



PDA / S.C. Vistula Parents' Meeting Today and Tomorrow of the Club & Role of the Parents

Garfield, NJ 14.11.2023



Samuel Nellins – Academy Director
Bartlomiej Zalewski – Director of Methodology
Dariusz Wesolowski – Club's President

- **Welcome Remarks**
- **Club's Goals**
 - **To be the Best Academy in the United States**
 - **To be the Best Coached Academy in the United States**
 - **To Develop and Win when we want to**
 - **To provide a path for each player from REC to PRO**
 - **To preserve the heritage**
 - **To be affordable**

Samuel Nellins – Academy Director



- **Current status of the Club**
- **Plans for this Season**
- **Plans for the Future**
- **Growing Pains**
- **Communication**
- **Clubs Standards**
- **College and Pro Pathway**



PDA / S.C. Vistula Parents' Meeting

“COACHING METHODOLOGY”

Garfield, NJ 14.11.2023



Coaching & Management Staff

Coaching staff /what we have/:



President of the Club:
Dariusz Wesołowski

Academy Director:
Sam Nellins

Head of Methodology:
Bartłomiej Zalewski

Head of Zone 1:

Head of Zone 2:

Head of Girls Department:

Head of GK's Dept.:

Coaches of Zone 1:

Coaches of Zone 2:

Girl's Coaches:

GK's Coaches:

Coaching staff /what we need/ :



President of the Club:
Dariusz Wesołowski

Academy Director:
Sam Nellins

Head of Methodology:
Bartłomiej Zalewski

Head of Zone 1:

Head of Zone 2:

Head of Girls Department:

Head of GK's Dept.:

Coaches of Zone 1:

Coaches of Zone 2:

Girl's Coaches:

GK's Coaches:

Fitness Coach:

Fitness Coach:

Analytic Coach:

Analytic Coach:

Talent ID Coach:



MODEL of WORK

Training week's schedule:



Classic training week /3 TS + 1 PTS + Game/: Monday - Sunday

OPTION 1

Day off
/Active
recovery,
individual
work/

Training
session 1

Positional
training
session

Training
session 2

Day off
/Active
recovery,
individual
work/

Training
session 3

Match day
/season game,
friendly,
Tournament/

Training week's schedule:



Classic training weeks /3 TS + 1 PTS + Game/: Monday - Sunday

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Match day
/season game,
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OPTION 2

Training
session 1

Training
session 2

Positional
training
session

Training
session 3

Day off
/Active
recovery,
individual
work/

Match day
/season game,
friendly,
Tournament/

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Training week's loads:

