



# SPORTING INDIANA FC PLAYER HANDBOOK

“TOGETHER WE MAKE AN IMPACT”

# WELCOME TO SPORTING INDIANA FC!

Welcome and thank you for choosing Sporting Indiana FC, you are a Gryphon! This handbook will help you take full advantage to all the Club has to offer as well as have all the information you need to be successful. We have a great history of successes and we want the best for your development. Your individual goals are most important.

---

## TABLE of CONTENTS

1. Calendar
2. Staff & Contact Info
3. Player Ethics & Code Of Conduct (Being A Gryphon, Say No To Hate, Zero Tolerance)
4. Uniforms & Gear
5. Programs (Senior, Junior, Academy)
6. Tuition Sheet
7. Team Management (App, Team Page, Communication)
8. Training Guide (Positions, Technical, Tactical)



[www.SportingIndianaFC.com](http://www.SportingIndianaFC.com)

## CALENDAR

We want you to be able to plan your season. We understand you all have families and lives outside of soccer, but we also want you to take advantage of everything the Club has to offer. These dates are subject to change, so please check into the calendar on the website or in your Sports Engine App for the most current dates.

---

### FALL SEASON

July 5 – Registration Closes  
July/August – First Practices  
November 1 - Fall Season Ends

### WINTER SEASON

November 6th – Winter I Training Starts  
December – Winter I Training Ends  
December – AGM  
January – College Night  
January – Winter II Starts  
March – Winter II Ends  
February – Club Lock-in Incrediplex

### SPRING SEASON

March – First Outdoor Practices  
May - Cup starts  
June - Cup Finals

### SUMMER SEASON

June 5<sup>th</sup>: 7U-10U Travel Tryouts  
June 11-12: 11U-19U Travel Tryouts  
June (first week): Open Scrimmages  
July: Summer Camp 4U-12U

[See Club Calendar](#)

# SPORTING INDIANA FC

## DIRECTORS & STAFF

The Sporting Indiana FC staff work hard to create the best developmental program to make player succeed individually and in team. Each player is unique and the staff has to make sure that opportunities to succeed are available. SIFC is proud of the skilled staff filled with high school, middle school and college coaches. All coaches are required to have at least their National D license and to always look to further their education. This sport is ever-changing and we work hard to do our part to ensure that we are teaching players the most current and cutting edge. We want to create great players on and off the pitch.

---

### SPORTING INDIANA FC

Executive Director	Chris “Fuzzy” Steeno	<a href="mailto:chrissteeno@sportingindianafc.com">chrissteeno@sportingindianafc.com</a>
Club Director	Matt Mayhew	<a href="mailto:mmayhew@sportingindianafc.com">mmayhew@sportingindianafc.com</a>
Technical Director	Gilberto Pineda	<a href="mailto:gpineda@sportingindianafc.com">gpineda@sportingindianafc.com</a>
Director of Keepers	Todd Thompson	<a href="mailto:toddthompson@sportingindianafc.com">toddthompson@sportingindianafc.com</a>
Boys DOC	Matt Mayhew	<a href="mailto:mmayhew@sportingindianafc.com">mmayhew@sportingindianafc.com</a>
Girls DOC	Gilberto Pineda	<a href="mailto:gpineda@sportingindianafc.com">gpineda@sportingindianafc.com</a>
Director of Education	Chris “Fuzzy” Steeno	<a href="mailto:chrissteeno@sportingindianafc.com">chrissteeno@sportingindianafc.com</a>

## SPORTING INDIANA FC COACHING STAFF

Sporting Indiana FC players are developed by licensed and experienced coaches. Our coaching staff is led by licensed Coaching Directors that use the most current curriculum. Our focus is on developing individual players to achieve their goals in addition to fostering team development in pursuit of the highest level of growth possible based on age appropriate goals set by US Youth Soccer. Our club coaching staff leads to enhance our Club Culture and all the positive attributes that come with being a Gryphon.

