



Handbook summary:



(A) : ESTA ORGANIZATION MODEL:

ESTA organization model is designed as a total project for detailed soccer player's development. This project is based on modern training methodology and organization to provide systematic and appropriate training through biomechanics analyze and soccer testing measurable evaluation. Through physical education aspects coaching clinics, nutrition and sports medicine classes we improve, complete environment for player's progress to increase potential possibility to become successful and famous players in the future. Our objective is to develop social skills and intellectual abilities, stretch motivation and responsibility as a part of daily life style as well.

ESTA model highlights:

- + 4 Years basic program includes 4 training levels through various training methodology.
- + Complete academy program is available for U (9-14) –PHASE 1—gold membership
- + All star phase is available for U (14-18) 1(golden membership) & (silver membership)
- + All players during phase 1 should be 14 years old and below. (Gold membership)
- + All players with gold membership status are eligible for golden academy certificate.
- + 2 years advance program is available for the players no older of 16 (silver membership)
- + ESTA team transfers:
The players from silver membership can be transferred to the golden membership teams but finally those players can earn only the silver academy certificate. ESTA provides system of testing evaluation and tactical and technical skill level as a basic transfer requirements.
- + Advanced micro level: U (7-9)
- + Micro soccer U (5-7)-Recreation soccer
- + Parent soccer: Recreational soccer
- + Recreation level: U (7-14) Transfer availability to silver and golden membership
- + Academy training camps (Day & Resident)-out of competition season
- + International soccer tour –All groups and guest players with minimum 1 month membership card

(B) ESTA SYSTEM:

All training levels are designed as authentic appropriate program modules to develop all necessary requirements for serious player career. Our system level by level provides systematic learning and development of all necessary technical and tactical skills trough the training and competition period. Specific biomechanics analyze and testing evaluation trough all periods is our measurable platform for successful and serious player's development in the future.

Initials _____

PTL-Pre Academy Trial

This system is very important for us to recognize potential talent, previous experience, tactical – technical skill, methodic characters and personal characteristics. This training trial includes weeks (16 lessons) execution training program, 4 tests and subjective evaluation.

UBL- Unique Basic Trial

Our program is based on training methodology appropriate by the age groups and the appropriate time for technical and functional development. Our goal in this level is to develop basic soccer movement with and without the soccer ball, basic soccer technical skill with no mistakes, soccer rules, fear play, injury prevention and basic playing formations. Through the physical education aspect and soccer coaching as well in this period our objective is to establish all necessary preconditions for the elite competition level. Quick and simply .We teach them soccer “alphabet”. If the player’s technical skill is incorrect from the beginning usually those players can’t adapt on a high level training standards in the future. Our system of testing evaluation and training development in the same time offers real possibility moment to avoid all negative aspects of common mistakes in soccer player development. Valid test results and biomechanics analyze are our professional power to offer a real chance for serious soccer career for all of our players. Modern and rational training system methodology and long term of previous experience are authentic way to produce professional soccer players in the future. Three months training period provides enough time for realization of the training plan, so players have an opportunity to meet our standards for the next level. This training period includes minimum 1 and maximum 3 months depending of player’s technical –tactical skill, test results and all other characteristics...

ECL-Elite Competition Level

This level provides complete technical and tactical development and team building as well. Trough the competition, permanent training process, testing evaluation and selection process this level prepares our players for final academy master competition level. (Club soccer)

Complete soccer season of 10 months provides training and competition period and seasonal academy training camps. Our objective is to keep players together trough a year and provide detailed and intensive training process. Our experience showed that one of the main problems in the player’s development is a long period between two seasons.

ECL BRIEF ORGANIZATIONAL PLAN POINTS:

- ✚ TRAITS AND SPORTs BEHAVIOR
- ✚ SOCCER CONDITIONING-
- ✚ GAME SYSTEM
- ✚ INTERACTION OF TECHNIQUES, TACTICS, AND PHYSICAL FITNESS (INDIVIDUAL AND TEAM)
- ✚ SOCCER SPECIFIC TECHNIQUES
- ✚ TEAMWORK AND TEAM BUILDING
- ✚ IMPROVING SENSORY ABILITIES
- ✚ IMPROVING CHARACTER TRAITS AND TEMPERAMENTAL BEHAVIOR
- ✚ SOCIAL SKILLS
- ✚ SPORTS MEDICINE ASPEC
- ✚ NUTRITION
- INTERNATIONAL COMPETITION

Initials _____

MCL -Master Competition Level -BRIEF ORGANIZATIONAL PLAN POINTS:

MCL is designed as a level to provide total necessary technical and tactical skills after 3 pyramidal skill levels. After first micro period of 4 years our experts will be able to select players for the further academy project –soccer club without age limitations with totally club training methodology and high organizations standards.MCL provides all necessary tactical and technical skill for a serious extended player career.

Systematic and progressive training methodology during the academy program, the player's career chart, competition and experience are basic components and real opportunity for further academy selection and professional and semi professional continuation of a career.

MCL components:

- ✚ High level standards of preparation for high level competition
- ✚ Soccer specific techniques and tactics
- ✚ Tactical training
- ✚ Team Tactics
- ✚ Group tactics
- ✚ Individual tactics
- ✚ Game strategy and systems
- ✚ Complex systems Transitions
- ✚ All aspects of manipulating of space
- ✚ Functional training

AL-Advance Level

Advance level is designed as a level for academy membership players U 7-9 and U (14-16).