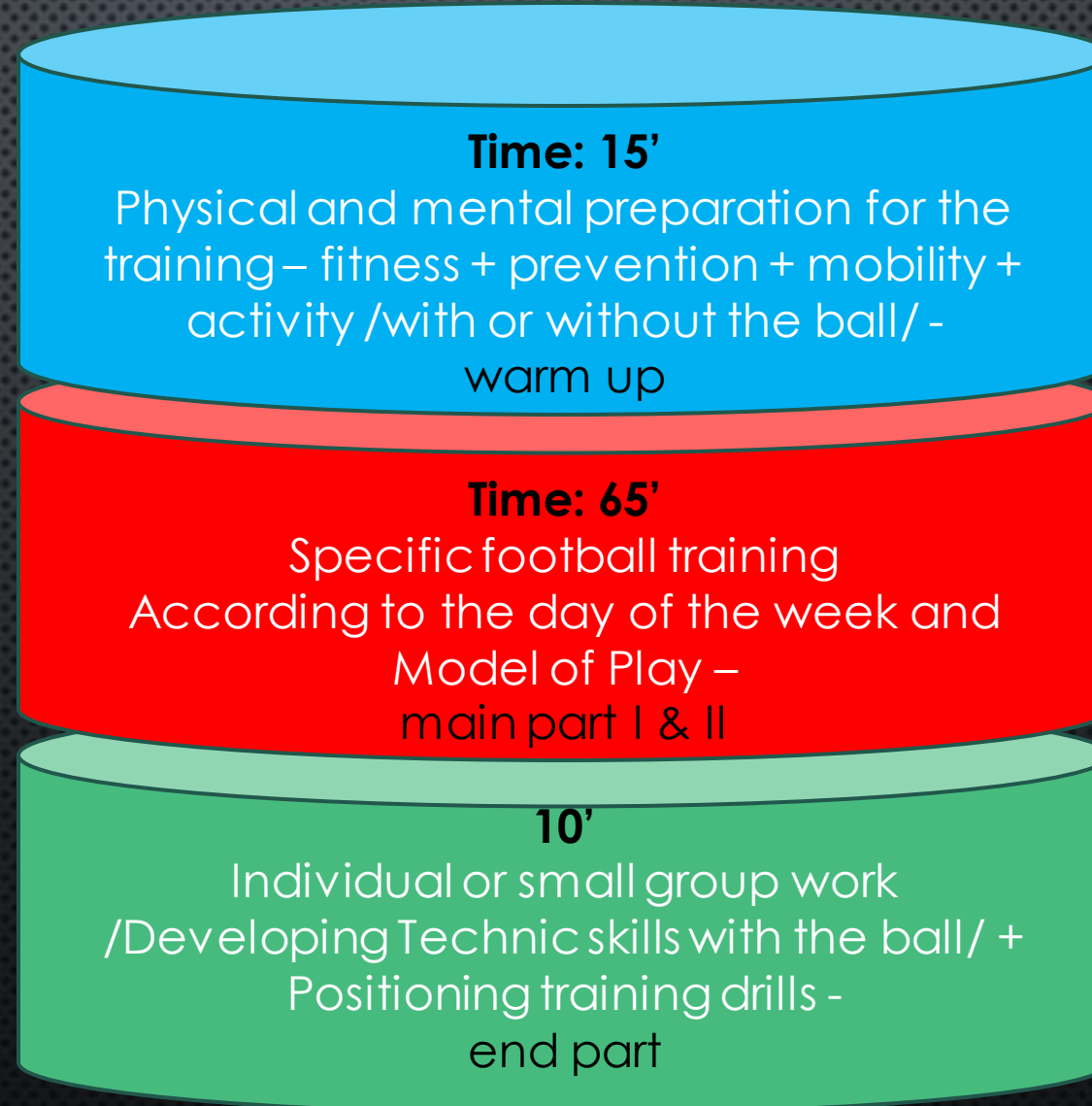


Classic training weeks /3 TS + 1 PTS + Game/: Monday - Sunday

OPTION 2

Training session 1	Training session 2	Positional training session	Training session 3	Day off /Active recovery, individual work/	Match day /season game, friendly, Tournament/	Day off /Active recovery, individual work/	
Middle Format Possession games	Small – sided games 1v1, 2v2, 3v3, 4v4	Individual approach	Fragments of play – 8x6, big format games, set pieces	Mental training: sport psychology, team building	Real game 11v11	Active recovery: bicycle, swimming, walking etc.	Activity
Activation, mobility	Conditioning & strength	All motor skills specific for the position	Speed	Recovery	Football Fitness Abilities	Recovery	Fitness
Passing & receiving	Dribbling, passing, shooting	All technic skills specific for the position	Crossing, shooting	X	All technic skills	X	Technic
Group tactics /All phases of the game/	Team and group tactics /Defending +DA phases of the game/	Individual and group tactics /all phases of the game/	Team and group tactics /Attacking + AD phases of the game/	Team analysis	Model of play	Individual analysis	Tactic
Mental recovery – low coaching	Intensive coaching	Intensive coaching	Low coaching	X	Fix to real game	X	Mental

Training session's structure:



Training week schedule:



Classic training week /3 TS + 1 PTS + Game/: Monday - Sunday

Training session 1

Training session 2

Positional training session

Day off /Active recovery, individual work/

Training session 3

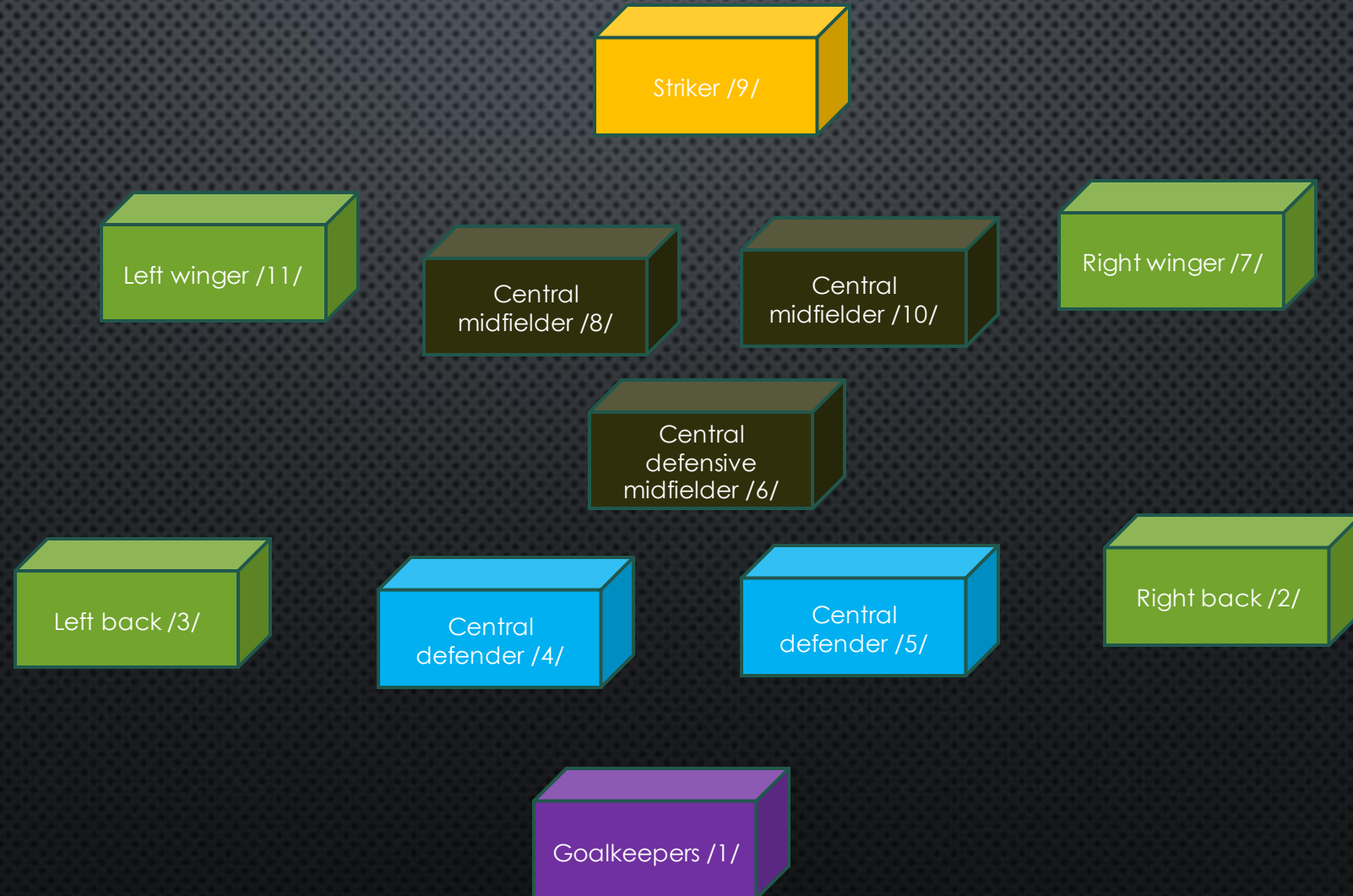
Day off /Active recovery, individual work/

Match day /season game, friendly, Tournament/

Positional training training groups /1-4-3-3/:



Positional training session



Positional training rules & principles:



Positional training session

Left winger /11/

Left back /3/

Central defensive midfielder /6/

Right winger /7/

Central midfielder /10/

Central defender /5/

Striker /9/

Right back /2/

Central midfielder /8/

Central defender /4/

Goalkeepers /1/

System and Model of Play are the most important objectives to specific positional training

Zone & sector for the training session are strictly connected with the specific position appear during the game. Pressure of time & opponent !!!

High number of repetitions and high intensity in different game situations, small groups of players !!!

Connecting familiar positions into formations, especially during the last part of the training.

Positional training session structure:



Positional training session

Left winger /11/

Left back /3/

Central defensive midfielder /6/

Right winger /7/

Central midfielder /10/

Central defender /5/

Striker /9/

Right back /2/

Central midfielder /8/

Central defender /4/

Goalkeepers /1/

Time: 10'
Warm up /preparation for the training/

Time: 15'
Main Part I – development of the technical skills specific for position

Time: 30'
Main Part II - learning and development specific actions for position /principles and rules – tactical, technical and motorial aspects/