---



# SPORTING INDIANA FC

## COACHING STAFF

---

COACH	LEVEL	CLUB START / OTHER AFFILIATION
Matt Mayhew	National D/National Youth/RMA 100/DOC Diploma	SIFC 2007 / Mt. Vernon High School Boys
Gilberto "G" Pineda	National D/National Youth/National Diploma/DOC Diploma	SIFC 2012 / Earlham College Women's
Chris "Fuzzy" Steeno	National D/ National Diploma/RMA 300/DOC Diploma	SIFC 2009 / Mt. Vernon High School Boys
Isidro Alvarado	National D / Advanced National / Advanced Goal Keeper	SIFC 2012 / Anderson University Women's
Wes McKinney	National D	SIFC 2016 / Pendleton Middle School Girls
Carly Williams	National D	SIFC 2012 / Happy Feet / Berkshire Academy
Kris Kail	National D	SIFC 2012
Jaimie Herbert	National D	SIFC 2016
Brandon Steeno	National D (pending)/RMA 100	SIFC 2009 / Greenfield High School Girls
Yancy Pyles	National D	SIFC 2015
Todd Thompson	National D / GK II Diploma	SIFC 2015 / Doe Creek Middle School Boys
Aaron Britt	National D	SIFC 2016 / former MVHS Boys
Steve Williams	National D / 30 year	SIFC 2007 / Mt. Vernon High School Girls
Adam Alt	National D	SIFC 2013 / Pendleton High School Boys
Ben Linder	National D	SIFC 2016
Brandi Smith	National E	SIFC 2012
Luke Webber	National E	SIFC 2017
Derrick Moulder	National E	SIFC 2016
Cliff Owens	National E	SIFC 2011 / Mt. Vernon High School Girls
Brian Bourdouris	National E	SIFC 2017 / Mt. Vernon Middle School Girls
Matt Shields	National E	SIFC 2017 / GASL
Dave Benson	National E	SIFC 2017 / GASL
Justin Bastin	USSF Grassroots	SIFC 2017 / GASL
Dave Beck	National E	SIFC 2007



# PLAYER ETHICS & CODE OF CONDUCT

[www.SportingIndianaFC.com](http://www.SportingIndianaFC.com)

## BEING A GRYPHON

Being a Gryphon means you are part of a family that supports each other in triumph and defeat. The Club Culture is a vital part of our success in creating quality players on and off the pitch. Once you become a Gryphon, you need to recite the player mission and honor that mission. You are representing your family, team, your coach and your Club when you put on the uniform so be the best version of yourself.

---



## CODE OF CONDUCT

### GRYPHONS SAY NO TO HATE PLEDGE:

Negative actions toward any person based on race, ethnicity, gender, religion, sexuality, ability or any other factor are unacceptable. In acts of hate and intolerance, being silent is acceptance of these actions and I must act in order to combat hateful actions.

I will commit to act: speak-up and do what I can to stop hate in our Club. I will express that such actions are intolerable within our Club.

I say NO TO HATE!

---

*GRYPHON SIGNATURE*

[See Say No To Hate](#)



**GRYPHONS SAY NO TO HATE.**

#SayNoToRacism #AntiBullying

# CODE OF CONDUCT

## ZERO-TOLERANCE POLICY AGAINST ABUSE

Purpose: Sporting Indiana FC is committed to providing a safe environment for its members and participants and to preventing abusive conduct in any form. Every member of this organization is responsible for protecting our participants and ensuring their safety and well-being while involved in sponsored activities. See Sporting Indiana FC [Code of Conduct](#)

GASL/SIFC promotes good sportsmanship throughout the organization and encourages qualities of mutual respect, courtesy, and tolerance in all participants, coaches, officials, and volunteers. We advocate building strong self-images among the youth participants. Children with strong self-images may be less likely targets for abuse. Similarly, they may be less likely to abuse or bully others around them.

To this end, GASL/SIFC establishes the following guidelines of behavior and procedures for our staff, volunteers, and participants. All members of this organization, as well as parents, spectators, and other invitees are expected to observe and adhere to these guidelines.

