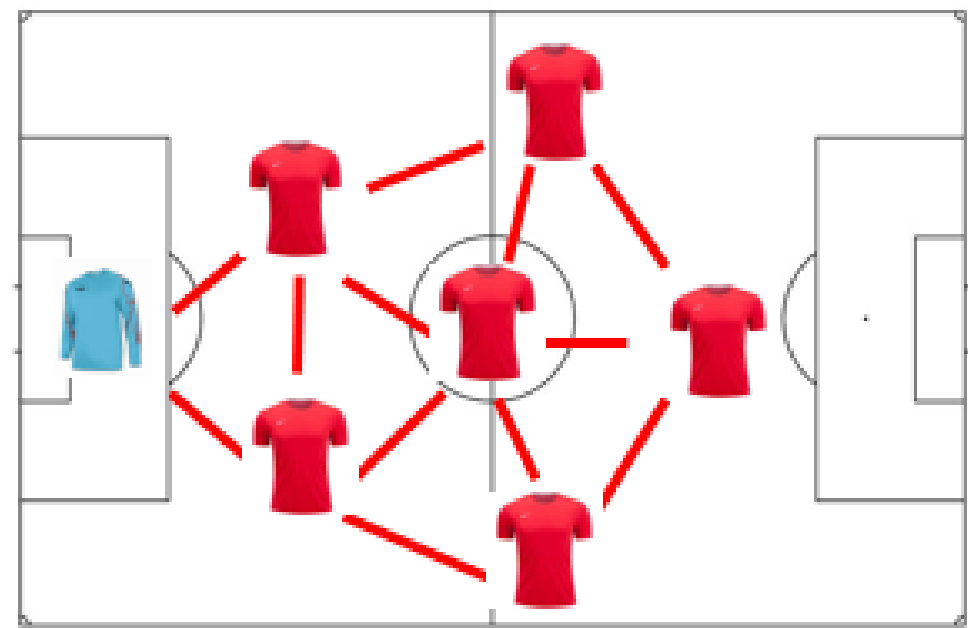


Game Day Formations

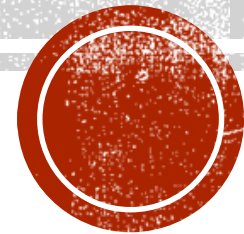
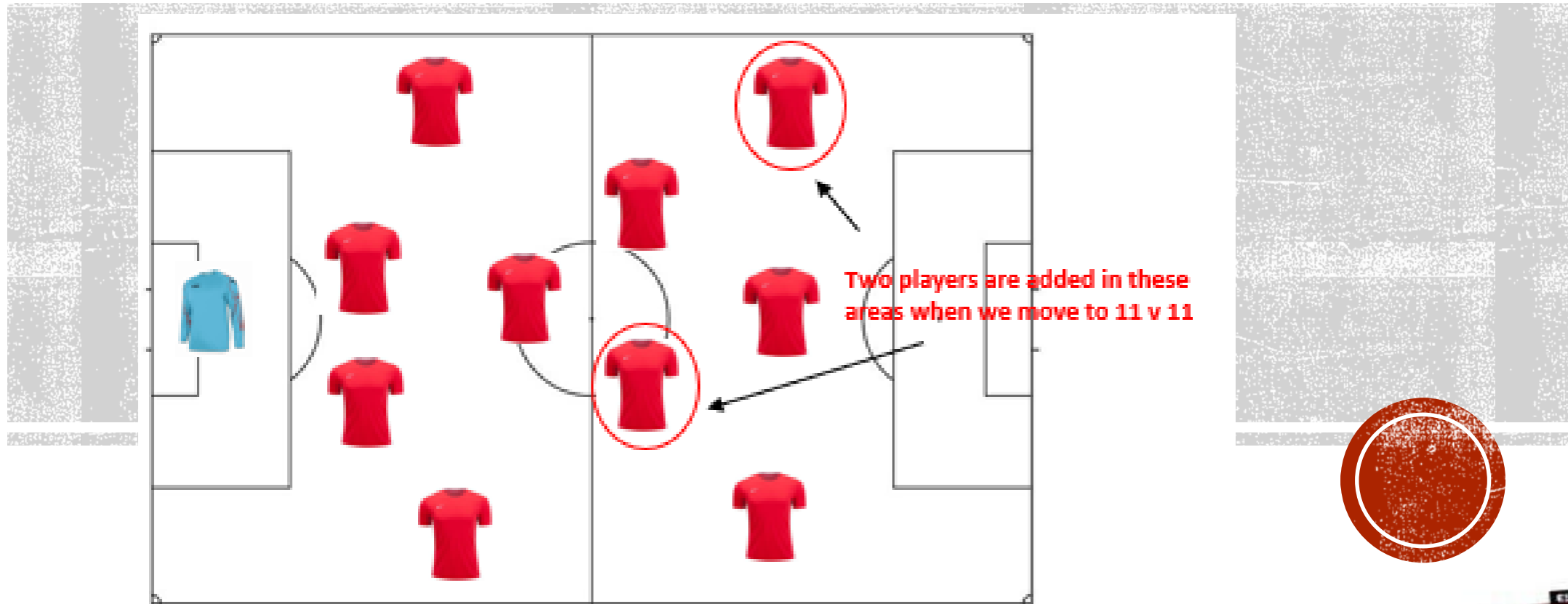
4V4