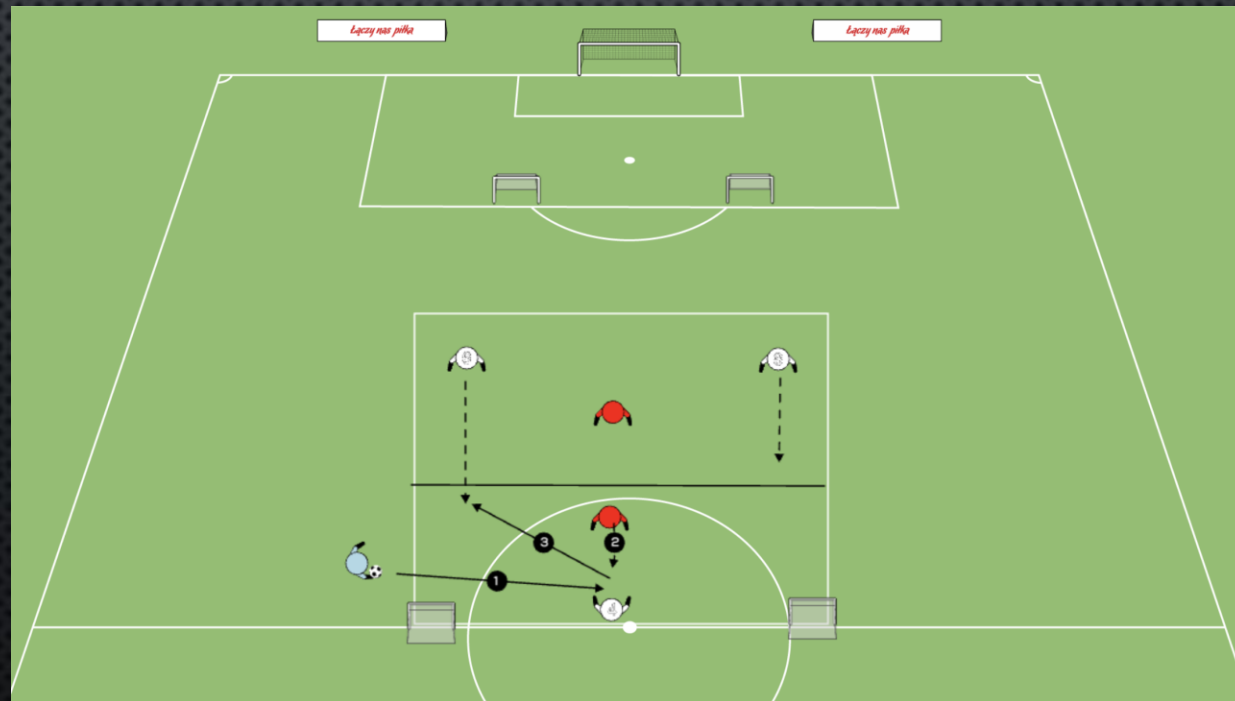
Time: 5'
cool down & feedback

Positional training session structure:



Positional training session

Time: 30'
Main Part II - learning and development specific actions for position /principles and rules – tactical, technical and motorial aspects/

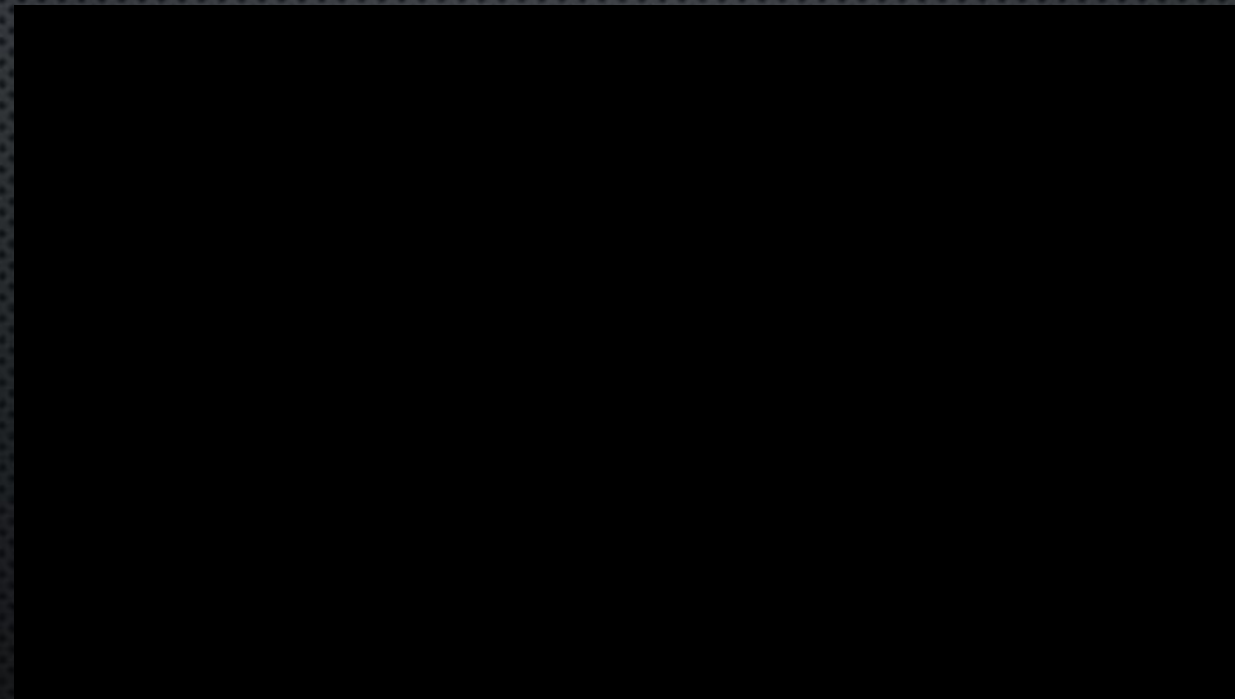
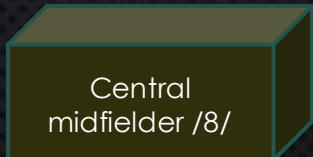
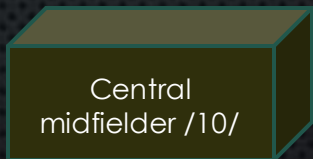
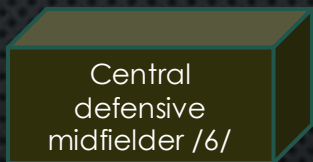


Central defensive midfielder /6/

Central midfielder /10/

Central midfielder /8/

Positional training session structure:



Training week schedule:



Classic training week /3 TS + 1 PTS + Game/: Monday - Sunday

Training session 1

Training session 2

Positional training session

Day off /Active recovery, individual work/

Training session 3

Day off /Active recovery, individual work/

Match day /season game, friendly, Tournament/

Day off structure:



Mental training:
sport psychology,
team building

Active recovery:
bicycle,
swimming,
walking – **very
low intensity**

**Every day off
activity must
be reported to
the Head
Coach**

Physiotherapy:
Manual therapy,
Massage etc.

