



Elite Clubs National League Player Identification Program

Technical Report: id2 / ECNL National Training Camp

Dates: February 26, 2010 – March 1, 2010

Location: Weston Park, Ft. Lauderdale, FL

Participating Players: Thirty players from the 1994 age group were identified by the ECNL Player Identification Program through scouting of ECNL competitions in Chicago, Texas, and Florida in August and December. These thirty players were invited to the US Club Soccer id2 National Training Camp for evaluation for potential inclusion in the U15 and U17 US Soccer Youth National Teams.

Camp Staff: **Rory Dames**, Eclipse Select (id2 Director)
Matt Barnard, Sereno SC
Doug Bracken, Ohio Elite SA
Christian Lavers, FC Milwaukee Nationals
Scott McDoniel, St. Louis Scott Gallagher
Cindy Parlow, Triangle FC

US Soccer Staff: **Mike Dickey**, US Soccer National Staff, U15 US Youth National Team Head Coach
David Rubinson, US Soccer National Staff

Training Curriculum: Three training sessions and three 11 vs. 11 matches were scheduled over the 4 day camp. In order to manage fatigue of the players, the sessions were approximately 75 minutes long, and the matches were 60 – 70 minutes in length. In addition to the on-field sessions, there were three lecture presentations: (i) a technical analysis of the U17 Women's World Cup; (ii) a presentation of the nutritional requirements of athletes; and (iii) a question-and-answer session with Cindy Parlow.

Camp Schedule:

Friday: Afternoon Training Session
Saturday: Morning Training Session, Evening Match
Sunday: Morning Match, Evening Match
Monday: Morning Training Session

Weather: The weather was ideal for playing, with temperatures in the 50s and low 60s.

Fields: The fields were Bermuda grass in average condition; there were areas that were torn up, but they were at least flat. Overall, the fields played very fast because of the surface.



Training Sessions:

Session 1: Friday PM

Focus: Possession and Speed of Play
Dynamic Warm-Up with the Ball (15 min.)
5 vs. 2 Possession Chase Game (20 min.)
6 vs. 6 (+1) Four Goal Game (20 min.)
4 vs. 4 Transition Finishing Game (20 min.)

Session 2: Saturday AM

Focus: 1 vs. 1 Attacking
Dynamic Warm-Up with the Ball (15 min.)
1 vs. 1 to Goal: Attack, Defend, Rest (10 min.)
2 vs. 2 to Goal: Attack, Defend, Rest (10 min.)
6 vs. 6 to Goal (20 min.)

Session 3: Monday AM

Focus: Fun and Competition
Dynamic Warm-Up with the Ball (15 min.)
Ajax Skills Competition (15 min.)
4 vs. 4 Transition Finishing Game (30 min.)

Match Schedule:

Saturday: 95 Parlow vs. 94 Lavers
95 McDoniel vs. 94 Bracken

Sunday AM: 94 Lavers vs. 94 Bracken
95 McDoniel vs. 95 Parlow

Sunday PM: "Top Pool" Game
"2nd Pool" Game



US Soccer National Camp Invitations:

Based on their performances at camp, 6 players were invited into US Soccer Youth National Team camps to be held in the next 6-8 weeks:

Morgan Andrews, F (Stars of Mass)
Haley Dowd, F (Stars of Mass)
Caroline Lindquist, M (CASL)
Margo McGinty, B (Albertson)
Cassie Miller, GK (Serenio)
Corey Persson, F / OM (Stars of Mass)

ECNL Players that Excelled: Several players stood out during the camp for their individual performances and abilities:

- **Morgan Andrews, F (Stars of Mass - 1995):** Fantastic ability to strike the ball with both feet and with multiple surfaces and techniques. Strong and athletic with good pace. Free-roaming personality willing to take chances and be creative. Needs to be more consistently involved in the game and be more consistently dangerous.
- **Melissa Bomberger, B (Ohio Premier - 1994):** Very high technical ability and first touch. Intelligent player that rarely loses possession. Overly conservative at times, and needs to learn to take more risks and be more ambitious in attack. Needs to increase serving range.
- **Vicky Bruce, M (Charlotte Soccer Academy - 1994):** Very good defensive center midfielder that rarely loses possession. Good defensively in 1 vs. 1 situations, and uses her body well. Good ability to strike the ball over distance; needs to play more penetrating passes when the opportunity arises. Very good leadership qualities, and good communication.
- **Haley Dowd, F (Stars of Mass - 1994):** Exceptional speed and great finisher; only takes 1 chance to score. Good tactical understanding of attacking movement. Very good back to goal and on the turn.
- **Jackie Georgoulis, B (Eclipse Select - 1995):** Very well-rounded technically and can play almost any position well. Very composed in possession. Strong in the air. Needs to be more assertive to impact the game to the extent that her technical ability would allow.



- **Caroline Lindquist, M (CASL - 1994):** Very athletic central midfielder that covers the entire field. Plays quickly and with good efficiency. Good in the air.
- **Margo McGinty, B (Albertson - 1994):** Very composed back, capable of playing anywhere along the back line. Great technique and first touch; settles the ball well. Very physically tough in defense. Best position is probably as center back.
- **Cassie Miller, GK (Sereno - 1995):** Good shot stopper with good athleticism and size. Needs to be more communicative with the back line.
- **Jillian Mulholland, M (Albertson - 1994):** Very good central midfielder, consistently involved and very good in possession. Strong in the air. Solves problems however they are presented, offensively and defensively. Needs to play more penetrating “telling” passes to become more dangerous in attack.
- **Claire Wagner, D (CASL - 1994):** Great organizational and leadership qualities. Good in 1 vs 1 defending. Physically courageous. A centerback that can contribute to the attack and maintain possession.

Overall:

The general level of play in the camp was very high, and US Soccer Staff were complimentary of the players and their quality. As would be expected, the players were very nervous for the first session and game, and play was predictably frantic as every player attempted to show their ability. By the second game the players managed their emotions far better, and the play significantly improved and became more consistent.

In general, the 1995's struggled to athletically compete against the 1994's in the 11 vs. 11 games. There was also a significant difference in maturity in the way the players handled the stress of the camp initially. For the third 11 vs. 11 game, the best 1995's were moved into the 1994 pool to create a top tier of players regardless of age. This game provided the best soccer yet, and the 1995's participating in this game were much more effective.



Positional Tactical Themes: There were a few general themes that presented themselves in the play of the ECNL 1994s through the camp:

Outside Backs: On average, the outside backs needed to get forward more frequently in attack and be more dangerous. These players were too content to support the attack from deep instead of joining in or overlapping the players in front of them. Similarly, the outside backs could defend higher and wrap-up into outside midfield spaces more frequently.

Central Midfielders: As would be expected, the central midfielders were generally very good at keeping possession and getting out of tight spaces. However, the attacking central midfielders rarely ran beyond the forwards to get behind the defense, and the defending central midfielders were very conservative in their passing choices. Especially considering their technical quality, these players could afford to be more ambitious in their movement and passing choices.

Conclusion: The players selected for this camp from the ECNL were a credit to their clubs and to the league. The passion and quality with which they played was fantastic. We hope the experience was very positive for these players, and that they took away information and lessons that will help them continue to develop at their clubs.