



SAN ANTONIO ATHLETIC FC

Player Development Methodology & Philosophy

- Player centered approach to training from grassroots recreational levels to advanced professional competitive levels.
- Concentrated effort to develop autonomy, mastery, and purpose in technique and effective decision-making on the field.
- Focus on developmental appropriate progression of individual technique, coordination, agility, balance, and conditioning.
- Freedom to be creative and a fear-free environment for players to build confidence, mental strength and maximize development potential.



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Coaching Communication & Behavior

- Encourage use of a tactical board
- Encourage note taking
- Half-time speech is question & answer and guided discovery approach
- Focus is on the units/roles (defenders, midfielders, attackers)
- Respect the referee, regardless of the decisions
- Pitch and tone varied accordingly and appropriately to players
- Represent the club philosophy
- Frequent communication with parents (including 1-2 technical reports/season)