Individual work:
injury prevention,
gym /upper
body/– **very low
intensity**



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“THE ROLE OF THE PARENTS IN THE PROPER SOCCER DEVELOPMENT”

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OUR MOTTO



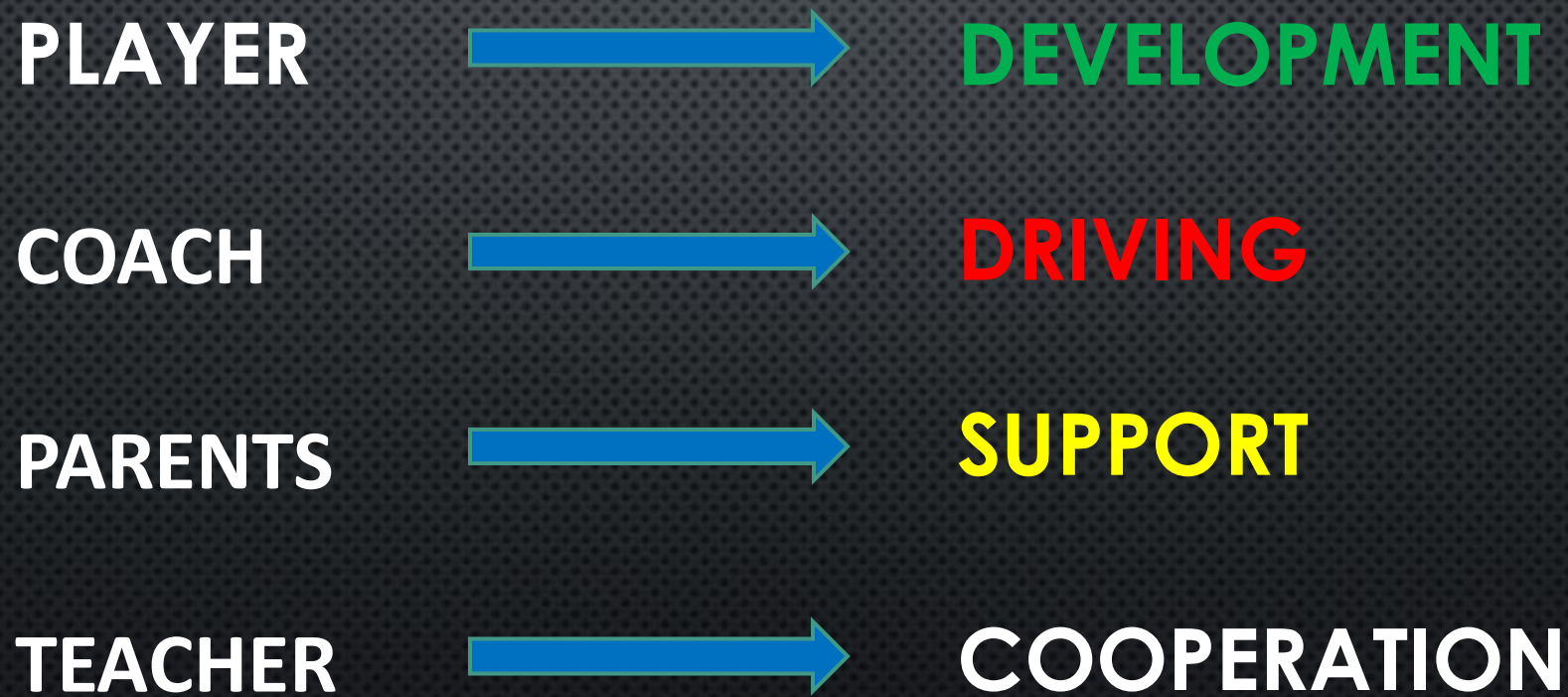
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It is with their parents that young athletes spend the most time. The parent is an authority for the child and has a huge influence on its development. In order to wisely support children and fulfil the **role of a modern sports parent**, it is worth taking care of **appropriate preparation**.

