



APPENDIX: U13/U14 PROGRAM

#ToDreamIsToDo





EMPIRE UNITED MLS NEXT U13/U14

- **TRAINING ENVIRONMENT**
- **MATCH STANDARDS**
- **FAQs**

PROGRAM OVERVIEW ...FOR MORE INFORMATION





TRAINING SCHEDULE & ENVIRONMENT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
VENUE	OFF SITE	EMPIRE COMPLEX	OFF SITE	EMPIRE COMPLEX			
B-U14	6-7.30p	5.30-7p		5.30-7p	TRAVEL DAY	MATCH	
B-U13	6-7.30p	5.30-7p	Speed Work: 7.30-8.15p	5.30-7p		MATCH	
Tactical Periodization	DEFENDING	ATTACKING		TRANSITION			

U13 & U14: \$4,250

Training: ~3x/week, 10 months per year. August – early December; mid-January – mid-June.

Professional Staffing: USSF-Licensed Coaches & Assistants; Goalkeeping Staff; Sports Performance Staff; Trainers/Medical (1x/week)

Full Adidas Kit: Home Kit; Away Kit; 3rd Match-day Sock; Warm-up; training t-shirts; travel shirt.

Performance:

- Speed and Agility with HD Performance: Weekly all year – all on site.
- Tactical Film Sessions 2x/month
- Elite Performance Seminars: nutrition, development process, style of play, culture.

Video Analysis:

- Live stream of matches.
- Recording of all matches – including access to exchange platform for film cutting and highlight creating. YouTube links for sending matches to MLS/YNT scouts.
- Video/Animation library for set pieces and principles of play.

Away Travel via traditional parent travel allows player comfort ahead of match days.

- Approximately 6-7 Fall matches. Approximately 5 total trips in the fall.
- Approximately 6-7 Spring matches. Approximately 5 total trips in the spring.
- All weekend travel – players do not miss school.

HIGHLIGHTS

- 2-3 Training Sessions Per Week in Season Fall & Spring (*Roughly Every-Other Monday*)
- Appropriate Training to Match Ratio (*Roughly 3:1*)
- Mandated US Soccer Licensed Coaching
- Weekly Sports Performance
- Bio-Band Training Groups 1x Week
- Supplemental Training Opportunities
- Medical Staff 1x Week
- Physically and Tactically Periodized Curriculum
- Google Classroom Video Library
- Professional Match-Day Environment & Standards





YEARLY SCHEDULE

AUGUST

PRE-SEASON

*~4 Weeks prior to first match
4x/week + Friendlies
During Summer Break from School*

SEPTEMBER

FALL SEASON

*U15-U19: 3.5x/Week + Matches
U13 & U14: 2.5x/Week + Matches
Includes Summer Playoff/Showcase*

OCTOBER

FALL SEASON

*U15-U19: 3.5x/Week + Matches
U13 & U14: 2.5x/Week + Matches
Includes Summer Playoff/Showcase*

NOVEMBER

FALL SEASON

*U15-U19: 3.5x/Week + Matches
U13 & U14: 2.5x/Week + Matches
Includes Summer Playoff/Showcase*

DECEMBER

Winter Break

*~4 Weeks Off
Starts week after last match*

JANUARY

Winter Training Period

*~6 Weeks
3x/Week (Tues, Thurs, Sun)
No matches due to Winter
Weather
(We do play friendlies vs MLS
Academies as available)*

FEBRUARY

SPRING PRE-SEASON

*~4 Weeks prior to first match
4x/week
Indoor & Outdoor Training*

MARCH

SPRING SEASON

*U15-U19: 3.5x/Week + Matches
U13 & U14: 2.5x/Week + Matches
Includes Summer Playoff/Showcase*

APRIL

SPRING SEASON

*U15-U19: 3.5x/Week + Matches
U13 & U14: 2.5x/Week + Matches
Includes Summer Playoff/Showcase*

MAY

SPRING SEASON

*U15-U19: 3.5x/Week + Matches
U13 & U14: 2.5x/Week + Matches
Includes Summer Playoff/Showcase*

JUNE

SPRING SEASON

*U15-U19: 3.5x/Week + Matches
U13 & U14: 2.5x/Week + Matches
Includes Summer Playoff/Showcase*

JULY

Summer Break

*~4 Weeks Off
Starts week after last match*



SUPPLEMENTAL TRAINING OPPORTUNITIES

We run our Academy as “one program”. All training curriculum, training times, locations, etc. are aligned to allow for flexibility within each player’s development.