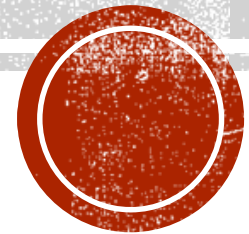
7V7



Game Day Formations



DRAWING — SWEATSHIRT



Aloha United – 2019/20 Uniforms



Home



Away



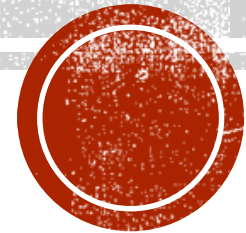
Training



Warm-ups



Bag

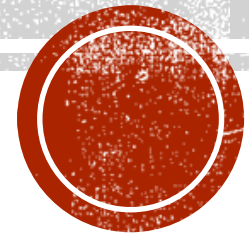


SOCIAL MEDIA

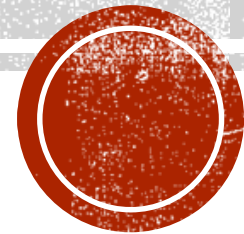
Facebook - @alohaunitedsoccerclub

Twitter - @alohaunitedSC

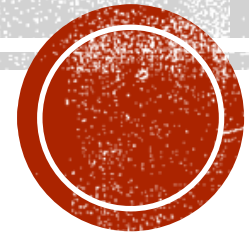
Instagram – aloha_united



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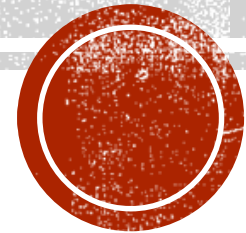


TEAM COMMUNICATION



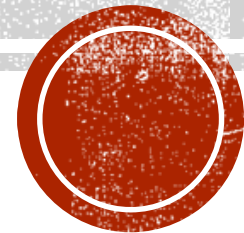
Team Manager

- Dick's Team Manager app
- Allows communication through discussions, email and text
- House Practice and Game Schedules
- Automatically sends reminders to team
- Manage Players Attendance
- App available for your smart phone – download and sign in today
(same login information as on the alohaunited.com website)



Contact Info

- Ryan Henderson– president@alohaunited.com
- Isai Montes de Oca– vicepresident.competitive@alohaunited.com
- Christina Tilson – secretary.competitive@alohaunited.com
- Alan Minor – treasurer@alohaunited.com
- Stacie Fuentes – registrar@alohaunited.com



DRAWING — 2 TIMBERS TICKETS

