

# BC Soccer Provincial Development Program

## Player Recommendation Form

### CLUB / TEAM INFORMATION

CLUB	AGE	GENDER	TEAM NAME	

  

POSITION	FIRST NAME	LAST NAME	TELEPHONE	EMAIL

### Recommendation Guidelines

The established BC Soccer Development Program has provided a platform for monitoring, evaluating and scouting players. In turn the need for accurate feedback and relevant player recommendations from club coaches is essential.

The following table will help prioritize your recommendations and address the necessary information for the BC Soccer Provincial Development Program player selections.

#	POSITION GK / D / M / F	FIRST NAME	LAST NAME	PHY	TEC	TAC	MEN	COMMENTS

### KEY

The table refers to the 4 pillars of development PHY- Physical, TEC-Technical, TAC-Tactical, MEN-Mental.

**Physical** – Flexibility, disciplined warm-up and cool-down, agility, aerobic and anaerobic endurance, strength, core strength and stability, balance, nutrition and proper diet (pre-game, post-game, tournaments), prevention and care of injuries, importance of rest/recovery. Personalized program needed in order to respect the growth spurt.

**Technical** – Introduction of advanced techniques to those who are capable; technical acquisition in a more complex environment and position-specific skills.

**Tactical** – Team work: development of tasks per unit (defensive, midfield or forward unit) and positional awareness through small-sided games and large-sided competitive matches.

**Mental** – Pre-competition routine, introduction to mental preparation, goal setting, coping with winning and losing.

Player ratings should be assigned with the using the following criteria.

SCORE	RATING
1	Superior Quality
2	Above Average
3	Average
4	Below Average
5	Needs Improvement

Please forward completed form with member club team match play schedule to the attention of

[markusreinekens@bcsoccer.net](mailto:markusreinekens@bcsoccer.net)