



## Warriors Sports Academy Training Policy

### Development Pathway from Lower-Level to Top Teams

#### Purpose

This policy outlines the training standards, expectations, and development goals for players across all levels of our club, from lower-level teams (introductory) to top-level competitive teams. Our goal is to create a consistent and supportive training environment that promotes growth, effort, and progression at every stage.

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#### 1. General Philosophy

- Player development comes before results, especially at younger age groups.
  - Training intensity, tactical understanding, and competition level increase gradually as players move up.
  - Coaches will foster an environment that encourages creativity, learning from mistakes, and a love for the game.
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#### 2. Lower-Level Teams (Foundational Development – U7–U10)

##### Objectives:

- Focus on **fun, basic skill development**, and confidence-building.
- Develop understanding of **fundamental techniques**: passing, dribbling, receiving, and shooting.
- Introduce basic **game rules** and positional awareness.

##### Training Guidelines:

- 2 sessions per week recommended.
- Activities should be **age-appropriate and engaging**.
- Equal playing time philosophy encouraged.
- Mistakes are part of learning—no pressure to win.

##### Player Expectations:

- Bring a positive attitude and be ready to learn.
  - Attend practices regularly.
  - Encourage others and display good sportsmanship.
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### 3. Intermediate Teams (Developmental Pathway – U10–U12)

#### Objectives:

- Reinforce technical skills with **more focus on team play and game intelligence**.
- Begin teaching **defensive principles, support play**, and transitions.
- Encourage individual responsibility for **off-the-ball movement** and communication.

#### Training Guidelines:

- 2–3 sessions per week.
- Small-group and position-specific training introduced.
- Continued focus on development over results.

#### Player Expectations:

- Demonstrate commitment to training and games.
  - Apply feedback and show a growth mindset.
  - Begin understanding the value of roles and responsibilities on the field.
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### 4. Top Teams (Competitive Development – U12–U18+)

#### Objectives:

- Prepare players for **high-level competition**, including regional and national tournaments.
- Refine technical and tactical skills under **pressure and speed**.
- Promote leadership, accountability, and consistent performance.

#### Training Guidelines:

- 2-3 sessions per week, with potential for supplemental or invite-only training.
- Video analysis, tactical sessions, and fitness included.
- Playing time is **earned based on performance, attitude, attendance**, and commitment.

#### Player Expectations:

- Show **high commitment and responsibility**.
  - Compete in every session, while maintaining team-first attitude.
  - Seek continuous improvement and handle feedback professionally.
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## 5. Movement Between Teams

- Players are assessed regularly and may be moved based on development, attitude, and readiness—not just physical performance.
  - Movement up or down is a **part of the growth process**, not a reward or punishment.
  - Player may be invited to higher level team training with both coaches' concurrence.
  - Communication with players and parents will be clear and constructive.
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## 6. Coach Commitment

- Coaches will tailor sessions to the team's needs and stage of development.
  - Ongoing coach education ensures consistency across all levels.
  - Coaches will provide honest, constructive feedback and support player growth.
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## 7. Parent Partnership

- Parents are expected to support the club philosophy and their child's journey.
- Questions or concerns should be addressed respectfully and through proper channels.
- Encourage long-term development rather than short-term success.