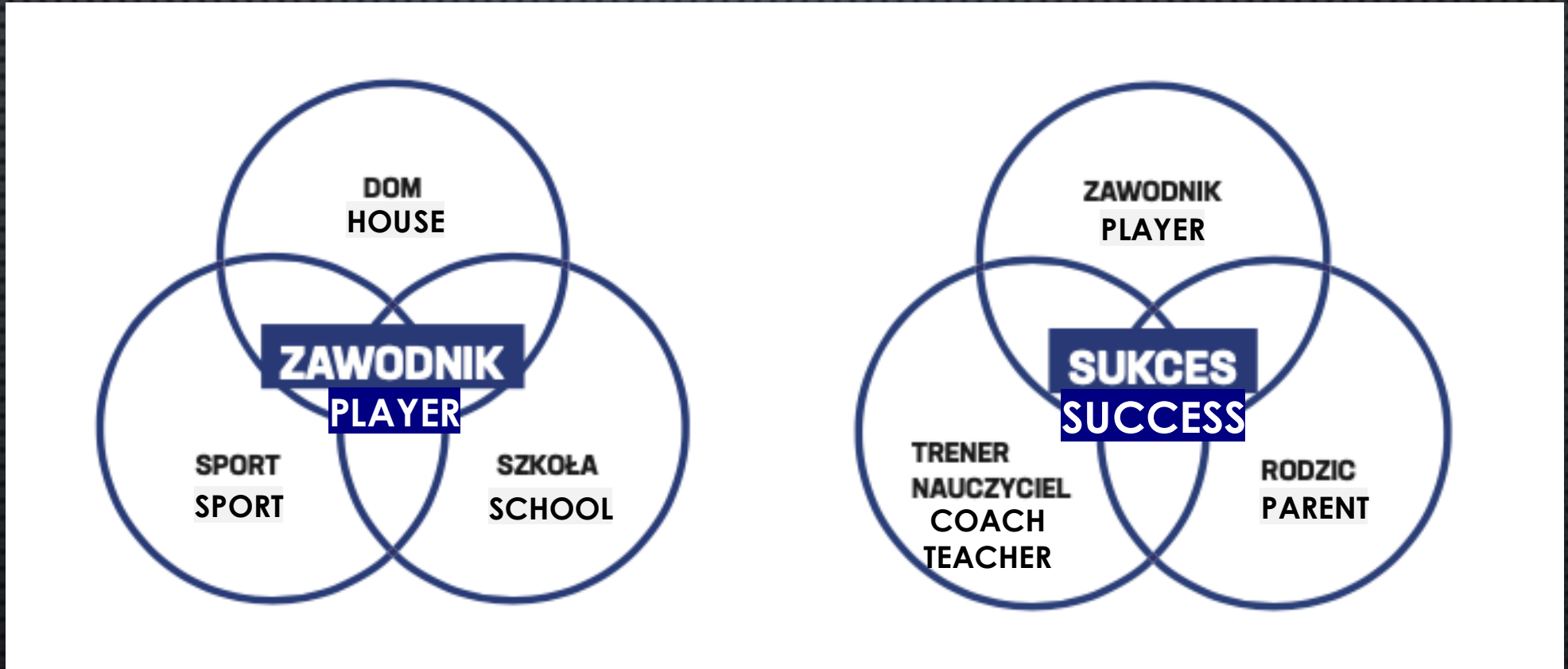
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Key people vs. Key actions



Main areas vs. Key people



The young player runs in several areas that interpenetrate each other

Each person around the player has different tasks and plays a different role, but we all have the same goal - child development

Fifth Pillar - Professionalism



FOUR PILLARS OF DEVELOPMENT

1. Technical
2. Tactical
3. Motorial
4. Psychological

FIFTH PILLAR: Professionalism

To take full advantage of all four pillars of player preparation, it is worth to remember about one more element – professionalism.

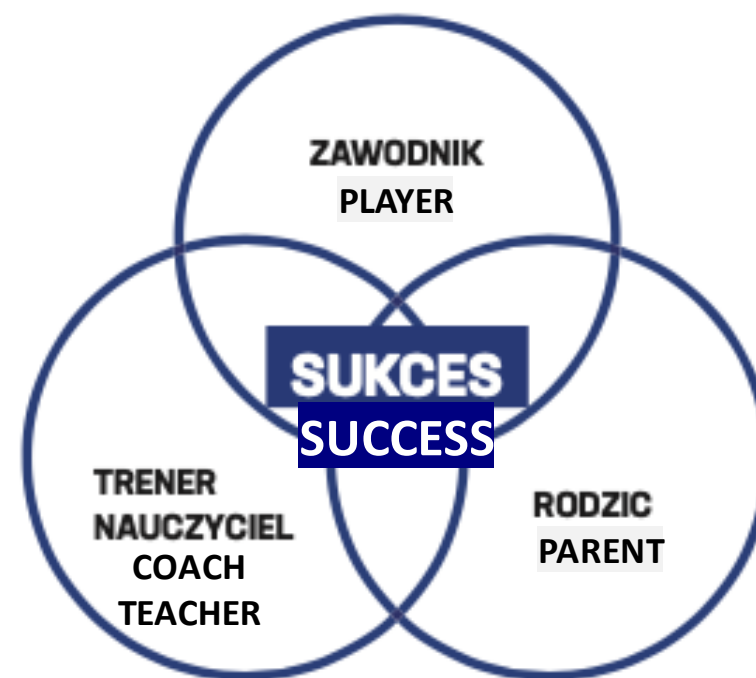
By professionalism we understand not only healthy eating habits, but also **everything that a player does between workouts.**

Professionalism also manifests itself in paying attention to **details** and caring for **the quality** of the work performed.