1. Abuse of any kind is not permitted within our organization. This means we do not tolerate physical, sexual, emotional, or verbal abuse or misconduct from our players, coaches, officials, volunteers, parents, or spectators.
2. Physical and sexual abuse, including, but not limited to, striking, hitting, kicking, indecent or wanton gesturing, lewd remarks, indecent exposure, unwanted physical contact, any form of sexual contact or inappropriate touching, are strictly prohibited within GASL/SIFC.
3. Emotional abuse or verbal abuse is prohibited. These include, but are not limited to, such forms of abuse such as yelling, insulting, threatening, mocking, demeaning behavior, or making abusive statements in regard to a person's race, gender, religion, nationality, ethnicity, sex, or age.
4. GASL/SIFC is committed to providing a safe environment for our players, participants, and staff. We do so by appointing all coaches, officials, and volunteers – and anyone affiliated with our organization – as protection advocates. See something, say something. Every member of this organization is responsible for reporting any cases of questionable conduct or alleged mistreatment toward our members by any coach, official, volunteer, player, parent, sibling, or spectator.

# ZERO-TOLERANCE POLICY AGAINST ABUSE (continued)

5. We recommend that every activity sponsored by GASL/SIFC put a “buddy system” in place. Each youth participant should be assigned a buddy during sponsored activities. No child should go anywhere – to the bathrooms, locker rooms, or other location – without his or her buddy. This buddy could be a senior player or team parents only to return back to game or practice.
6. To further protect our youth participants, as well as coaches, officials, and volunteers, we strongly advise that no adult person allow him or herself to be alone with an unrelated child or with any group of children during sponsored activities. In particular, we recommend that coaches and other adult members of this organization:
  - Do not drive alone with an unrelated child participant in the car;
  - Do not take an unrelated child alone to the locker room, bathrooms, or any other private room;
  - Only provide training or individual coaching with the assistance of another adult or the child’s buddy;
  - If you must have a private conversation with a youth participant, do it within view of others, in the gym or on the field, instead of in a private office;
  - Coaches and other adult members of this organization should not socialize individually with nonrelated children outside of sponsored events.
7. We encourage parents to become as active as possible in sponsored activities, games, practices, and other events. The more parents are involved, the less likely it is for abusive situations to develop.
8. When traveling overnight with youth players, children should be paired up with other children of the same gender and similar age. No coach, parent, or other adult should be alone in a hotel room with an unrelated child. Children should be supervised by adults while in hotels at all times.
9. GASL/SIFC will respond quickly to any and all allegations of abuse within this organization. This information will be communicated to the authorities for investigation and will be reviewed by the organization’s Club Director and then the Board of Directors. The alleged offender will be notified of such allegations promptly.
10. Any person accused of sexual or physical abuse may be asked to resign voluntarily or may be suspended by the Club Director and/or the Board of Directors until the matter is resolved. Regardless of criminal or civil guilt in the alleged abuse, the continued presence of the person could be detrimental to the reputation of the organization and could be harmful to the participants. A person who is accused but later cleared of charges, may apply to be reinstated within the organization. Reinstatement is not a right, and no guarantee is made by GASL/SIFC that he or she will be reinstated to his or her former position.



# UNIFORMS & GEAR

[www.SportingIndianaFC.com](http://www.SportingIndianaFC.com)



# SPORTING INDIANA FC

## WOMENS KIT AWAY KIT

**LEGEND**

- REQUIRED**
- CREST LOGO
- SPONSOR LOGO
- PLAYER NUMBER

## HOME KIT



**NIKE TIEMPO  
PREMIER JERSEY**  
A1006729 - \$26.25



**NIKE WOVEN VENOM  
SHORT**  
A1007135 - \$26.95



**NIKE CLASSIC III SOCK**  
A394386 - \$9.24



**NIKE TIEMPO  
PREMIER JERSEY**  
A1006729 - \$22.40



**NIKE WOVEN VENOM  
SHORT**  
A1007135 - \$26.95



**NIKE CLASSIC III SOCK**  
A394386 - \$9.24

## TRAINING/3RD KIT



**NIKE TIEMPO  
PREMIER JERSEY**  
A1006729 - \$23.94



**NIKE WOVEN VENOM  
SHORT**  
A1007135 - \$26.95



**NIKE CLASSIC III SOCK**  
A394386 - \$9.24

[See Uniforms](#)

DISCLAIMER: Placements and sizes are approximate. Please take into account any specific features your products include, with the understanding that all applications must have at least 1 inch of space between them and any seams, trim, graphics, embroidered manufacturer logos, or other sewn-in features like stripes, piping, or wicking panels. Logos will be sized to the smallest product being ordered and logo proportions shown here are not to scale or 100% accurate.



