



## Training Explanation for Parents

### Objective:

LFCIA Washington is committed to providing a structured and conducive environment for the development and growth of players. The following policy outlines guidelines for training sessions aimed at nurturing skills, fostering teamwork, and prioritizing the well-being of all participants.

### 1. Training Sessions:

**Frequency:** Regular training sessions will be conducted 2 – 4 times per week, depending on age group and program level.

**Duration:** Each session will typically last [60-90 minutes] depending on age group and program level.

**Content:** Training sessions will encompass technical skill development, tactical understanding, physical conditioning, and mental preparedness.

**Qualified Coaches:** All training sessions will be led by certified and experienced coaches capable of providing age-appropriate instruction.

### 2. Player Development:

**Age-Appropriate Training:** Training programs will be tailored to suit the developmental needs of players in different age groups.



**Skill Progression:** Emphasis will be placed on gradual skill progression, ensuring players master fundamentals before advancing to more complex techniques.

**Positive Reinforcement:** Coaches will encourage and support players, promoting a positive learning environment that values effort and improvement.

### 3. Safety and Well-being:

**Injury Prevention:** Coaches will implement warm-up routines, cooldown exercises, and techniques to minimize the risk of injuries.

**First Aid:** All coaches are certified in first aid and first aid kits will be available at all training sessions.

**Hydration and Rest:** Adequate breaks for hydration and rest will be provided during training, considering weather conditions.

### 4. Parental Involvement:

**Communication:** Regular communication channels will be established to keep parents informed about training schedules, progress, and any organizational updates.

**Support and Cooperation:** Parents will be encouraged to support players positively and promote a constructive atmosphere during training sessions.

### 5. Code of Conduct:

**Respect:** Players, coaches, parents, and volunteers are expected to treat each other with respect, demonstrating sportsmanship and fair play.



**Discipline:** Any misconduct or disruptive behavior that undermines the training environment will be addressed promptly and appropriately.

#### 6. Evaluation and Feedback:

**Player Assessment:** Regular evaluations will be conducted to assess individual progress and identify areas for improvement.

**Feedback Mechanism:** Coaches will provide constructive feedback to players and parents using our Team Genius platform, offering insights into areas of development and potential growth opportunities.

#### 7. Continual Improvement:

**Coach Development:** Coaches will be encouraged to pursue ongoing education and training to enhance their coaching skills and stay updated with best practices.

#### Conclusion:

This policy aims to create a supportive and structured framework for player development within our youth soccer organization. Continuous improvement, safety, and positive engagement are at the core of our training philosophy.