

# Developmental Principles

## **Our players expect and receive the following:**

- An elite training environment that fosters development, creativeness, positivity and camaraderie between players and staff alike. We strive to promote and teach a possession based style of play that is not only attractive to watch for our parents and fans, but also fun for our players to learn and execute.
- A standard of coaching that is second to none in Parkland. Our ECNL staff has a wide range of experience in youth, collegiate, and professional coaching and has developed player who have gone on to play at every level of collegiate, professional, and international soccer.
- A positive yet challenging program that pushes players past their comfort zone while also still allowing room for mistakes and learning opportunities.
- Weekly competition against the Nations elite. The ECNL eliminates weak and meaningless games. Every game counts and is important.
- Open communication between ECNL staff coaches, players, and families. We pride ourselves on being accessible, respectful, and willing to discuss our players development with parents.
- A comprehensive and complete college program that caters to each individual player and her specific dreams and needs. Our ECNL staff has a vast list of college contacts and we pride ourselves in finding the perfect college program for all of our players.
- Complete and thorough pre-match preparation.
- Improved individual technique and speed of play.
- Improved and more sophisticated tactical understanding of specific positions and multiple systems of play.
- Periodic physical and technical testing with reported scores.
- Game uniforms
- Improved competitiveness and levels of accountability.
- An increased ENJOYMENT of the game.

# How ECNL Differs

- **Competition:** First, the ECNL provides the opportunity for the best Male youth soccer players in the country to compete against each other - one of the requirements for maximizing player development. Because the ECNL only includes the elite clubs in the country, every ECNL game is exceptionally competitive and played at a significantly higher speed with more physical, psychological, technical and tactical demands on the players than the "average" game. The consistency of this competition and the demands it imposes creates more skillful, intelligent, and focused players. Second, in order to maximize the competitive level of each ECNL game, the ECNL only schedules one ECNL game per day per team, and no more than three days of ECNL games in succession. This aids in reducing burnout and fatigue from game-to-game.
- **Substitution:** The ECNL limits the number of substitutions in each ECNL game by prohibiting re-entry of players in each half. In other words, once a player is subbed out of an ECNL game, the player may not re-enter the game in that half of play. This forces players to maintain their concentration and work-rate for far longer periods of time than in most other competitions, while also helping to prepare them for competition at the national and international level. In other words, without the massive substitutions common in other youth soccer events and leagues, players in ECNL games are forced to adapt to the physical and psychological demands of playing for 80-90 minutes without break and without the "cushion" of temporary substitution to re-energize or re-focus. They are also forced to adapt to the role and responsibilities of coming off the bench, late in a game, to add an attacking threat or to kill the game with high intensity defending.
- **Roster Rules:** The ECNL allows a flexible roster of up to 26 players per team, while also allowing players to be rostered on multiple teams within their ECNL club. In addition, the ECNL allows players to move from one team roster to another from day-to-day, allowing players to play in different age groups in the same event. (A player may only play in 1 ECNL game per day.) This allows talented players to "play-up" against older players when a club determines it is in the best interests of the player to do so in order to maximize challenge and learning.

# How ECNL Differs

- **Relief of Calendar Congestion:** By guaranteeing member clubs with the opportunity to play the best clubs in the country on a regular basis, and by providing an additional identification program within these games, the ECNL schedule allows member clubs to reduce the total number of games played by their teams and players each year. This provides each member club with more time for training to develop each player, and provides players more time for recovery and rejuvenation over the course of the year.
- **Standards and Recommendations:** The ECNL provides a recommended set of minimum standards and expectations for players and staff of ECNL member clubs to create a more professional soccer environment. Additionally the ECNL provides member clubs with the opportunity to share best practices in player development, club organization, and administration, to improve the daily experience of the players and member families.
- **ROSTER FLEXIBILITY AND POOL TRAINING:** The ECNL is governed by US Club Soccer which allows for 26 player rosters and daily roster movement. This gives PSC the flexibility to allow ECNL players the opportunity to play up into older age groups while also allowing players from the PSC youth competitive rosters the opportunity to be rostered in ECNL teams and participate in games with no restrictions or penalty to their US Youth Soccer sanctioned team.

# ECNL and the College Recruiting Process

- Our staff is committed to assisting all of our athletes navigate through the sometimes complex and overwhelming recruiting process. Through the utilization of individual player and parent meetings, team meetings, club wide presentations, and personalized college tracking spreadsheets, families are able to approach college recruiting with confidence and a complete understanding of how to get their daughter into the program that best suits her academic and playing dreams.
- The ECNL is currently the preeminent collegiate recruiting platform in the country and since their beginning; the ECNL National Events (including the National Playoffs and Finals) have become ‘must attend’ evaluation opportunities for all college programs across the country. Consistently the National Events draw between 300-400 college coaches from all levels. It is not uncommon to see our sidelines packed with over 150 college coaches over a weekend.

# Winter Program High School Season

The lightest part of the PSC ECNL calendar runs from early January through mid-March, coinciding with the Florida high school season. We understand that many players enjoy playing for their High School because it offers them the chance to represent their school as well as a change of pace from the rigors of their PSC ECNL season. Many clubs around the country are moving in the direction of forcing players to choose between ECNL and High School soccer, with no compromise. We feel that it is unrealistic to force teenagers into making such difficult decisions and have therefore implemented a Winter Program, at no additional cost, that is decidedly unique amongst all the clubs in South Florida

Our Winter Program is strictly OPTIONAL, which means that our players have the choice of playing high school soccer with NO PENALTY. Of course there may be some conflicts with ECNL scheduled National Events, tournaments, or make up games and we address those on an individual basis. For those players who wish to forgo the High School season entirely, we have put in place the following program (at no additional charge):

- An appropriate training to match to rest ratio. We find that injuries and burnout occur most during the High School season as players are often playing 6 days per week and sometimes training twice a day, in addition to academic demands.
- 3 training sessions per week run by ECNL staff members
- Entry into one or two college showcase events. Team will be entered into the U16 and U18 age groups, based on number of participants, allowing for additional college recruiting opportunities.
- Competitive matches against boys teams on weekend
- Fun, off the field activities
- Additional training kit at no cost

# THE FLORIDA CONFERENCE



**Florida Elite SA**  
Jacksonville, Florida

**Orlando City Youth**  
Sanford, Florida

**Florida Kraze**  
Oviedo, Florida

**Palm Beach United**  
Palm Beach Gardens, Florida

**Florida Premier FC**  
New Port Richey, Florida

**Space Coast United**  
Melbourne, Florida

**Florida West FC**  
North Fort Myers, Florida

**Tampa Bay United Rowdies**  
Tampa, Florida

**Miramar United FC**  
Miami, Florida

WE ARE MORE THAN A LEAGUE.