# SPORTING INDIANA FC WOMENS KIT

**LEGEND**

- REQUIRED**
- CREST LOGO
- SPONSOR LOGO
- PLAYER NUMBER



**NIKE ACADEMY BACKPACK**  
A1008436 - \$46.50



**ACADEMY TRACK JACKET**  
A1007260 - \$50.35



**ACADEMY DRILL TOP**  
A1007262 - \$46.50



**ACADEMY KNIT PANT**  
A1007268 - \$34.65



**UNEQUAL HALO 3 6MM HEAD GEAR**  
A1005244 - \$37.73



**UNEQUAL HALO 3 7MM HEAD GEAR**  
A1005245 - \$37.73



**UNEQUAL HALO 3 10MM HEAD GEAR**  
A1005243 - \$37.73



**NIKE PITCH TEAM BALL**  
A96411 - \$15.40



**G-FORM PRO-S SHIN GUARD**  
A80176 - \$50.05



**G-FORM PRO-S SHIN GUARD**  
A89871 - \$42.35



**NIKE PARK III GK JERSEY**  
A1008056 - \$45.50

[See Uniforms](#)

DISCLAIMER: Placements and sizes are approximate. Please take into account any specific features your products include, with the understanding that all applications must have at least 1 inch of space between them and any seams, trim, graphics, embroidered manufacturer logos, or other sewn-in features like stripes, piping, or wicking panels. Logos will be sized to the smallest product being ordered and logo proportions shown here are not to scale or 100% accurate.



# SPORTING INDIANA FC MENS KIT

**LEGEND**

- REQUIRED**
- CREST LOGO**
- SPONSOR LOGO**
- 10** **PLAYER NUMBER**

## HOME KIT



**NIKE TIEMPO  
PREMIER JERSEY**  
A1006729 - \$26.25



**NIKE WOVEN VENOM  
SHORT**  
A1007135 - \$26.95



**NIKE CLASSIC III SOCK**  
A394386 - \$9.24

## AWAY KIT



**NIKE TIEMPO  
PREMIER JERSEY**  
A1006729 - \$22.40



**NIKE WOVEN VENOM  
SHORT**  
A1007135 - \$26.95



**NIKE CLASSIC III SOCK**  
A394386 - \$9.24

## TRAINING/3RD KIT



**NIKE TIEMPO  
PREMIER JERSEY**  
A1006729 - \$23.94



**NIKE WOVEN VENOM  
SHORT**  
A1007135 - \$26.95



**NIKE CLASSIC III SOCK**  
A394386 - \$9.24

[See Uniforms](#)

DISCLAIMER: Placements and sizes are approximate. Please take into account any specific features your products include, with the understanding that all applications must have at least 1 inch of space between them and any seams, trim, graphics, embroidered manufacturer logos, or other sewn-in features like stripes, piping, or wicking panels. Logos will be sized to the smallest product being ordered and logo proportions shown here are not to scale or 100% accurate.



# SPORTING INDIANA FC MENS KIT

**LEGEND**

- REQUIRED**
- CREST LOGO**
- SPONSOR LOGO**
- 10** **PLAYER NUMBER**



**NIKE ACADEMY  
BACKPACK**  
A1008436 - \$46.50



**ACADEMY TRACK JACKET**  
A1007236 - \$50.35



**ACADEMY DRILL TOP**  
A1007238 - \$46.50



**ACADEMY KNIT PANT**  
A1007244 - \$34.65



**UNEQUAL HALO 3  
6MM HEAD GEAR**  
A1005244 - \$37.73



**UNEQUAL HALO 3  
7MM HEAD GEAR**  
A1005245 - \$37.73



**UNEQUAL HALO 3  
10MM HEAD GEAR**  
A1005243 - \$37.73



**NIKE PITCH TEAM  
BALL**  
A96411 - \$15.40



**G-FORM PRO-S  
SHIN GUARD**  
A80176 - \$50.05



**G-FORM PRO-S  
SHIN GUARD**  
A89871 - \$42.35



**NIKE PARK III GK JER-  
SEY**  
A1008056 - \$45.50

[See Uniforms](#)

