U8 (2010) - U10 (2008)
2017 Competitive Program

Agenda

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Mission Statement

Pleasanton RAGE is a girls soccer club that makes team and player development its central focus. Programs are offered at all levels and demonstrate a strong commitment to the development of the whole player including the technical, tactical, physical, and psychological areas of our player's development within the team environment.

Core Values:

- Commitment to the players. Treat players in a respectful manner.
- Commitment to skill development as the foundation of our philosophy.
- Provide quality leadership, mentoring, and role-modeling for the girls in our charge.
- Provide a positive and nurturing, but challenging learning environment.
- Provide programs for players at all levels of skill and commitment.
- Instill a good work ethic and a sense of personal responsibility towards each player's own development.
- Instill a dedication to teamwork and a sense of loyalty to our Club among players, parents, and coaches.
- Foster a spirit of contribution in giving back to our community.
- Provide an enjoyable soccer environment for all players, coaches, and parents.

2017 RAGE Club

- President: Jon Asmussen
- Competitive VP: Martha Brown
- Competitive Associate VP: Steve Moura
- Treasurer: Ross Stonesifer
- Secretary: Dan Allari
- Positive Coaching Alliance (PCA) Reps: Bruce Hershey and Rob Guerra
- Recreational VP: Mike Stewart
- Recreational Associate VP: Cindy Whitehand
- Directors: Brian Damiani, Erika Carlson, Juliana Capata, Erik Hofstede, Cassandra Fuller
- Director of Coaching: Philippe Blin
- Assistant Director of Coaching: Walter Pratte
- Club Administrator: Tamie Shadle
- RAGE College Showcase Tournaments: Marty Florian

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2017 Coaching Staff

U8 (2010)

- Elite I – Tim Gray and Lisa Wilson
- Elite II – Tim Gray and Lisa Wilson

U9 (2009)

- Technical Trainer & Age Group Director--Marco Lopez
- Elite – Marco Lopez
- Premier – Maddison McEvilly
- Orange – Sofia Apsey

U10 (2008)

- Technical Trainer & Age Group Director -- Dave Shaw
- Elite – Dave Shaw
- Premier – Nick Mangiardi
- Orange – Laura Burton
- Grey – German Lopez

Goalkeeping Trainer – Derrek Lesley

Coaching Objectives

Coaching Plan

- Modified USSF Curriculum – Focus on Technique

Creating a Disciplined Culture

- Rules and behavior expectations to create a good learning environment

Development and Competitiveness

- The focus will be development – Challenge the players in different positions (even goalkeeping)
- Formation designed to challenge the team and players
- Develop a winning mentality with the players

Player Development

Improve Technical Ability – Build for the Future

- Dribbling, Shielding, 1v1 Attacking, Shooting, Passing, Ball Control, 1v1 Defending, Goalkeeping
- Work on weak side as much as strong side
- Confidence on the ball to make good decisions

Improve Physical Ability

- Speed, Agility, Coordination, Flexibility, and Balance

Improve Individual Tactics

- Basic Attacking/Defending Principles

Teams will play 7v7

Season Schedule

- Spring — March - May
  NorCal Premier Spring League
- Summer — June Break
- Fall — July 5 – mid-December
  8 to 10 NorCal Premier League games
  3 to 4 Tournaments/Jamborees
  NorCal Premier League State Cup
- Winter — Break: December – March
  Winter RAGE Academy Training
- Spring ‘18 — March – May NorCal Premier Spring League

Placements: May 2018 (new NorCal schedule)

Spring Practice Schedule

- Practice will begin the week of March 13th
- Training 2 - 3 times per week
- 1.5 hour practice sessions
- Times and days –TBD
- Play Dates/League Games TBD

Action items for you: Sign up for Spring Soccer, pay fee, and submit documents if new to RAGE comp soccer

Fall Practice Schedule

- Practice will begin in July
- Training 3 times per week
- 1.5 hour practice sessions
- Times, days, and locations – TBD
- Expected to attend all practice sessions
- Missed practices will impact playing time
- Parents welcome to watch, but no coaching
- Train as separate teams, but may combine some sessions; pool play training 1 time per week
- Goalkeeper session – 1 time per week