- As all age groups train at the same location and have sports performance on Tuesdays, we bio-band training.
- As all age groups train at the same location on Thursday's players can train up if needed to be challenged. U13/U14 players can train up on Tuesdays and Thursdays as they train at the same exact time as the age group above them. In fact, we do many things together to promote culture, leadership from the older ages, and buy-in & challenge from the younger ages. (Even our u15s can train up with the u16s as they have sports performance on Thursdays and are on camps the same duration as the u16-u19).
- Players who are ready for extra challenges at u13/u14 can get supplemental sessions on Wednesdays with the u15 age group.
- Players who are ready for challenges outside our environment get trials with MLS Academies and US Soccer Training Centers, with the potential to join MLS Academies full-time.

In the current season 2019-2020, players train up as appropriate or teams combine in every session and on over 20+ occasions a player has played “up” in a match to help their personal development process.





PERIODIZATION

Full Season Planning

MARCH							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EXTENSIVE	1	2	3	4	5	6	7
B-U19		ATT - Build Up	DEF - 1st Phase	Transition		Intersquad	
B-U17		ATT - Build Up	DEF - 1st Phase	Transition		intersquad	
B-U16		ATT - Build Up	DEF - 1st Phase	Transition		intersquad	
B-U15		ATT - Build Up	DEF - 1st Phase	Transition		intersquad	
B-U14		ATT - Build Up		Transition & Gen Attack		intersquad	
B-U13		ATT - Build Up		Transition & Gen Attack		intersquad	
PRE-A							
OTHER							
INTENSIVE	8	9	10	11	12	13	14
B-U19	Functional	ATT - Finish Attacks	DEF - 3rd Phase	Transition		Friendly	
B-U17	Functional	ATT - Finish Attacks	DEF - 3rd Phase	Transition		Friendly	
B-U16	Functional	ATT - Finish Attacks	DEF - 3rd Phase	Transition		intersquad	
B-U15	Functional	ATT - Finish Attacks	DEF - 3rd Phase	Transition		Intersquad	
B-U14	DEF - 3rd Phase	ATT - Finish Attacks		Transition & Gen Attack		intersquad	
B-U13	DEF - 3rd Phase	ATT - Finish Attacks		Transition & Gen Attack		intersquad	
PRE-A							
OTHER							
INTENSIVE	15	16	17	18	19	20	21
B-U19	Functional	ATT - MF Poss	DEF - 2nd Phase	Transition		MATCH	
B-U17	Functional	ATT - MF Poss	DEF - 2nd Phase	Transition		MATCH	
B-U16	Functional	ATT - MF Poss	DEF - 2nd Phase	Transition		MATCH	
B-U15	Functional	ATT - MF Poss	DEF - 2nd Phase	Transition		MATCH	
B-U14	DEF - 2nd & Gen Attack	ATT - MF Poss		Transition & Gen Attack		MATCH	
B-U13	DEF - 2nd & Gen Attack	ATT - MF Poss		Transition & Gen Attack		MATCH	
PRE-A							
OTHER							
SPEED	22	23	24	25	26	27	28
B-U19		ATT - Build Up	DEF - 1st Phase	Transition		MATCH	
B-U17		ATT - Build Up	DEF - 1st Phase	Transition		MATCH	
B-U16		ATT - Build Up	DEF - 1st Phase	Transition		MATCH	
B-U15		ATT - Build Up	DEF - 1st Phase	Transition		MATCH	
B-U14	DEF - 1st & Gen Attack	ATT - Build Up		Transition & Gen Attack		MATCH	
B-U13	DEF - 1st & Gen Attack	ATT - Build Up		Transition & Gen Attack		MATCH	
PRE-A							
OTHER							
SPEED	29	30	31				
B-U19	Functional	ATT - Finish Attacks	DEF - 3rd Phase				
B-U17	Functional	ATT - Finish Attacks	DEF - 3rd Phase				
B-U16	Functional	ATT - Finish Attacks	DEF - 3rd Phase				
B-U15	Functional	ATT - Finish Attacks	DEF - 3rd Phase				
B-U14	DEF - 3rd & Gen Attack	ATT - Finish Attacks					
B-U13	DEF - 3rd & Gen Attack	ATT - Finish Attacks					
PRE-A							
OTHER							



Each year is laid out prior to the season beginning. We plan our physical cycles, daily session demands related to the weekend's matches, and tactical topic by session. This plan allows us to train players up/down as needed and know we are being sure every player gets the same amount of sessions in each tactical principle throughout each season.