DISCLAIMER: Placements and sizes are approximate. Please take into account any specific features your products include, with the understanding that all applications must have at least 1 inch of space between them and any seams, trim, graphics, embroidered manufacturer logos, or other sewn-in features like stripes, piping, or wicking panels. Logos will be sized to the smallest product being ordered and logo proportions shown here are not to scale or 100% accurate.



# CLUB PROGRAMS

[www.SportingIndianaFC.com](http://www.SportingIndianaFC.com)

## SENIOR PROGRAM

### PLAYERS 15U-19U

#### High School Age Groupings

Sporting Indiana FC is focused on all players whether Elite, Premier or Select Levels. We want to offer the high-quality competition and services that our Elite players require to play at the next level. It is vital to create internal competition by offering the Premier & Select Level players the next level tools and training so they have the opportunity to compete for the Elite Level roster.

---

**Elite Level** are the top high school players in the Club, typically MRL or ISL Premier. The rigorous training, competition level and serviced are preparing players for college play. We select only the best tourneys and showcases.

**Premier Level** are varsity level players that are close to competing for the Elite roster spot, typically ISL 1st Division. They will train often with the Elite Level players and have opportunities throughout the season/showcases to play up.

**Select Level** players are grouped together to create level-specific training and to offer more game time. They will develop into the players to challenge for Premier or Elite roster. They will train often with the Premier Level players and have opportunities throughout the season/tourney(s) to play up.

## BENEFITS

- More playing time for all players which is essential to growth.
- Level-appropriate training & services.
- College Pathway with reality based expectations.
- High level coaching including guest coaches.
- Winter I & II Training
- Weight Training
- College Night

## JUNIOR PROGRAM

### PLAYERS 11U-14U

#### Middle School Age Groupings

Sporting Indiana FC's Junior Program develops talent. Through soccer, academics and club-culture, we will inspire future leaders to meet the challenges of their world with optimism, creativity and excellence.

---

**11U & 12U**, we focus on MP (Middle School Pathway). These players will work to meet specific goals in order to compete at the middle school level. Playing on a 9v9 field creating more options in this expanded game. The training and development are also geared to prepare these players for the full-sided game they will play in middle school and 13U.

**13U & 14U**, we turn the focus to HP (High School Pathway). We develop for full-sided play, and develop players to meet goals to compete and succeed at the high school level. We also prepare players to ready themselves in skill, intelligence, and leadership to move on to the Senior Program.

## BENEFITS

- Academy-style large group training along with normal team training.
- Level-appropriate training & services.
- Middle Pathway with reality-based expectations.
- Winter I & II Training
- Weekly Technical Training
- Focus on the importance of the Small-Sided game

## ACADEMY PROGRAM

### PLAYERS 7U-10U

#### Elementary Age Groupings

Sporting Indiana FC's Academy Program helps players enhance their cognitive ability to create and execute solutions. Academy is the introduction to travel soccer and where we teach good habits early. We create an enjoyable, challenging and safe environment for players to thrive.

---

**8U Academy** is the final season of the small-sided game. Through small-sided play, players learn quick decision-making skills, fast-paced play and ability to use foot skills in a reality-based setting. Academy Program puts a large emphasis on foot skills and ball mastery. Technical Training is a very important part of developing these skills and how to apply them to the game.

**9U & 10U Academy** expands the game to a 7v7 format. Adding more players creates a new tactical side of the game. Players will learn tactics at a young age which will create intelligent players. Technical Training is still a vital part to the development of an Academy player.

## BENEFITS

- Large group training along with normal team training.
- Development over winning.
- Player development over team development.
- Winter II Training Only
- Weekly Technical Training
- Focus on the importance of the Small-Sided game

## TUITION SHEET

### ALL TEAMS 8U-19U

Sporting Indiana FC Board and Operations staff work hard to find ways to give you so much more than soccer to make your experience worth every penny.

