



Alouette United Player Profile

Dedication

- Plays soccer for the love of it and loves the hard work it takes to play it
- Comes to all training sessions and gives 100%
- Understands at this level it is about working hard to get results
- Dedicated to improving, sees their own weaknesses and works on them
- Listens and learns from the coaches
- Understands coaches at this level work with players to master skills not teach basics

Skills

- Players must have above average skills, they must demonstrate their confidence and abilities to play at a quick and intense pace
- Each player must have a strong right and left foot, or be determined to work on them to bring them to a select player level
- Works on their own away from practices to improve all personal skills
- Watches older teams play and picks up on moves, skill or types of play

Game Situation

- Understands and demonstrates ability to keep possession
- Understands and demonstrates ability to move as a team forward and back with the play
- Looks for space to use and uses it, moves ball away from cluttered areas
- Plays the ball quickly, knows when to dribble and when to pass
- Starts thinking from the start of the game through to the end, stays focused
- Brings all aspects learned to date to each and every game
- Uses their voice to bring life and options to attack play and uses their voice to warn of trouble and help on defense

Defensive Play

- Understands when and where to hold players
- Understands when and where to tackle players
- Shows good defending and tackling technique
- Uses voice to communicate to team mates when defending
- Knows to shut down options when helping defend

Other Attributes

- Team player, gives up everything for his team, promotes unity
- Aggressive on loose balls
- Ability to motivate other team mates

Problems that some players may realize that could hold them back from playing at this level

- One footed player
- Only goes forward, does not come back
- Tries to play difficult balls when easy, quick options are available
- Effort is there to make the team and then old habits set in
- Practices become all social
- Player stops challenging themselves
- Player puts other sports ahead of their team
- Gives up at the first sign of hard work
- Personal skills need work
- Throws themselves into tackles at wrong times
- Not aggressive enough

If for any reason the player does not have all the above stated attributes, that does not mean they are not District Select calibre. A District Select coach needs the skills and abilities stated above from his players to compete at this level. The players must show a willingness to work on their skills away from regular training to be a better player. It is the coach's job to pick the players closest to this profile for his team. Select play is one step below provincial play, which is one step below national play. That is why there are certain standards that players must meet.

With all these skills listed above it is important that every player understand we are not setting the standard so high that you will never reach it. We are setting a standard at a level so that with good coaching and hard work your goals can be reached if you challenge yourself.