Equipment

- Size 4 soccer ball (write your name on the ball)
- Ball Pump – (balls must always be adequately inflated)
- Shin Guards
- Cleats
- Training Uniform – Orange shorts and orange socks; white RAGE practice t-shirt, and grey RAGE training jersey (U10 only). Teams may decide to get a different color also.
- Note: U8 and U9 will need to purchase orange socks at Soccer Pro since only white socks are included in your kit.
- Adequate supply of water

Uniforms

- U8 and U9 teams: The following items are required and included in your registration fees: Orange and grey game jerseys; orange shorts; white socks
- The following items are required, and need to be purchased: Orange socks; white RAGE practice t-shirts
- U10 teams and above will purchase required items above, including a grey training jersey.
- Jersey numbers are determined according to team once rosters are formed
- Team Uniform coordinator will set up team fittings at **Soccer Pro** and get information to team regarding uniform orders.

NOTE: Angela Gervasoni our RAGE Club uniform coordinator can answer any questions regarding practice gear, uniforms, and jersey numbering --- Angela.Gervasoni@att.net

Playing Time

- Playing time will be at coach's discretion, depending on level of team (see PIM 002)
- Coaches will address with the team
- Factors:
  - Attendance at practice
  - Practice effort and attitude
  - Performance

Sideline Behavior

- No parent instructions to players during the game. Cheering is encouraged.
- Players learn to make their own decisions
- Players need to make mistakes to progress
- Need to listen to one voice – the Coach
- No negative comments – PCA and RAGE zero-tolerance policy (PIM 017)
- We will ask for a PCA Representative from each team
- PCA meetings to be scheduled. One parent from each team is strongly encouraged to attend.

Referees

- Main reason for losing referees – verbal abuse from parents and coaches
- Don’t question calls during games
- Don’t approach the referee after the game
- Poor sideline behavior will result in disciplinary action and could result in your daughter being removed from the team

The Club needs more referees. Interested? Visit the web site Referee page.

RAGE Tournaments

- RAGE College Showcase Olders, July 21-23, 2017
  - Age groups (U15) 2003 and up
- RAGE Showcase Youngers, July 29-30, 2017
  - Age groups (U9) 2009 to (U14) 2004
- Top two teams in each age group attend; application fee is waived, but all parents are **required** to volunteer.
  - These teams need to assign a Showcase Representative to handle volunteer job sign ups, etc…

To get involved, please contact Martha Brown at marthabrown@pleasantonrage.org

Communication

- Team Snap
  - This is the easiest way for the Team Manager and Coach to communicate with the team. Age Group Director can also be included to be kept in the loop
- Email (preferred)/Text /Phone
  - Most communication will be sent via email
  - Parents must communicate/explain any absences
- 24 Hour Rule
  - Any questions/concerns after a game should wait 24 hours
- Order of communication regarding any issues:
  1. Coach
  2. Age Group Director
  3. Director of Coaching

Player and Parent Feedback

- Coaches will communicate at least twice/month about team development
- Zoom Reports: An online tool that coaches use to give player evaluations. End of Spring/End of Fall
- Purpose – Player feedback: technical, tactical, psychological and physical areas to focus on
- November: In-person discussion with coach

Team Management

Volunteers needed for each team. Each family must take a job!

- Team Manager*
- Team Treasurer*
- Away Tournament Coordinator (hotels/meals)
- Uniform Coordinator
- Pick up Parent
- Positive Coaching Alliance (PCA) Rep
- Social Coordinator (team bonding & end of season)
- Big Sister/Little Sister Coordinator
- First Aid/Ice for all games
- Team Bench
- Shade/Pop up Tent

*Handbooks (on the website) and training are available for these roles.
Contact marthabrown@pleasantonrage.org

Team Costs

- Spring – $450 all ages, due now
- Fall Team Dues:
  - Amount varies according to age group
    Agreements will be emailed; Installment options available. Payments begin July 1 and will be collected by the Club Bookkeeper.
- Other incremental costs include:
  - RAGE Club registration (April): $280 for Pleasanton, $330 for non-resident will be paid online when you register
  - Uniform kit (U10 only): ~$300, online payment to Soccer Pro
  - Team fees (collected by your Team Treasurer): ~$250 - 300 for tournament application fees, coach travel expenses, team bonding events, etc…

Q&A

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Team Breakouts