

Colonie Boys Soccer

Player Handbook - 2025



CONNECTION - COMMITMENT - CHARACTER

THE STRENGTH OF OUR TEAM IS IN EACH INDIVIDUAL

THE STRENGTH OF EACH INDIVIDUAL IS WHAT MAKES US A TEAM

Table of Contents:

| | |
|--|---------|
| 1. Cover Page | PAGE 1 |
| 2. Table of Contents | PAGE 2 |
| 3. Coaching Staff / Online Resources | PAGE 3 |
| 4. Colonie Boys Soccer LIVING 11 | PAGE 4 |
| 5. TRYOUT MUST-DO LIST | PAGE 5 |
| 6. Summer Soccer Sessions | PAGE 6 |
| 7. Summer Calendar | PAGE 7 |
| 8. Tryout Overview / Fitness Test | PAGE 8 |
| 9. Varsity / JV Tryouts | PAGE 9 |
| 10. Mod7/8 & Mod 9 Tryouts | PAGE 10 |
| 11. Playing Time Philosophy | PAGE 11 |

Colonie Boys Soccer Coaching Staff:

Varsity Head Coach - Tony Greene - greenea@scolonie.org

Varsity Assistant Coach - Andrew Gentile - gentilea@scolonie.org

JV Head Coach - Jeff Ryan - ryanjeff@scolonie.org

JV Assistant Coach -

Mod 9 Head Coach - Dylan Martin - dylmar1works@gmail.com

Mod 9 Assistant Coach -

Modified 7/8 Head Coach - Sam Parisi - parisisam55@gmail.com

Online Resources:

Colonie Boys Soccer WEBSITE -

The Colonie High School Boys Soccer Program **website** is designed to be a one-stop online platform providing our players, families, community, and alumni with all the information needed to prepare, participate, sponsor, and support our boys' soccer program. www.colonieboyssoccer.com

TEAMS/CAMPS/CLINICS/OFFSEASON/TRYOUTS/FAN STORE/BOOSTER CLUB/ALUMNI

Game Schedules -

Game schedules for all levels for the upcoming season can be found on Schedule Galaxy.

www.schedulegalaxy.com

Instagram -

The Colonie Boys Soccer **Instagram page** shares images, information, inspiration, and Program updates regularly throughout the calendar year. Follow us here: <https://www.instagram.com/colonieboyssoccer/>

Colonie Boys Soccer

LIVING 11

As coaches, players, people, and a community we believe in living a culture of:

CONNECTION

each person's role leads each person toward a larger goal

DEDICATION

the season never ends

MINDSET

challenge provides the greatest opportunity for growth

TEAMWORK

thrive together

RESPECT

doing the right thing even when it's difficult or uncomfortable and even when no one is watching

TRUST

Character + Process = Results (CPR)

COMMUNICATION

integrity in actions and words

SOLUTION-FOCUS

how we make decisions and overcome challenges

ACCOUNTABILITY

personal responsibility is everyone's responsibility

RESILIENCE

never give up

RELENTLESS IMPROVEMENT

commitment to learn, develop, and improve every day

School Soccer Sign-Up:

- AKTIVATE opens 1 month prior to the start of tryouts
- **Players NEED to be fully registered and approved by the school nurses on AKTIVATE prior to first day of tryouts**
- Players need to register for the appropriate age group specified on the TRYOUT OVERVIEW page. No player will be allowed to try out “**up**” without invitation.

AKTIVATE LINK: <https://www.aktivate.com/>

Equipment Needed:

Players need to come prepared each day with the following equipment

- Full water bottle (32oz or more)
- Soccer Cleats
- Running Sneakers
- Shin Guards
- Lunch (Varsity/JV only)
- Change of Clothes

Summer Offseason Sessions:

Colonie Boys Soccer **PREP-CAMP** -

This camp is designed to prepare players for their school soccer tryouts. Players will participate in speed/agility training, small sided games, and technical ball work before wrapping up with 11v11 full sided games.

REGISTER HERE: <https://www.colonieboyssoccer.com/copy-of-winter-spring>

Summer Soccer Sessions -

This 6 session program is designed to...

- Get players together more frequently throughout the summer to further support the offseason summer workout program
- Provide technical ball work / Small sided games
- Increase Speed & Agility Training/Core Strength Training
- Replace the Afrims Summer League to encourage development in a more safe and organized environment.

REGISTER HERE: <https://www.colonieboyssoccer.com/copy-of-winter-spring>

Reduce Injury Increase Performance (**RIIP REPS**)

Neuromuscular Training Program Powered by HSS Sports Medicine Institute. RIIP REPS foundational neuromuscular training program consists of 48 seven-minute sessions, designed to be completed over 12 weeks (four per week). Seven-minute sessions include both 45-second instructional segments and 30-second training segments.