What it means to be a conscious parent?

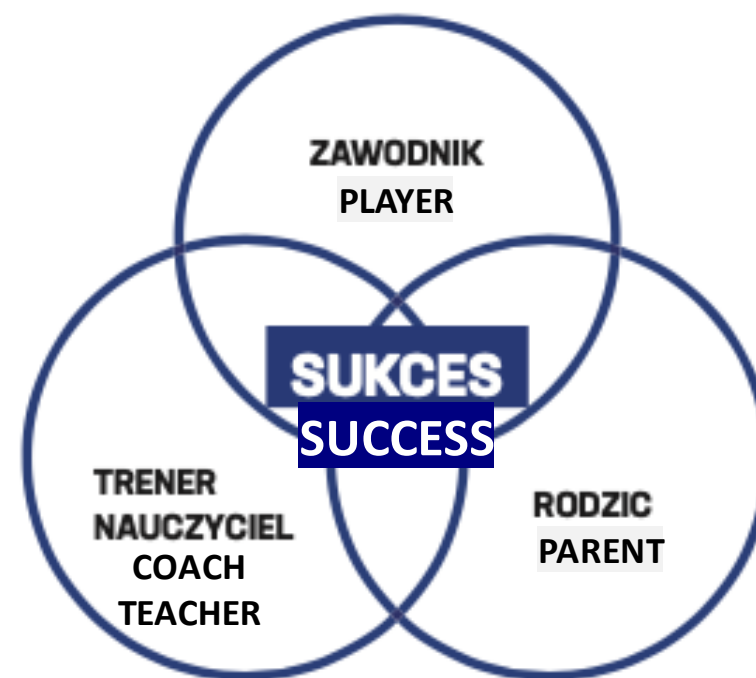
“We often talk about being a conscious parent who wisely supports a young footballer. But let's think what this really means.”





What it means to be a conscious parent?

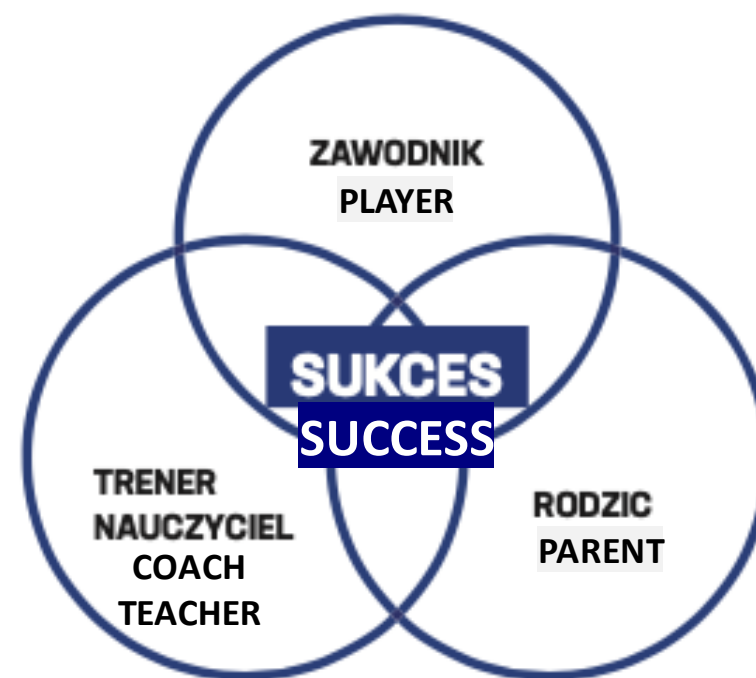
- A conscious parent is one who understands that many people try to be successful in football and **only a few succeed.**
- **Understands and respects your child's needs.**
- A conscious parent can distinguish between his **private goals** and his child's motivation.





What it means to be a conscious parent?

