



CONTINENTAL FOOTBALL CLUB



ECNL and NPL Updates: October 20, 2016

TRAINING

As high school seasons come to an end, we will begin to start up our U15 – U18 ECNL and NPL training schedule. Starting November 1st, teams should be training regularly on their own at the times allotted on the field schedule which can be found here” <https://docs.google.com/spreadsheets/d/1KjhlQKQpeU4ugX4nkNukcaRq5Q-DA8ViL7eEOIkEiA0/edit#gid=466099751> . Please make sure to review the field schedule and let Peye and myself know of any issues. As you know, with more ECNL/NPL teams training on the East than ever, along with additional Zone 1 and Zone 2 East teams, field scheduling is never easy, so please ensure you confirm training times through the new year, and update your TeamSnap for families.

For high school age teams, here are some reminders:

- Training can start next week, but feel free to join groups together due to some high school teams still being in playoffs, but groups should start to train individually the Tuesday after Halloween, November 1, as we will give the girls the night off that Monday.
- Starting November 7th, Monday is functional training for the ECNL. We will combine U13 – U15 teams and U16 – U18 teams on those nights and work on position specific training, etc.

More information about GK training will be forthcoming, but as of now, we will be having ECNL and NPL GK training with Shane Quinn on Thursdays at 6:30 PM at PG.

CURRICULUM, STYLE OF PLAY AND ECNL NPL EXPECTATIONS

Attached to this email, you will find 3 documents. Please have a look at them and know they will also be posted on Coaches Corner portion of the website. Let me know if you have any questions or concerns, and please make sure to share the ECNL and NPL Guidelines with the families.

For the Curriculum, it is broken down right now for U14 teams. We will be adding U16/U18 tabs for them as well. One session a week should be dedicated to the focus listed on the sheet. We will review further at a future ECNL/NPL coaches meeting, but use as a guideline when planning sessions for the week. I am working with web coordinator to allow me to link to sessions via the document but have had issues. In the meantime, if you need a specific session, or want ideas for a session, please let me know and I will send you one over.

AFTER ACTION

Remember that After Action is the evaluation tool we use for our ECNL and NPL players. Please ensure that these After Action reports are complete after each weekend of events. A separate email was sent to coaches and this is a requirement for each ECNL and NPL coach.

TRAVEL

As a reminder, Peye works with teams and managers in regards to all travel needs and lodging. Managers or teams should not make any arrangements for travel without consulting with Peye first. Any questions regarding travel for league and national events, please contact Peye at garcia@continentalfc.org .

VERGE ATHLETICS

Verge Training has been ongoing, and while it is tough now with high school schedules, we need to continue to be supportive of the program, its long term benefits and continue to encourage our players to be taking full advantage of it while we are using it. Once the high school season comes to an end, and when we add games/events on weekends, we will look to have the training one night during the week and have worked through a periodization with the trainers and coaches there to ensure we are taking breaks, etc. at the correct time. For the majority of teams this fall, especially U13 – U15 teams, it has been a great experience and with the success it had last year in terms of injury prevention and strength/power increases for many of our 98/99 ECNL players, we are looking forward to working with them throughout the year.

ECNL/NPL SCHEDULE

Make sure to take time to review the ECNL and NPL schedules listed on the website and enter games into TeamSnap ASAP. Although there can still be some changes to come, for the most part, the dates and times are solidified.

COLLEGE NIGHT

College night is tentatively scheduled for our high school aged teams on Sunday, November 20, or Monday, November 21, 2016. More details will follow but we hope to build off of a great event last year!

SOCCERRECRUITS

Our U16 – U18 ECNL and NPL groups have access to their accounts on SoccerRecruits. You as coaches also have access to these accounts for your teams. Please log in and ensure that the girls on your teams have been active, have a proper headshot, and within the next month, for your uncommitted players, I would like each player to have 5 schools “tagged” by a coach. If you have any questions on how to do this, please let me know.