WELCOME TO THE OLYMPIC DEVELOPMENT PROGRAM
The IYSA Olympic Development Program

Mission

To develop players of the highest caliber on a continuing and consistent basis, by providing exceptional practice sessions conducted by professional coaches. The purpose of the ODP program is to identify players to represent their state, region and eventually the United States in soccer competition. This is a supplemental program offered to serious soccer players who love the game and have hopes of playing in college, professionally and for the US National team.
The IYSA Olympic Development Program

Philosophy

Reality Based Learning

The game is what drives changes in behavior, reflection and decision making for the player/the team and the coach.

Experiential Learning

The evaluation, analysis and reflection of experiences to develop competencies and improve behavior.

Holistic Approach

Input and consideration for all interconnected aspects of the game, the athlete and the desired outcome.
Developmental Phases Recognized in ODP

U9 – U12  DISCOVERY PHASE
FUN, FANTASY, FASCINATION WITH SOCCER AND DISCOVERY. PROPER PHYSICAL DEVELOPMENT, COORDINATION, MOTOR SKILLS. INTRODUCTION TO BASIC SKILLS, 3 x R, INTRODUCTION TO ALL SOCCER POSITIONS AND TEAM WORK. INTRODUCTION TO RULES AND TACTICAL ASPECTS OF THE GAME. ATTACKING AND DEFENDING PRINCIPLES OF PLAY.

U13 – U15  DEVELOPMENTAL PHASE
BALL MASTERY. CONTINUE TO DEVELOP BASIC SOCCER SKILLS AS WELL AS PHYSICAL DEVELOPMENT, COORDINATION AND MOTOR SKILLS. TRAIN SPECIFIC SOCCER SKILLS. PLAYERS BEGIN TO SPECIALIZE IN 2 POSITIONS AS WE BEGIN THE ONSET OF THE ADULT 11v11 GAME. INDIVIDUAL AND TEAM TACTICAL ASPECTS OF THE GAME. IMPORTANCE OF PHYSICAL AND MENTAL PREPARATION FOR PRACTICES AND COMPETITION. OVERALL PREPARATION FOR HIGH INTENSITY TRAINING AND THE NEXT LEVEL OF SOCCER.

U16 – U18  PREPARATION PHASE
THIS IS THE FINAL PHASE BEFORE THE COLLEGE AND THE PROFESSIONAL LEVEL OF PLAY. CONTINUE TO WORK ON DAILY BASIS TO IMPROVE TECHNIQUE AND ALL ASPECTS OF FITNESS. HERE PLAYERS MUST SHOW TACTICAL FLEXIBILITY AND CONSIDER THE PLAY OF THE OPPONENTS.
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Objectives

- **Develop Individual Players** - Focus on technical development of individual players

- **Evaluate and Identify Players** – From the beginning of the winter training, coaches are taking notes and evaluating all players
Practice Structure and Curriculum

US Soccer position names and associated numbers.

- Position specific roles and player responsibilities based on the 1-4-3-3 formation in 11 vs. 11 game.
Practice Structure and Curriculum

- All components of soccer noted in every practice session
- All practice plans are created and divided into four stages:
  - Warm-Up
  - Orientation
  - Learning
  - Implementation - Final Game
Practice Structure and Curriculum

- An example of a practice plan created in four stages.

- All practice topics appropriate for specific age groups (the Curriculum) will be provided to all head coaches by the Associate Director of Coaching.

- All coaches are professionally licensed and certified by US Soccer Federation and IYSA.
Evaluation Criteria

Player are evaluated by four major components:

- Technical ability
- Tactical Understanding of the game
- Physical ability
- Psycho-Social component
Illinois ODP 6 – Step Player Development Pathway

- Illinois Pre-ODP U10 and U11
- Illinois ODP Development Group U12
- Illinois ODP U13 thru U17
- Illinois ODP State Select
- USYS ODP Region II
- USNT

Olympic Development Program
Illinois Youth Soccer Association 2018-19 ©
Players begin by participating in a series of seven Winter training sessions.

We will select two teams from each age group: Illinois State Select Team and Illinois State Pool Team, with 18 players on each roster (16 player roster for ’07).

Evaluations will follow and all ODP teams will be finished before club season starts.
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Events

State Select Team

- Memphis Inter Regional - Region II/III
  Memphis, TN
- IYSA Rockford College Showcase.
  Rockford, IL
- Indiana Friendlies**

State Pool Team

- Puma Cup Showcase
  Rockford, IL
- IYSA Rockford College Showcase
  Highs School Girls**

IYSA Developmental Camp – June/July, DeKalb, IL
(Boys and Girls ‘07 and Pre-ODP)
(Boys and Girls ‘06 - ’02)
Key Expectations for Parents of an ODP Player

- Help your child set realistic goals for the ODP process
- Help your child understand the “Process of Identification”
- Help your children learn the importance of receiving constructive feedback.
- Help your children understand that a “NO” does not mean never
- Help your children understand that a well rounded player can have more opportunities than who plays only one position
- Help to create a healthy environment in the car ride home after all ODP events.
Key Qualities of an ODP Player

- **Optimal Technical and Physical abilities** - to execute their tasks for 90+ minutes
- **Game Understanding and Decision Making** - read and understand the game during live play and making their “own” decisions
- **Initiative** - take initiative, be pro-active
- **Responsible** – Take responsibility and accountability for their own development and performance
In Conclusion

- The Olympic Development Program provides players the opportunity to test themselves against other elite players.
- The goal of the program is to evaluate, develop, and identify players on their Player Development journey.
- The successful player in this process is the player who is able to adapt, adjust and perform at their optimal level.
Additional Services with Our Partners
Who to Contact

- **Jonathan Orlicz** - Administration, Schedule, Finances, etc.
  
  *JD@illinoisyouthsoccer.org*
  
  *(847) 290-1577*

- **Vince Tirado** - Administration, Schedule, Finances, etc.
  
  *vince@illinoisyouthsoccer.org*

- **Marek Radziszewski** - Coaching and Player Development meters and/or all Olympic Development Program general questions
  
  *marekr@illinoisyouthsoccer.org*
Questions