



## **AURORA ARSENAL SOCCER CLUB**

### **CHALLENGING PLAYERS\***

#### **The Idea**

For every player to fully develop they need to have a blend of different experiences. They need to be in training environments where they are the best player on the field and they need to be in environments where they are not the best player. The top player(s) for each team is theoretically not challenged as much as the rest of the players on the team because he/she is not being pushed by someone better than them. I would like to see AASC coaches consider taking the opportunity to ask their top players to train occasionally with the next oldest team in the club to address this situation.

#### **The Change**

It is the responsibility of our coaches to push their top players into environments like this. Every coach should make sure that everyone on their team is being pushed outside of their comfort zone in training.

#### **The Procedure**

1. The respective age group coach identifies a player who is leading their team in abilities and training habits.
2. The respective coach talks to the player and suggests that they train once a week or every other week with the next oldest team (e.g., U13 train with U14).
3. The respective age group coach contacts the coach of the older team about the possibility of the player training occasionally with his/her team.
4. The coach of the older team keeps the respective age group coach informed of the status and performance of the player in the new environment.
5. The privilege is taken away if the situation is not a positive one for both the player and the teams (the DOC should be involved if it is not positive to figure out why).

\* Adapted from Buffalo United Soccer Club – 2007.