There are plenty of ways to earn money to go towards your fees. [Please visit our website](#) for more ways to earn money towards your fees.

If you have any questions please contact the Club Director – [Matt Mayhew](#)

Age	Club Fee	Deposit	10 Payments	Tournaments	Outdoor Training	Winter Session I	Winter Session II
8U 2011	\$ 785.00	\$ 100.00	\$ 68.50	1 Spring	2 Sessions	-	-
9U/10U 2010, 2009	\$ 930.00	\$ 100.00	\$ 83.00	1 Fall 1 Spring	3 Sessions	1 Technical	1 Tactical 1 Technical
11U (2008) 12U (2007)	\$ 1,480.00	\$ 100.00	\$ 138.00	2 Fall 2 Spring	3 Sessions S,A,Q!	1 Technical S,A,Q!	1 Tactical 1 Technical S,A,Q!
13U/14U Premier (2006,2005)	\$ 1,540.00	\$ 100.00	\$ 144.00	2 Fall 2 Spring	3 Sessions Fin Friday S,A,Q!	1 Tactical 1 Technical S,A,Q!	1 Tactical 1 Technical S,A,Q!
13U/14U Select (2006,2005)	\$ 1,480.00	\$ 100.00	\$ 138.00	2 Fall 2 Spring	3 Sessions Fin Friday S,A,Q!	1 Technical S,A,Q!	1 Tactical 1 Technical S,A,Q!
15U Premier Full Year (2004)	\$ 1,540.00	\$ 100.00	\$ 144.00	2 Fall 3 Spring	3 Sessions Fin Friday S,A,Q!	1 Tactical 1 Technical S,A,Q!	1 Tactical 1 Technical S,A,Q!
15U Select Full Year (2004)	\$ 1,480.00	\$ 100.00	\$ 138.00	2 Fall 2 Spring	3 Sessions Fin Friday S,A,Q!	1 Technical S,A,Q!	1 Tactical 1 Technical S,A,Q!
15U/16U/17U/18U Elite (2004,'03,'02,'01)	\$ 1,385.00	\$ 100.00	\$ 128.50	3	3 Sessions Fin Friday S,A,Q!	1 Tactical 1 Technical S,A,Q! S,P,C,E.	1 Tactical 1 Technical S,A,Q! S,P,C,E.
15U/16U/17U/18U Premier (2004,'03,'02,'01)	\$ 1,360.00	\$ 100.00	\$ 126.00	3	3 Sessions Fin Friday S,A,Q!	1 Tactical 1 Technical S,A,Q! S,P,C,E.	1 Tactical 1 Technical S,A,Q! S,P,C,E.
15U/16U/17U/18U Select (2004,'03,'02,'01)	\$ 1,245.00	\$ 100.00	\$ 114.50	2	3 Sessions Fin Friday S,A,Q!	1 Technical S,A,Q! S,P,C,E.	1 Tactical 1 Technical S,A,Q! S,P,C,E.
19U Elite (2000)	\$ 1,330.00	\$ 100.00	\$ 123.00	2	3 Sessions Fin Friday S,A,Q!	1 Tactical 1 Technical S,A,Q! S,P,C,E.	1 Tactical 1 Technical S,A,Q! S,P,C,E.
19U Premier (2000)	\$ 1,305.00	\$ 100.00	\$ 120.50	2	3 Sessions Fin Friday S,A,Q!	1 Tactical 1 Technical S,A,Q! S,P,C,E.	1 Tactical 1 Technical S,A,Q! S,P,C,E.
19U Select (2000)	\$ 995.00	\$ 100.00	\$ 89.50	1	2 Sessions Fin Friday	1 Technical	1 Tactical

S,A,Q is our Speed, Agility and Quickness Program

S,P,C,E is our Strength, Power, Conditioning and Endurance Program



# TEAM MANAGEMENT

[www.SportingIndianaFC.com](http://www.SportingIndianaFC.com)

# TEAM MANAGEMENT

## TEAM PAGES

The Team Pages on the website is a very useful tool for practice times, game schedule and other events for your team. This is also where the scores are reported by your coach. The coach contacts his/her team from the team pages.