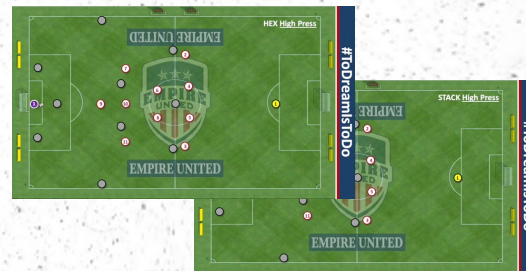


GOOGLE CLASSROOM VIDEO LIBRARY

Build Up



1st Phase



Player Profile Videos

PLAYER PROFILE
#9 - CENTER FORWARD

Sergio Agüero ('88) - Manchester City
Luis Suárez ('87) - Barcelona

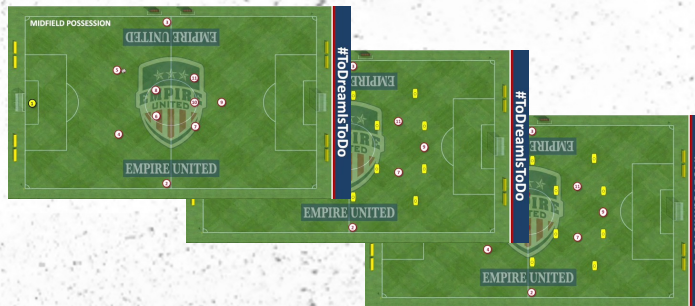
PLAYER PROFILE
#7/11 - "POCKET" WINGER

Julian Brandt ('96) - Borussia Dortmund
Phil Foden ('00) - Manchester City
Christian Pulisic ('98) - Chelsea

PLAYER PROFILE
#7/11 - "FORWARD" WINGER

Kylian Mbappé ('98) - Paris Saint-Germain
Raheem Sterling ('94) - Manchester City

Midfield Poss.



2nd Phase



PLAYER PROFILE
#2/3 - "INVERTED" WING BACK

Oleksandr Zinchenko ('96) - Manchester City
Philipp Lahm ('83) - Bayern Munich

PLAYER PROFILE
#8 - Central Midfielder

Thiago Alcántara ('91) - Bayern Munich
Frenkie de Jong ('97) - Barcelona
Tyler Adams ('99) - RB Leipzig

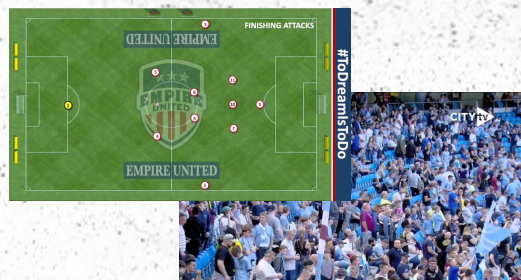
PLAYER PROFILE
#10 - Central Midfielder

Kevin De Bruyne ('91) - Manchester City
Thomas Müller ('89) - Barcelona

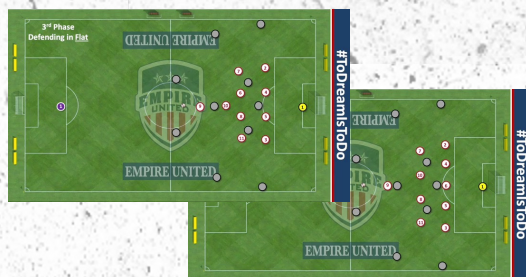
PLAYER PROFILE
#2/3 - WIDE WING BACK

Trent Alexander-Arnold ('98) - Liverpool
Alphonso Davies ('00) - Bayern Munich

Finish Attacks



3rd Phase



PLAYER PROFILE
#4/5 - BALL WINNING CB

Virgil van Dijk ('91) - Liverpool
Kalidou Koulibaly ('91) - Napoli

PLAYER PROFILE
#6 - Central Midfielder

Rodri ('96) - Manchester City
Sergio Busquets ('86) - Barcelona

PLAYER PROFILE
#4/5 - BALL PLAYING CB

Aymeric Laporte ('94) - Manchester City
Mats Hummels ('88) - Borussia Dortmund

PLAYER PROFILE
#1 - GOALKEEPER

Marc-André ter Stegen ('92) - Barcelona
Ederson ('92) - Manchester City





MATCHDAY ENVIRONMENT



- **MLS NEXT – North East Division (New England & Metro Conferences)**
The Top Level of Youth Soccer in the United States.
Minimum Coaching License Standards. Player Safety Standards. Load Management Standards.
There are no easy games = promotes consistency of performance.
More Meaningful Training | More Meaningful Matches.
- **US Soccer and MLS Youth Academy Scouts** – *the only league being scouted regularly by both MLS Pro Academy scouts and US Soccer Youth National Team scouts.*
- **VEO Film**
- **Field Standards.** All fields in NE must be turf or meet minimum grass standards.
- **Athletic Trainer at Every Match**





PLAYING TIME STANDARDS

MLS NEXT has standards in place to foster development for the 'base' of the league. Not all players will play equal minutes or get the same amount of match opportunities, but all players will get a minimum number of meaningful minutes.

