

U14 MLS NEXT Resources (2026-2027)

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Aug 27, 2026

Hi U14 MLS NEXT Families,

OUR TWO-WEEK TOPIC: ATTACKING PROGRESSION AND PENETRATION

Over the past two weeks, we have focused on helping the players turn possession into purposeful attacking play.

Our main language has been:

THROUGH. AROUND. BEYOND.

This connects directly to the Toros methodology. At U14, we are continuing to develop players who can scan, recognize space, combine with teammates and make decisions based on the picture in front of them.

Keeping possession is important, but we want to use possession to move the opposition, find the free space and create opportunities to attack.

WEEK ONE: INTRODUCING THE PRINCIPLES

SESSION ONE: CIRCULATE, SWITCH AND REACT

The first session focused on keeping possession and attacking one side of the field before switching into the space on the opposite side.

Sub-principles:

- Circulate the ball with purpose
- Attract the opposition toward one side
- Switch through a central player or around the pressure
- Scan before receiving and ask, "What's behind me?"
- Begin the forward run as the switch travels
- Support underneath the ball
- Create a new supporting angle after passing

The switch was not the end of the action. It was the signal for the players to react and begin the next forward movement.

Players were reminded not to watch their pass. After releasing the ball, they needed to move and provide a new angle.

SESSION TWO: PLAYING THROUGH THE THIRDS

The second session focused mainly on progressing centrally and recognizing how a teammate's movement can create space.

Sub-principles:

- Attack the space a teammate has left
- Move defenders away from important spaces
- Use shuffle or stutter steps to time the run
- Stay active without running too early
- Attack space from a diagonal angle
- Break lines through passes, combinations or forward runs
- Support underneath the next pass
- Keep the team connected as the ball progresses

If one player moved out of a space and pulled a defender with them, another player needed to recognize the opening and attack it.

We also worked on using small shuffle steps before accelerating. This helped players maintain forward momentum, adjust their angle and avoid arriving in the space too early.

SESSION THREE: ATTACKING RUNS TO SUPPORT THE ATTACK

The third session connected our circulation and central progression to the forward runs needed to continue the attack.

Sub-principles:

- Use decoy runs to move defenders
- Scan the defensive line before accelerating
- Use shuffle steps to remain onside
- Recognize overlaps, underlaps and diagonal runs
- Move opposite to the ball carrier's touch
- Attack the space when the passer is ready
- Replace the space left by a forward runner
- Maintain a supporting option underneath

One example was when the player with the ball took a touch toward one side. A teammate could peel away in the opposite direction, separate from their defender and create a diagonal passing lane.

Players also learned that when someone runs forward from a central position, another player must rotate into the space they leave. This keeps the attack connected and provides an option if we cannot continue forward immediately.

WEEK TWO: PROGRESSING INTO THE ATTACKING THIRD

The second week followed a similar structure and reinforced many of the same principles.

The players were given further opportunities to recognize the same pictures and improve the timing, speed and purpose of their decisions.

Our main progression was taking the attack from the middle third into the attacking third and finishing with a shot on goal.

The additional emphasis was on:

- Circulating until an opportunity to penetrate appeared
- Recognizing whether to play through, around or beyond
- Attacking space created by a teammate's movement
- Supporting underneath after the first forward pass
- Adding forward runs as the ball entered the attacking third
- Using overlaps, underlaps and diagonal runs
- Replacing the spaces left by forward runners
- Arriving around the penalty area with multiple options
- Turning purposeful possession into a shot on goal

Entering the attacking third was not the end of the action. We wanted the players to continue moving, combining and supporting until the attack produced an opportunity to finish.

HOW THIS FITS OUR TEAM STRUCTURE

One way we can create these moments is by combining on one side of the field and drawing the opposition toward the ball before switching to the free player.

As the switch travels:

- The wide player prepares to receive and attack
- The striker and central midfielders react with forward runs
- Supporting players arrive underneath
- A teammate replaces any central space that has been left
- The team remains connected if the forward pass is unavailable
- The attack continues toward a final pass, cross or shot

The objective is to move the opposition with the ball and then attack the space they leave.