Summer Calendars:

| <div>C</div> <div>JULY 2025</div> | | | | | | |
|-----------------------------------|--|--|--|--|--|----------------|
| | | 1 RIIP REPS Summer Workout Program (STRAVA) | 2 RIIP REPS Summer Workout Program (STRAVA) | 3 RIIP REPS Summer Workout Program (STRAVA) | 4 | 5 |
| 6 | 7 RIIP REPS Summer Workout Program (STRAVA) | 8 SUMMER TRAINING SESSION 1 8-9:30am | 9 RIIP REPS Summer Workout Program (STRAVA) | 10 SUMMER TRAINING SESSION 2 8-9:30am | 11 RIIP REPS Summer Workout Program (STRAVA) | 12 |
| 13 | 14 RIIP REPS Summer Workout Program (STRAVA) | 15 SUMMER TRAINING SESSION 3 8-9:30am | 16 RIIP REPS Summer Workout Program (STRAVA) | 17 SUMMER TRAINING SESSION 4 8-9:30am | 18 RIIP REPS Summer Workout Program (STRAVA) | 19 8-9:30am |
| 20 | 21 RIIP REPS Summer Workout Program (STRAVA) | 22 SUMMER TRAINING SESSION 5 8-9:30am | 23 RIIP REPS Summer Workout Program (STRAVA) | 24 SUMMER TRAINING SESSION 6 8-9:30am | 25 RIIP REPS Summer Workout Program (STRAVA) | 26 |
| 27 | 28 RIIP REPS Summer Workout Program (STRAVA) | 29 RIIP REPS Summer Workout Program (STRAVA) | 30 RIIP REPS Summer Workout Program (STRAVA) | 31 RIIP REPS Summer Workout Program (STRAVA) | | |

| <div>C</div> <div>AUGUST 2025</div> | | | | | | |
|-------------------------------------|---|---|---|---|---|----|
| | | 1 RIIP REPS Summer Workout Program (STRAVA) | 2 | | | |
| | 4 RIIP REPS Summer Workout Program (STRAVA) | 5 RIIP REPS Summer Workout Program (STRAVA) | 6 RIIP REPS Summer Workout Program (STRAVA) | 7 RIIP REPS Summer Workout Program (STRAVA) | 8 RIIP REPS Summer Workout Program (STRAVA) | 9 |
| 10 | 11 PREP-CAMP 5:30-8pm | 12 PREP-CAMP 5:30-8pm | 13 PREP-CAMP 5:30-8pm | 14 PREP-CAMP 5:30-8pm | 15 PREP-CAMP 5:30-8pm | 16 |
| 17 | 18 V/JV Tryouts Begin 9-11am / 1-3pm | 19 V/JV Tryouts DAY 2 | 20 V/JV Tryouts FINAL DAY | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 Modified / Mod9 Tryouts Begin 9-11am | 29 Modified / Mod9 Tryouts DAY 2 | 30 |
| 31 | <div>SUCCESS IS WON IN THE OFFSEASON</div> | | | | | |

Tryout Overview:

VARSITY & JV TRYOUTS

- Players entering grades 11, and 12 are eligible to try out for Varsity
- Players entering grades 10 and 11 are eligible to try out for JV.
- A player must be invited by the coaching staff to try out **“up”** a level.
- All players must be cleared through **AKTIVATE** to try out.
- Attendance at all tryouts is mandatory.

MODIFIED 9 & MODIFIED 7/8 TRYOUTS

- Players entering grades 7 and 8 will try out for Mod 7/8.
- Players entering grade 9 will try out for Mod 9.
- A player must be invited by the coaching staff to try out **“up”** a level.
- All players must be cleared through Family ID to try out.
- Attendance at all tryouts is mandatory.

PRE-SEASON FITNESS TEST:

2 Mile Run -

Run 2 miles on the track as fast as possible (8 laps).