AL 1 is an extended program for academy membership players after the micro soccer period.

For new players AL 1 requirements includes Pre-academy testing level (one month training trial period) MANDATORY and unique basic trial period 1- 3 months.

Al 2 is an Academy level for players U 14-16(silver membership) .Those players cannot be included in golden Academy membership of 4 years program but they have a real opportunity to be selected for the all stars level and club soccer after 2 years training and competition period. Basic requirements for those players are Pre-academy testing level and basic trial period 1- 3 months.

Initials _____

Euro soccer training academy goalkeeper progressive instructional program module:

Pre-academy- trial P T L

Unique BASIC LEVEL U B L

Elite competition level E C L

Master competition level M C L

Advance level AL

Goalkeeper program is designed as a many various technical sessions. We are focused on avoiding double participation for goalkeepers as field players and goalkeepers by the moment of interest. ESTA provides quality coaching specialized staff ready to organize quality and effective progressive methodology. Our goal is to give goalkeepers same attention for specific training needs and also train with respective teams.

Soccer fitness training

U 13 and up

Euro soccer training academy provides progressive training methodology appropriate of all age groups.

One part of soccer fitness program will be realized as a fitness gym program one session per week, during one micro cycle.

ESTA provides total supervising for all players trough the gym fitness training.

All players need to complete the physical fitness test before training process.

Fitness program module:

Basic training program

Mid level program

High level program

***Initials*_____**

Micro soccer U (7-9)

As Soccer wizards, with positive energy, and a smile throughout the game, we always teach the students to feel soccer, the culture behind it and how to enjoy it. One has to be a master to steer the student's attention and density to soccer game. If children come home smiling and happy we succeeded.

WE DID!

EURO SOCCER TRAINING ACADEMY MICRO SOCCER STRATEGY

- ✚ Love for children
- ✚ Positive energy
- ✚ Ability of adaptation to children's level
- ✚ Knowledge of the essence of children game through soccer
- ✚ Variety in work
- ✚ Patience
- ✚ Ability of demonstration
- ✚ Game programming
- ✚ Increase of interest
- ✚ Creating the atmosphere
- ✚ First soccer steps through fun games

Initials _____

Esta camps system:

1. Day camp -

We provide camp as a technical and tactical player development.

Day camp is open periodically during all year. We are hosting the ESTA players and non-membership players as well. On membership players can't be invited in regular academy program if they have obligation in other clubs.

2. Florida plus (residential 7 days camp)

Camp is designed for players all the across the country and provide excellent soccer, social and adventure activities during a camp period.

3. ESTA world camp 2 week's residential camp

Camp is designed for overseas players and USA players as well. This camp is excellent sports and adventure opportunity .ESTA provides excursion to some of the most popular world destination as a part of cultural exchange value.

Note: Day camp is free for ESTA membership players

We follow ACA standards and procedures during all our camps.

Personal training:

ESTA offers individual & group training sessions. Soccer Training focuses on the individual needs of our players our personal soccer training staff is well qualified to train each client for improvement results. All of our trainers are seasoned professionals and will challenge you to meet your goals.

Technical training &Tactical training

Soccer conditioning

Our trainers have the education and experience and know how to improve your ability

Individuality:

We understand that everyone is unique and requires a program that works on the needs of the individual.

Motivation:

We know how to keep you motivated and focused on your individual goals.

Initials _____

ESTA Soccer school /everyone play

This recreational program is designed for players B& G U 7-12

Our goal is sport participation, social and personal development and an appropriate basic soccer education. Through recreational, fun and pedagogical process we observe talented players and with step by step methodology we slightly lead them towards soccer training process to prepare them for competition models.

We provide friendly games into the association and follow the rules of associations that we are affiliated.

Micro soccer

No Refs- no pressure

Cultivate teamwork, sportsmanship, and making new friends.

As soccer specialists, with positive energy, and a smile throughout the game, we always teach the students to feel soccer, the culture behind it and how to enjoy it. One has to be a master to steer the students' attention and density to the game of soccer. If children come home smiling and happy we succeeded.

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- ✚ First soccer steps through the fun games

Initials _____

Efficiency:

Your time is valuable. We will help you make the most of your 120-minute session by providing you with a time efficient and effective program.

Professionalism:

We are committed to our players and helping them achieves success.

Parent soccer

- + We are very excited to offer you a recreational soccer program once per week. Program was designed as positive fun recreational way that you enjoy in friendship, recreation, various activities and anti stress health body rest as well.
- + It will be a good opportunity to feel soccer that means better understanding your child's requirements .Our former experience showed high level parents attention and positive attitude on the soccer field.
- + We have no limitations by age and training goal. The basic orientation is fun active recreation and key for your superior health shape.
- + Various activities will provide your positive energy balance and enjoyable fun time.
- + Program module:
 - + Factors of physical conditioning development:
 - + Power-speed-endurance-flexibility-coordination (low intensity)
 - + Competition moment
 - + Basic tactical soccer skill development

Scholarship opportunity:

The Esta is committed to the development of sport excellence amongst its players. To demonstrate this, the ESTA has allocated resources towards supporting talented soccer players .The our scheme is designed to help players develop their full sporting potential by giving the necessary flexibility and support required to train and compete at the highest level whilst achieving an school qualification.

Parent Signature _____

Player signature _____