

ATHLONE TOWN TRAINING ACADEMY

2024 CLUB PROGRAMS

TRAINING. COMPETITION. EXCELLENCE.



OUR MISSION

Athlone Town Training Academy, is a partnership with Valeo Futbol, a global sports education and training organization focused on developing competitive athletes, outstanding citizens and strong leaders.



Soccer Development

- To develop young soccer talent capable of playing collegiate, professional and International football.
- To provide a challenging and rewarding environment that teaches the virtues of Teamwork, Discipline, Hard Work, Commitment, Respect and Leadership.
- To provide opportunities for talented to help them realize their full potential.
- To create a world class training academy capable of competing and excelling at the National and International levels.



Community Development

- To increase access and opportunities in sports participation regardless of socio-economic status.
- To encourage academic excellence for all players.
- To provide health and wellness education and support
- To create volunteering, leadership and community development initiatives.





● ●

SOCCER IS A METAPHOR FOR LIFE!

EDUCATIONAL, SOCIAL, AND ATHLETIC OPPORTUNITIES FOR EXCEPTIONAL STUDENT-ATHLETES.



ATHLONE TOWN AFC ACADEMY IS A SPORTS EDUCATION AND TRAINING ORGANIZATION FOCUSED ON DEVELOPING:



Strong leaders



Outstanding citizens



Competitive athletes



THE ACADEMY PROVIDES A CHALLENGING AND REWARDING ENVIRONMENT THAT TEACHES THE VIRTUES OF

- Teamwork
- Discipline
- Work Ethic
- Commitment
- Respect
- Leadership



ATHLONE TRAINING ACADEMY

Key Performance Categories



**Player
Development**

**Training
Environment**

**Facilities &
Resources**

**Staff Leadership
& Structure**

**Style of Play
& Philosophy**





ATHLONE TOWN PLAYER PROFILE



Psychological

- Love of Competition
- Respect For The game
- Committed To The Team
- Unshakeable Confidence
- Accountability



Physical

- Compete for Full Game at optimal physical level.



Technically Proficient

- Exceptional Ball Mastery skills.
- Creative Passing / Pass with imagination.



Tactically Intelligent

- Aggressive Offensively
- Disciplined & Patient Defensively
- Decision Maker on the Field
- Play Freely Without Fear.

EQUAL BLEND OF “ARTIST” AND “SOLDIER”



PLAYER DEVELOPMENT PROGRAM



TECHNICAL

Passing, Dribbling, Shooting

TACTICAL

Principles of Attack, Principles of Defense, Positional

SOCIAL

Emotional, Confidence, Friendship

PHYSICAL

Growth, Soccer Specific Recovery

MENTAL

Preparation, Positive Thinking, Acceptance





PLAYER DEVELOPMENT PLAN



Player Development Plan is customized and specific to each individual player



Provides a roadmap in development



Players

- Drive the conversation
- Dreams, goals, and personal development objectives are stated and documented by players



Coaches

- Steer the development conversation
- Meet with players multiple times per year
- Guide the IDP process



Parents

- Observe
- Listen
- Learn how to support players at home

Hallmarks of the IDP SMART/ER Goals (IDPs)



Specific



Measurable



Attainable



Relevant



Time Based



Evaluate



Re-evaluate



TEAM DEVELOPMENT PRIORITIES

Desire to regain the ball



Protect the middle



Tough to beat 1v1



All players defend. Compact shape. Press whenever possible



React quickly



Press immediately or retreat to deny penetration



Force play into supporting players



OUT OF POSSESSION

ATTACKING TRANSITION

DEFENDING TRANSITION

IN POSSESSION



Secure the first pass



Counter attacking on possession regain



Switching play to the opposite side



Build out from the back



Play through the midfield



Quick switches to create wide overload



Probe and develop an opportunity to penetrate



Coaches Commitment to Players



Meet 3x with the Team per Season:

- ✓ Start of the season = set expectations
- ✓ Middle of the season = assess progress
- ✓ End of the season = evaluation and future goals



Player Evaluations:

- ✓ Two face-to-face meetings with Coaches and Directors
- ✓ Meeting 1 = Fall (assessment)
- ✓ Meeting 2 = Spring (evaluation)

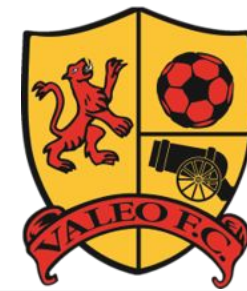


Management of Development Plans

- ✓ Specific to individual player
- ✓ Provide a roadmap in development
- ✓ Guide a development conversation



PLAYER'S DEVELOPMENT PYRAMID



ZONE 3

U18 & UP

- › 1 coach per 9 players for practices
- › Technical & tactically based curriculum
- › Individual skills focus / encourage 1v1 duals
- › Result driven

ZONE 2

U13-U17

- › 1 coach per 8 players for practices
- › Player's skilled level based curriculum
- › Introductions of tactical aspects
- › Individual skills focus / encourage 1v1 duals
- › Introduction of competition
- › Player's development precedes team performance

