



1381 W. Massey Rd. Memphis, TN 38120 Office: (901) 474 1035 www.soccerole.org

Integration Training Program Information “Pool Training”

The purpose of this document is to inform players, parents and coaches about our integration training program (ITP), also known as “Pool Training”.

What is “Pool Training”?

Integration of both Select teams (Gold & Blue) and/ or Select and Advanced Rec teams in a training session setting.

The concept of pool training will be used in addition to the traditional team structure within the Soccer Ole’ program. We acknowledge the benefits of “team identity” at different ages but, also believe in the pool training concept. We plan to have two “Select teams” worth of players for each age group and gender. Players will have team affiliations (i.e. Gold Team or Blue Team) but will also benefit from training as part of the larger “pool group” of players. The benefits of this include:

- Training/competing/socializing with a larger group of players moving into 8v8 & 11v11.
- Building more friendships
- Learning from other Soccer Ole’ coaches within the program.
- Players develop a full awareness of their “club or program culture” among peers of different ages and levels of experience
- Coaches have the freedom to structure teams and move players to ensure a competitive balance and encourage player development. Ex: “Guest players”.
- Players can be kept in an environment that challenges them and suits their ability/size/speed
- Opportunity for coaches to evaluate and assess players within the entire age group
- Opportunity for coaches to collaborate with each other for professional development.
- Monitor overall progression and development of the age group.

Date/Time

Most Select age groups have already been scheduled to practice at the same time and location. Therefore, the integration process should be easy to establish and manage.

*If only one Select team in the age group: Advanced Rec and Select teams will coordinate integrated sessions within the same age group.

Frequency

- Coaches have the freedom to plan their integrated sessions according to their age group training, league games and tournaments schedules.
- Coaches may also do a full integration (entire session) or partial integration (part of the session such as warm up, skills, small sided).

Soccer Ole’ encourages integrated sessions once every 2 weeks. The frequency of integrated sessions have a positive correlation with the amount of players could potentially be developed within the age group. Therefore, coaches have to take in consideration our philosophy, “team identity” and the level of development of each team in order to schedule integrated sessions.