FIND YOUR TEAM HERE



The screenshot displays the website's header with the Sporting Indiana FC logo (10th anniversary 2005-2015) and a navigation menu: HOME, PROGRAMS, EVENTS, TEAMS, CALENDAR, NEWS, FIELDS, CLUB INFO, GEIST SOCCER, SHOWCASE. The main content area is titled 'SIFC 05 Boys' and includes a 'Regular Season 2017-18' dropdown, a 'Mobile Team ID: 1556337', and a 'Share this Team' link. Below this is a navigation bar with links for Roster, Game Schedule, Player Stats, Team Stats, Photos, Videos, and Posts. A 'SIFC 05 BOYS CALENDAR' section shows a table with dates and event details.

Fri 6/8	Sat 6/9	Sun 6/10	Mon 6/11	Tue 6/12
<a href="#">Finishing Friday</a> Friday, 6:00pm EDT-7:30pm EDT	no events	no events	no events	no events

At the bottom right of the calendar section, there are links for 'View All', 'RSS', and 'iCal'.

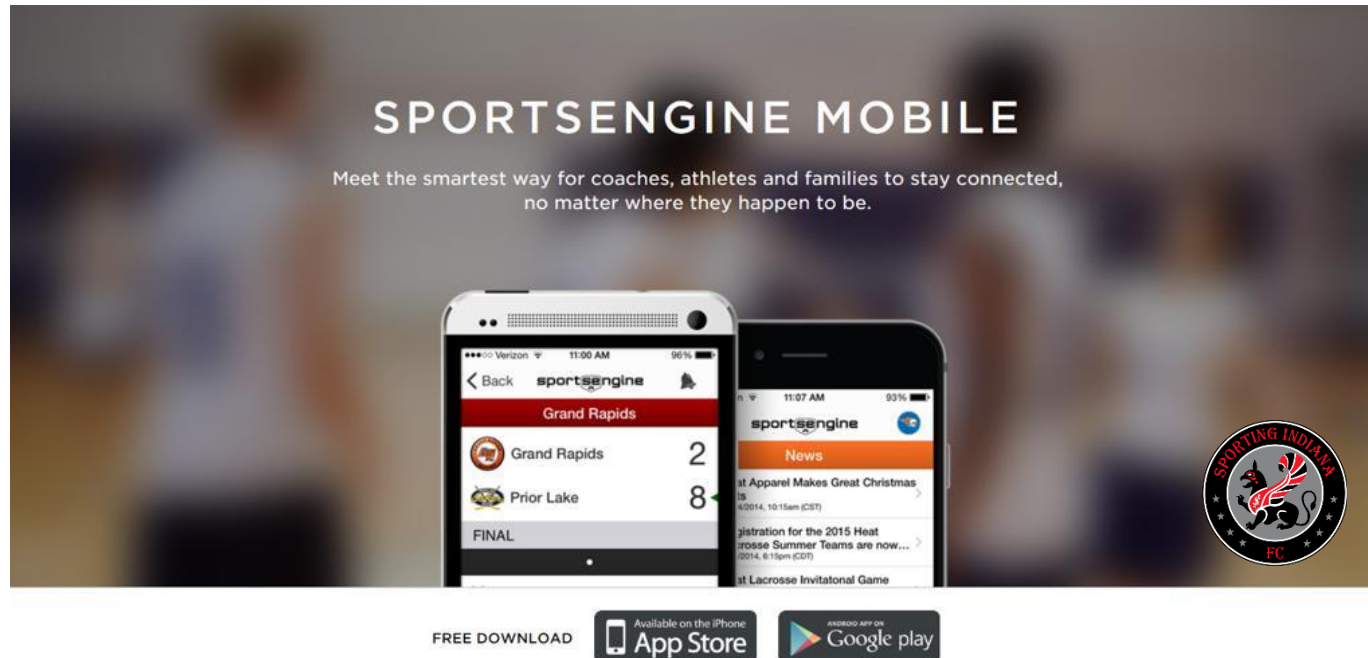
# TEAM MANAGEMENT

## SPORTS ENGINE TEAM APP

The Sports Engine Team App is a great way to have everything you need to follow your team, manage your schedule and communicate with your mates, all at your fingertips.

