



# NATIONAL PREMIER LEAGUE

**NPL Club August Meeting**

**2015**

# AGENDA

- Technical Presentation
- NPL PDP
- Players 1<sup>st</sup>
- NPL National Update
- NPL Administration
- NPL Calendar
- US Soccer Changes/Mandates



# TECHNICAL PRESENTATION

U 18

## WEEKLY PATTERN

DAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PRINCIPLES	Training	Rest	Passing and Receiving in Build up	Defending - two lines together	Phase 2-3	Phase 2-3	GAME
ORGANIZATION	Training	Rest	1-2-3-4-5-6-8-10 build up	all lines	All ; LINES	COLLECTIVE ; LINES	
TACTICAL DIMENSION	Training	Rest	8v6-7-8	Defending as a team - pressing - forwards - midfield - back line	LITTLE FRACTION OF THE GAME	LITTLE FRACTION OF THE GAME	

## WAY OF TRAINING-- EXERCISES DEVELOPMENT

PHYSICAL DIMENSION	Training	Rest	SPECIFIC STRENGTH SPEED STRENGTH SPECIFIC ENDURANCE	SPECIFIC ENDURANCE	SPECIFIC SPEED SPEED REACTION	REST	GAME
COMPLEXITY / INTENSITY	Training	Rest	MEDIUM	HIGH	MEDIUM / LOW	NULL	
SPACES	Training	Rest	SMALL	LARGE	SMALL/ LARGE	REST	



# NPL PDP – 2014/2015 REVIEW

Director of the Program: Ian Mork

- Players selected participated in 2-3 competitive matches.
- Participated in International Coaching Clinics
- Participated in College Day (May 30--in Davis)



# PDP – 2015/2016

**Season: September, 2015 to June, 2016**

**PDP 2015-16 Overview:**

New - 3 Training Locations—to help eliminate long travel:

- North = Regions: 5, 6, 4
- South = Regions: 2, 3, 4, 2-south
- Central = Region: 8 and 7

Ages participating:

- 2002/2001
- 2000/1999

Example:

- 2002 North State Pool will train at same time as 2001
- Same for 2000/1999



# PDP – 2015/2016

- Name will change from NPL PDP to PDP State Pool
- US Club Soccer does not allow PDP programs to be closed to any players
- We are unwilling to drop current PDP players because they do not belong to NPL Club
- Best players should participate



# BENEFITS FOR NPL CLUBS

- NorCal Scouts at NPL Showcases
- Recommendations from NPL Clubs accepted for players (players from Non – NPL Clubs must be scouted)
- Names of participating PDP players will be posted in NPL Showcase Booklet
- Players can (potentially) be selected for an NPL Team to compete in a tournament (for NPL players only)



PREMIER INTERNATIONAL TOURS

PREMIER  
INTERNATIONAL  
TOURS





# US CLUB SOCCER - PLAYERS FIRST



Built on 5 Pillars:

- Club Development
- Coach Development
- Player Development
- Parent Engagement & Education
- Player Health & Safety

Two parts to the Players First Program:

- A Club Certification Program
- A Suite of Services



# US CLUB SOCCER - PLAYERS FIRST PARTNERS



LIGA BBVA



SPORT  
SESSION  
PLANNER



SoccerPrep

Athletic & Academic Development



# NPL – NATIONAL UPDATE



# NPL TEAM SUCCESS

- **Two NPL National Champions: U14B SC Sporting and U17B PAC San Jose**
- **One US Club National Cup Champion: U17 Girls West Coast Wild**
- Four Boys teams in Final of Surf Cup (top division): Sporting (U15B), Marin FC (U16B), Sac United (U17B), and Monarcas Academy (U18B Champions)
- Two Girls teams in Final of Surf Cup (top division): Davis Legacy (U16G) and De Anza Force (U17G)
- Six of the Eight Quarterfinalists in the U18 Boys Surf Cup play in the NorCal NPL



# ADMINISTRATION

- Rules/Fines/Game Day Procedures
- Substitution rule – no re – entry either half – U14 – U19
- NPL Committee



# NEW CALENDAR IDEA

## March – November NPL/SPL Calendar U14-U19

March 1 – March 26: Tryouts/ Showcases/ etc.

April 1: Game Date #1

April 2: State Cup Prelim Round

April 8: Game Date #2

April 22: Game Date #3 (NPL Showcase)

April 23: Game Date #4 (NPL Showcase)

April 29: Game Date #5

May 6: Game Date #6

May 7: State Cup Group Game #1

May 13: Game Date #7

May 20: State Cup Group Game #2

May 21: State Cup Group Game #3

June 3: Game Date #8

June 10: Game Date #9



# NEW CALENDAR IDEA

June 11 – August 25: Summer Break

August 26: Game Date #10

September 9: Game Date #11

September 10: State Cup Round of 32

September 16: Game Date #12

September 30: State Cup Round of 16

October 1: Game Date #13

October 7: Game Date #14

October 14: Game Date #15 Boys

October 14: State Cup Quarterfinals Girls

October 15: State Cup Semifinals Girls

October 21: Game Date #15 Girls

October 21: State Cup Quarterfinals Boys

October 22: State Cup Quarterfinals Boys

November 4: Game Date #16

November 11 – 12: State Cup Finals

November 18: Game Date #17 – (NPL Showcase)

November 19: Game Date #18 – (NPL Showcase)

November 20: High School Break



# US SOCCER MANDATES