Varsity sub 13 minutes | JV sub 14 minutes | Mod 9 = 10 Laps around field in 16 minutes

1 Mile Run -

Run 1 mile on the track as fast as possible (4 laps)

Varsity sub 6.5 minutes | JV sub 7.5 minutes | Mod 9 = 5 Laps around field in 8 minutes

Beep Test -

Varsity 8+ | JV 7+

Five Pillars of Player Development:

- o All players will be **observed and evaluated on the Five Pillars of Holistic Player Development:** Technical, Tactical, Physical, Cognitive, and Social.
- o All players will be **observed and evaluated on their levels of focus, energy, and effort** throughout each moment of each day and each session of tryouts.
- o The Five Pillars of Holistic Player Development will be evaluated by the coaching staff throughout the tryouts, especially how the Five Pillars are implemented and utilized in fluid games and during challenging moments.
- o Character + Process = Result

Five Pillars of Player Development Chart:

| TECHNICAL | TACTICAL | PHYSICAL | COGNITIVE | SOCIAL |
|---|---|--|--|---|
| <ul style="list-style-type: none"> -Vision Gathering information -Body shape -First touch -Finishing -Passing -1v1 attacking & defending -Heading -Ability to play under pressure -Speed of play -Striking the ball -Throw-ins -Timing of actions -Defensive Stance -Composure on the ball -Ability to maintain possession | <ul style="list-style-type: none"> -Vision Gathering information -Spatial awareness -Conceptualizing diagonal relationships -Perception -Deception -Movement off the ball -Speed of play -Tempo -Transitioning -Positioning -Reading the opponent -Recognizing game situations -Decision making -Timing of movement -Anticipation -Reading the game | <ul style="list-style-type: none"> -Vision Gathering information -Physical Literacy -Stability Balance -Mobility Agility -Dual force strength -Acceleration Deceleration -Change of speed -Change of direction -Vo2 Max Cardio-respiratory fitness -Challenges for 50/50 balls -Endurance -Work rate -Repeated sprint ability -Bravery | <ul style="list-style-type: none"> -Vision Gathering information -Focus, energy, & effort -Game intelligence -Game awareness -Game understanding -Ability to process and implement presented information -Spatial awareness -Next play mentality -Understands diagonal relationships -Creativity -Situational awareness -Decision making -Composure -Growth mindset -Self-aware -Self-regulation | <ul style="list-style-type: none"> -Behavior -Attitude -Application -Team oriented -Mental toughness -Active listening -Self-motivated -Self-regulating -Self-determination -Dedicated -Constructive communication -Focus on solutions -Accountable -Resilient -Respectful -Positive -Responsible -Leadership |

Colonie Boys Soccer Playing Time Standards:

MODIFIED 7/8 | GAMES ARE 60 MINUTES | 4-5 QUARTERS

- o Every eligible player plays a minimum of 10 minutes (approximately).
- o Focus is on developing game awareness, game intelligence, positional play, special awareness, timing of movements, and the Five Pillars of Holistic Player Development.
- o Holistic player development and learning to implement our Program game model is the most important outcome of each training session and game. $C + P = R$ (Character + Process = Results).
- o One coaching goal is to prepare and transition players for success at the Modified 9 level of play.

MODIFIED 9 | GAMES ARE 60 MINUTES | 4 QUARTERS

- o Every eligible player plays a minimum of 10 minutes (approximately).
- o Focus is on developing game awareness, game intelligence, positional play, special awareness, timing of movements, and the Five Pillars of Holistic Player Development.
- o Holistic player development and learning to implement our Program game model is the most important outcome of each training session and game. $C + P = R$ (Character + Process = Results).
- o Players will transition into a more competitive mindset throughout the season.
- o One coaching goal is to prepare and transition players for success at the JV level of play.

JUNIOR VARSITY | GAMES ARE 80 MINUTES | 2 HALFS

- o Every player competes for a starting position and playing time.
- o No playing time is guaranteed. All minutes are earned.
- o The focus is on developing game awareness, game intelligence, positional play, special awareness, timing of movements, and the Five Pillars of Holistic Player Development
- o Holistic player development, including learning to most effectively implement our program game model, is vital to the process of improving as players.
- o The players will be playing under pressure with the understanding that our individual and team character and process will influence our results. $C + P = R$ (Character + Process = Results).
- o The desired result of each competition is to learn, succeed, and compete as a team with respect for the game, our opponent, the officials, the coaches, the families, our school, and our teammates.
- o One coaching goal is to prepare and transition players for success at the Varsity level of play.

VARSITY | GAMES ARE 80 MINUTES | 2 HALFS

- o Every player competes for a starting position and playing time.
- o No playing time is guaranteed. All minutes are earned
- o The focus is on successfully implementing our game awareness, game intelligence, positional play, special awareness, timing of movements, and our Program game model under the Five Pillars of Holistic Player Development.
- o The players will be playing under pressure with the understanding that our individual and team character and process will influence our results. $C + P = R$ (Character + Process = Results).
- o The desired result of each competition is to learn, succeed, and compete as a team with respect for the game, our opponent, the officials, the coaches, the families, our school, and our teammates.