### Download the SportsEngine Mobile App

The [SportsEngine mobile app is available](#) for iOS and Android devices and is available on the Apple App Store and on Google Play.





# TRAINING INFO

[www.SportingIndianaFC.com](http://www.SportingIndianaFC.com)

## TRAINING INFO

### POSITIONS

We aim to create smart players. Being a student of the game is a vital part of becoming a successful player. Your coach will hold you to a high standard.

Using the number system keeps everyone using the same language. If everyone has a different name for an 11, like flanker, left wing, outside attacker, etc, it can become confusing. Learn your number positions.

---

### 1-4-3-3

1 Keeper, 4 Defenders, 3 Midfielders, 3 Attackers



# TRAINING INFO

## POSITIONS

### 1-4-3-3

4 Defenders, 3 Midfielders, 3 Attackers

**1 - Goalkeeper** *Technically proficient, Solid technical passing abilities, Strong distribution decisions, Gifted athlete.*

#### 2/3 - Outside Backs (Right & Left)

*Ability to play great long service, Strong at defending 1 vs. 1, Speedy player able to cover ground on the flanks, Solid technical passing abilities.*

#### 4/5 - Center Backs (Left & Right)

*Consistent players who are organizers and leaders, Tall and Strong, Ability to cover ground – especially laterally and vertically, Technically strong defensively, Strong tackler, Strong in the air.*

#### 6 - Defensive Midfielder

*High work rate, Ability to keep the ball (vision and technical passing), Tactically astute, Strong in air, Strong tackler.*

#### 8 - Center Midfielder

*Endless work rate – speed and endurance, Good leadership and organization, Creative playmaker, Good in air, Long range finishing ability, Ability to provide defensive pressure.*

#### 7/11 - Winger (Right & Left)

*Very fit, High Work Rate, Ability to make long runs and recover, Strong 1 vs 1 attacking ability, Flank service, Long range shooting.*

#### 10 - Attacking Center Midfielder

*Finishing ability, Clinical passing in final third to create scoring opportunities Strong 1 vs 1 in final third, Makes play predictable through putting pressure on defense.*

#### 9 - Forward

*Ability to play with back to the goal, Creativity and technical finishing abilities, Strong and tough.*



## TRAINING INFO

### TECHNICAL TRAINING

At least one night a week, teams are expected to attend Technical Training in the Technical Area. You and your team will work with the Technical Training Staff.

---

This program is designed to improve your individual technical skills, help you achieve your goals and help you take your abilities to a next level of development. Through hour-long training sessions tailored to your specific needs as an individual player, we will create a training plan for you that fits your schedule, track your progress and continuously evaluate your progress and assess your needs.

[See Technical Training](#)

**“The team with the most creative players and players who can dominate the 1v1 situations all over the field will be the most successful.”**

## TRAINING INFO

### KEEPER TRAINING

At least one night a week, keepers are expected to attend Goalkeeper Training in the Technical Area. The goalkeeper is one of the most important players on the field - they are the last line of defense and the first line of attack. To play the position well requires special skills and training.

---

This program is designed to improve individual keeper skills, help you achieve your goals and help you take your abilities to a next level of development. Even though the goalkeeper must, whenever possible, be given individual training at the hands of a specialist coach such as this, he/she must also take part in training sessions with the whole team, therefore allowing them to be confronted with real match situations.

[See Keeper Training](#)

**“Most keepers dream of making the perfect shot. Goalkeepers dream of stopping the perfect shot.”**

# #GryphonGameDay

{ LIKE  
SHARE  
TAG }



@SportingIndianaFC



@SportingIndiana



@sporting\_indiana\_fc



## STAY CONNECTED

[www.SportingIndianaFC.com](http://www.SportingIndianaFC.com)

**HAVE A GREAT  
SEASON,  
GRYPHON!**



[www.SportingIndianaFC.com](http://www.SportingIndianaFC.com)