

Lake Oswego SC – Mission Statement – Philosophy – Training Blueprint

Mission Statement

"Our commitment is to achieve excellence in player development, teamwork, and sportsmanship by providing the highest quality programs for Club members in a fun, challenging, and safe environment".

Philosophy

At the Lake Oswego Soccer Club we believe that any team at any level of play in the program will be treated the same in terms of expectation, commitment, available resources, and the learning process.

Our job is to provide each of our players with the platform to develop. You can see this in practice by observing some of our Alumni and the levels they have gone onto play at.

With roughly 2,500 soccer players in our soccer club, we have a large variety of programs accommodating a diverse range of players. Our philosophy is relatively similar for all of our players/coaches.

The Lake Oswego Soccer Club philosophy is based on our 40 plus years of providing quality programs.

1. Quality Training
2. Age Appropriate Training
3. Have Fun/Inspire Players
4. Development AND Winning

It is important to elaborate on where LOSC stands on the components of the philosophy, 'Development AND Winning'. Over the past 40 years LOSC has shown a commitment to both development and winning.

Through the processes employed in all of our programs our players have developed. We have players who follow the path of development through our FALL and SPRING YOUTH programs and compete all the way from our PRE-K 3v3 Co-Ed league to our High School Co-Ed League and we have Competitive players who follow the path of development through our Competitive (Classic) program and represent State, Regional, and National teams before heading off to play in college.

Specifically, in our Competitive program we operate through stages of player centered development and team centered development. The latter is necessary as soccer is a 'team sport' so there are times of the season (State Cup and Semi Finals and Finals of tournaments) when we focus on the needs of the team more so than the needs of the individual. Fortunately these instances are pretty rare and for the bulk of the season the club and the team are simply the vehicles through which we achieve individual development. Instead of focusing solely on 'Winning', we encourage our coaches and players to strive for excellence. By striving to follow the path to excellence, development and winning will follow as by-products. This is how we are able to combine the ideals of:

DEVELOPMENT and WINNING – IMPORTANCE OF EXCELLENCE

"There are many people, particularly in sports, who think that success and excellence are the same thing. They are not the same thing. Excellence is something that is lasting and dependable and largely within a person's control. In contrast, success is perishable and is often outside our control. If you strive for excellence, you will probably be successful eventually. People who put excellence in the first place have the patience to end up with success. An additional burden for the victim of the success mentality is that he is threatened by the success of others and he resents real excellence. In contrast, the person that is fascinated by quality is excited when he sees it in others."

Training Blueprint

True player development occurs when each player's training and playing environment is of the highest quality. If this environment is consistent, with a clear vision of what lies ahead for each player, development is then maximized.

The purpose of this document is to:

- Educate coaches as to the "standard of play" and "expectations" for each age.
- Provide coaches with a framework with which to organize curriculum decisions.
- Provide for consistency, and guidance throughout all levels of play.
- Improve "vertical integration" for player development.
- Improve the quality of play on a national basis.

It is important to note that each player and each team is different. The following document thus serves as a "guideline" or "standard" by which players and coaches can plan development. Individual and team needs can therefore be identified and addressed. Individual strengths can be stabilized while deficiencies can be improved. Of course, an accurate assessment of each player's and team's needs are essential. It is imperative that each coach take the time to observe and study the level for which their team is preparing to compete.

The ultimate goal of each coach should be to prepare the players to compete at the "next level" and to give their all in all that they do on the soccer field so that the individual development of each player can be maximized.

U8 THRU U12

Development of Individual Skills - Individual & Small Group Tactics - Learning to train

Learning to train is a very important trait for a player to develop. Players must embrace the idea that their development is based on how much effort they put into the process. Work rate is perhaps the most controllable of the controllable and if a player concentrates on pushing themselves as much as they can every time they step on the field then they will develop. This mindset will also benefit players off the training and game field. Ball mastery is important at this stage. The more a player can do with the ball the more they will enjoy the game. Having said this, ball mastery with a purpose is of paramount importance. Even at this age players must play the game with their heads up. As soon as the player can master the ball and understand the importance of their decision making process they will begin to impact the game on a consistent basis.

U13 THRU U14

Continuation of Individual Skills Development - Individual & Small Group Tactics

Continuation of the appreciation of the importance of training coupled with the focus on ball mastery. Also here it is important as the mind begins to evolve to add in small group tactics on both sides of the ball (defending and attacking). Players must begin to master the art of using combination play to break down opponents and group defending to stop opponents.

U15 AND BEYOND – Striving to the Next Level

At the U15 year (9th grade) our player who continue to play graduate to the Oregon Premier Football Club program where we partner with our neighboring club, Willamette United FC. We do this create critical mass and provide players the platform to play on a team commensurate with their ability. Players at these ages continue to play for differing reasons. Some continue through an enjoyment of the game, some continue to keep themselves fresh for the HS soccer season, some continue as they harbor desires to play collegiately and beyond, and some continue for all of the above reasons.