ZONE 1

U6-U12

- › 1 coach per 6 players for practices
- › Technically based curriculum
- › Individual skills focus / encourage 1v1 duals
- › Player's development proceeds team performance



LEVELS OF COMPETITION

REGIONAL

ATHLONE REGIONAL LEAGUE (U6 – U14)

- Regional League Play
- Regional Tournament Play
- 1-3 training sessions per week

NATIONAL

NATIONAL COMPETITION TEAM (U14-U19)

- National League Play
- National Tournament Play
- 2-4 training sessions per week

INTERNATIONAL

INT'L COMPETITION TEAMS (U12-U19)

- MIC Cup (Spain)
- Disney College Showcase (USA)
- 3 training sessions per week





College Planning and Preparation

SportsRecruits

Mark Carter
SR Elite, 2019 Warriors
Bayside High School

203 MESSAGES | 398 VIDEO VIEWS | 23 FAVORITE SCHOOLS | 429 PROFILE VIEWS

Recent Activity

- 3:07 PM University of North Dakota viewed your profile
- 1:23 PM University of Michigan sent you a message
- 1:00 PM Boston University viewed your highlight reel
- 11:20 AM Harvard University viewed your transcript
- 9:54 AM Dartmouth College sent you a message

Complete Your Profile

- Personal Info
- Athletic Info
- Academic Info
- Event Info
- Upload Video

Favorite Schools

- United States Air Force

01

Programming

Recruiting / college
Night DI, DII, DII, & Prep
School

02

Awareness

Coach's Seminar for
High School
teams, preparing
coaches on the
recruiting process

03

Assessments

Strategy Individual
Meeting for High School
Aged players

04

Preparations

Collegiate Environment
Practice Session for U16
U17, & U18's

05

Exposure

Regional, National and
International Showcase
Events



TRAINING PROGRAM COSTS

JR. ACADEMY

 Ages | 2017 – 2012
 Dates | Jan. '24 – Oct '24

- › 1 Training Session per week
- › 0 Game Per week
- › 1 Tournament/Festival

€20 week/
€80 per month/
€800 per Year

10 MONTHS

JR. ACADEMY ADVANCED



 Ages | 2017 – 2004
 Dates | Jan. '24 – Oct. '24

- › 1 Training Sessions/ week
- › 1 Game Per week
- › 1 Tournaments
- › 1 Video Analysis Session

€25 per week/
€100 per month/
€1000 per Year

10 MONTHS

CLUB ELITE

 Ages | 2016 – 2004
 Dates | Jan.. '24 – Oct '24

- › 2 Training Sessions/ week
- › 1 Game Per week
- › 2 Tournaments
- › 2 Video Analysis Sessions

€150 per month/
€1500 per Year

10 MONTHS



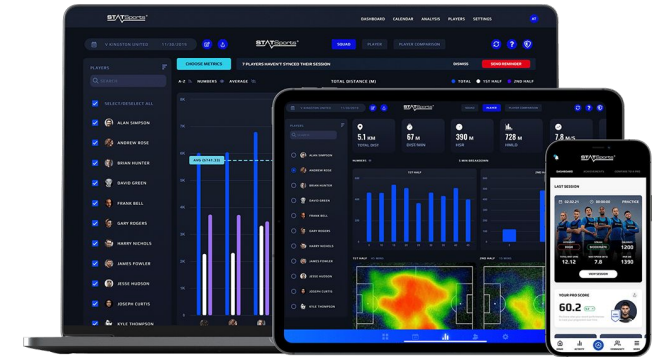
LEVERAGING TECHNOLOGY FOR PLAYER DEVELOPMENT



Wyscout –
Individual player
Scouting, Fitness,
Performance, and
Team Tactical Analysis



StatSports GPS
– monitor the physical
performance of players
in real-time, collecting
data on metrics such as
distance covered,
speed, acceleration,
deceleration, and
high-intensity efforts.



**Epicore Bio
systems –**
Sweat Patch
Hydration
management
systems



Pixallot –
Live streaming,
Video Analysis
Highlight Film
production



SCHEDULE (EXAMPLES)

SCHEDULE



**JUNIOR
ACADEMY** | 5:00PM – 6:30PM
6:30PM – 8:00PM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Team Training	Rest	Team Training	Rest	Rest	Rest	Game Day

**CLUB
ADVANCED** | 5:00PM – 6:30PM
6:30PM – 8:00PM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Team Training	Rest	Team Training	Rest	Rest	Skills Academy	Game Day

**CLUB
ELITE** | 5:00PM – 6:30PM
6:30PM – 8:00PM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Team Training	Rest	Team Training	Rest	Skills Academy	Game Day
					Performance	





WHY VALEO ATHLONE?



Focus on player development



Regional/ National/ International competition



Rigorous yet fun training environment



Small club environment



Dedicated staff - Low player (8:1) to coach ratio



Challenging environment for elite players



Facilities to support ambitious training schedule



Recognized player development model.





CONCLUSION