- 25% Starts Guaranteed Per League Standard
- 50% Playing Time (U13/U14) Guaranteed Per League Standard
- Travel Rosters Limited to 15 Field Players, Allowing 66% Minutes Played for Away Games. We Feel this is the Right Thing To Do, considering the Parent-Travel involved and the length of our travel distances. Travel Rosters will change on a purely rotational basis, not based on training performance
- Home Matches Playing Time Based More on Training Performance.
- Event(s) Rosters are Performance Based*

**Non-league events to be attended as available and opened to players based on performances in training and matches.
Events must be sanctioned or approved events by MLS NEXT.*





COMPETITION 2021-2022

U-13 & U-14 COMPETITION

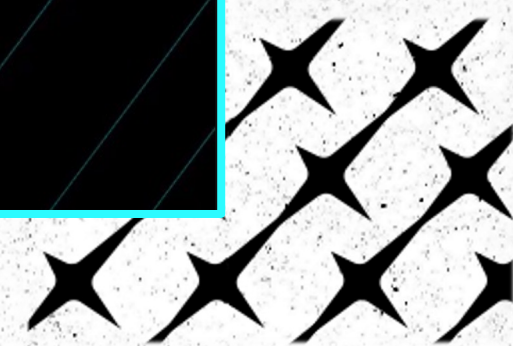


AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL
-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----



- LEAGUE** - Single/DbL. Fixtures (23-32 Games)
- Showcase** - Regional Events – x2 (4 Games) – League Matches

Game figures are estimates based on current projections.





FAQs

I understand MLS NEXT is the top level of youth soccer in the United States, and I plan on having my son join the program... at U15...

For a player to maximize potential, that is too late when compared nationwide and with international standards. Nationwide, the MLS NEXT platform begins and in our NE Division all other clubs start with Academy Teams at u12 – we run the Pre-Academy. The u12-u15 years are foundational years of development that can not be missed for top talent. Technically & tactically from a learning perspective u12-u15 are formative years. And physically these important as players navigate their physical maturation growth spurts. These U12-U15 years are years of development in which you cannot make up at older ages.

83% of players in the quarter-finals of the Champions League over the previous 10 years had played first-team football from the age of 17. This isn't to say we are producing Champions League players...it is to say that during the foundational years of u12-u15 being in the right environment can be a very important factor to determine the height of future successes.

Like with language and a child learning to talk, pushing that back doesn't help the child learn language. It makes it harder and ultimately takes longer to learn when past the foundational years.





FAQs

My son really would like to play school soccer with his friends. Can players play school soccer...

The social aspect of playing school soccer is very cool. All our players would be top players on their school teams and help their friends compete to win matches. We don't undervalue that, and know the social pull is difficult. With that said, the development value and safety concerns with school soccer is why MLS NEXT, and US Soccer with the DA prior, didn't allow school soccer. MLS NEXT allows for other sports that do not interfere with the development/training programs of playing soccer at the highest level.

With regards to soccer at the scholastic level...

- *Developmentally it's detrimental to top level player's development (those that could be playing MLS NEXT) as it creates unrealistic habits due to the level of teammates, opponents, and typical coaching. This only pertains to the top ~5-10% of players. The average level player can make athletic gains in a scholastic soccer environment.*
- *It is unsafe as the players play too many matches. Players in these formative years shouldn't be playing 3 or more matches in a week, ever. Playing so many matches, so close to one another increases risk of injury and has a negative impact on physical growth and maturation.*





FAQs

I'm from Buffalo, Syracuse, Canada, Southern Tier...My biggest and/or only genuine concern is the drive...

In an ideal world, kids wouldn't need to travel 90 minutes to have access to the world's standard of youth soccer. However, we live in a geographically vast country. Players in every market are commuting 90 minutes to training (For example: players from Fort Wayne, IN commute to Indianapolis; players from LA and NYC sit in traffic for over 2 hours). These are the players our kids from Empire will compete with for college roster spots and scholarships.

Tyler Adams (RB Leipzig) grew up in Poughkeepsie commuting to the NYC area for training without a carpool. Rochester being central to Buffalo and Syracuse and connected by the thruway builds in natural carpool opportunities -- By carpooling with two other families, each family is responsible for driving 1x week.





FAQs

My son has had/is having a good experience with his current team. He likes his coach. He likes his teammates...

We understand. Change is hard. It is important to consider what is best for your child. Our program can be viewed as a jump up, but a necessary one in our opinion to maximize development and take advantage of future opportunities.

- *Talented musicians play in youth orchestras, not high school bands.*
- *Advanced math and science students take advanced classes starting in middle school.*

Both the above scenarios are celebrated achievements of both the individual and the environment they came from. Sport should be no different.

When it is different, usually the coach, or program trying to “keep” them from expanding to a more challenging environment is doing so for reasons that can negatively impact their long-term development.

Our staff is always available to discuss further on an informational basis.