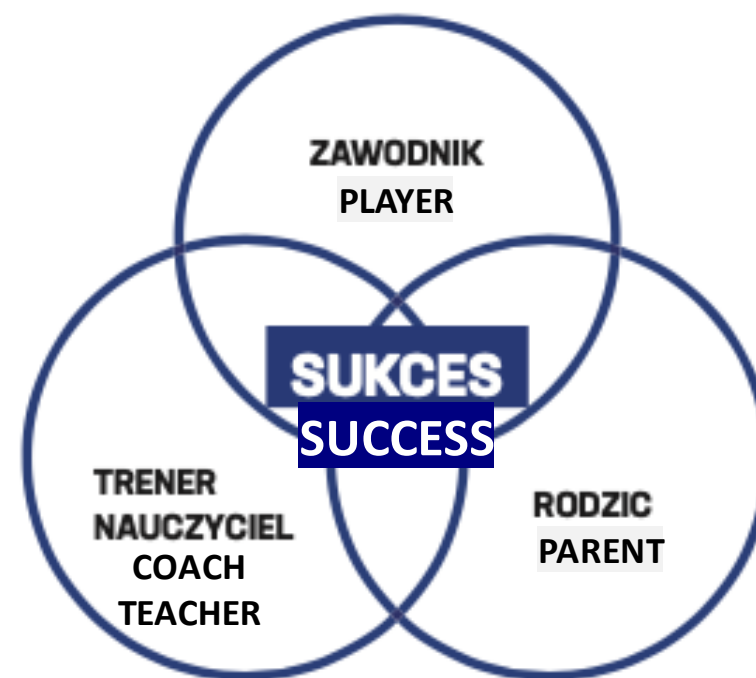
- Parent understands that the greatest motivation for a child is **having fun and enjoying the game**, which is why he is able to show acceptance and support to his child regardless of the sports result.





What it means to be a conscious parent?

- Parent understands that there will still be **time to compete and win**.
- Parent **seeks knowledge**, listens to others, and at the same time is able to make independent decisions and take responsibility for them.



Practical Tips



Self - motivation:

motivation is the **driving force** of young football players

Independence:

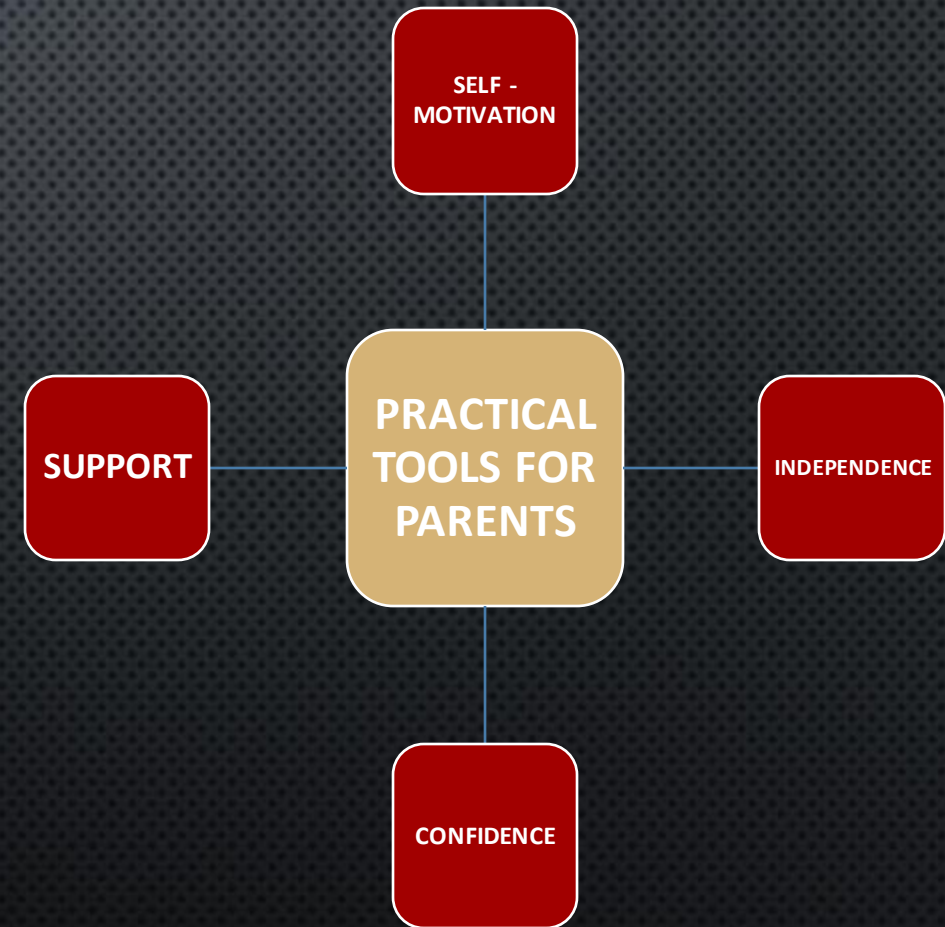
Through sport, children learn to be independent, **make their own decisions**, make mistakes and draw conclusions

Confidence:

Children are **great observers**. Your behaviour affects your child's well-being. Through wise support, you can build your child's self-confidence.

Support:

Success in football is usually achieved by players who have **strong and professional support**.





- Anonymous Survey
- Closing Remarks

- Questions & Answers