OUR KEY LANGUAGE

- CIRCULATE: Move the ball to move the opposition.
- SCAN: Check the defender and the space behind you.
- SWITCH: Find the free player on the opposite side.
- REACT: Begin the next movement as the pass travels.
- SHUFFLE: Stay active, adjust your angle and remain onside.
- ATTACK SPACE: Recognize and enter the opening.
- SUPPORT UNDER: Give the attack a connected passing option.
- ROTATE: Replace the space left by a teammate.
- FINISH: Turn the attack into an attempt on goal.

THE BIG LEARNING

Keeping possession is the beginning of the attack, not the final objective.

We want to use the ball to move opponents. When the space opens, we must recognize it, attack it and continue the action toward a shot on goal.

A forward run can still be successful even if the runner does not receive the ball. It may move a defender, open a passing lane or create space for a teammate.

Every movement should create something for the team.

HOW PLAYERS CAN WORK ON THIS AT HOME

- Practice checking your shoulder before receiving against a wall.
- Pass, move to a new angle and prepare for the next return.
- Practice shuffle steps followed by a short diagonal acceleration.
- Receive on the half-turn before taking the first touch forward.
- Watch a professional match and identify the runs made when the ball is switched.
- Look for the players who support underneath when a teammate runs forward.

The two attached posters reinforce the team structure and individual movement details covered across both weeks.

Thanks for your continued support.

Coach Ryan Lord

Attachments

[week34-through.png](#)

[week34-scansh.png](#)

Aug 15, 2026

Hi U14 MLS NEXT Families,

LAST WEEK'S TOPIC: BUILDING OUT FROM THE BACK

Last week's practices focused on becoming more confident and purposeful when starting attacks from our goalkeeper and defensive line.

This connects directly to the Toros methodology. At U14, we are building the academy player. This means learning to scan, create passing angles, support teammates and solve different game situations together.

We do not want to pass short simply to keep the ball. The objective is to draw pressure, create a free player and then progress through, around or over the opposition.

SESSION-BY-SESSION REVIEW

SESSION ONE: PASSING, RECEIVING AND PLAYING FORWARD

The first session developed the technical foundations needed to build confidently from the back.

Sub-principles:

- Passing with the correct weight, timing and accuracy
- Receiving across the body and on the half-turn
- Scanning before receiving
- Creating a clear supporting angle
- Playing the way you are facing when under pressure
- Moving into another space if the pass does not arrive

Players were encouraged to know their next action before receiving. If they could turn and play forward safely, they should. If pressure prevented the turn, they could bounce the ball back and move again.

SESSION TWO: CREATING THE SPARE PLAYER

The second session focused on using our goalkeeper, center backs and No. 6 to create an extra player against the opposition's first line of pressure.

Sub-principles:

- Creating numerical superiority around the ball
- Moving the first defender through quick circulation
- Recognizing which center back is free
- Driving forward when nobody applies pressure
- Providing passing angles ahead of and around the ball
- Moving again after passing instead of watching the play

A player's movement does not always need to help them receive the ball. Moving a defender away can create space for a teammate somewhere else.

SESSION THREE: PLAYING THROUGH, AROUND OR OVER

The final session challenged the players to recognize how the opposition was pressing and select the best solution.

Sub-principles:

- Playing through pressure when a central teammate is free
- Playing around pressure through the fullbacks or wide areas
- Playing over pressure when the opposition commits forward
- Changing our team structure to create an overload
- Maintaining width while teammates rotate inside
- Using deception to move defenders
- Resetting possession rather than forcing the play
- Progressing with a clear purpose

OUR FOUR-PLAYER MIDFIELD DIAMOND

One structural option was for our left winger to move inside and join the No. 6 and two central midfielders.

When the left winger moved inside:

- The left back could move higher and provide the left-side width
- The right winger continued to hold the opposite width

- The four midfielders created a diamond with several passing angles
- If an opponent followed one player, another player should become free

The left winger was not moving inside simply to get closer to the ball. The movement was designed to change the opposition's shape and create a free player.

THE BOUNCE COMBINATION

We spent significant time on the following pattern:

1. The center back passed into the No. 6.
2. The No. 6 bounced the ball back, playing the way they were facing.
3. The No. 6 moved away and attempted to take a defender with them.
4. A central midfielder moved into the space.
5. The midfielder received on the half-turn and carried the ball forward.

The bounce pass was used to move the opposition and create the next forward action.

DECEPTION AND PLAYING WITH PURPOSE

Players also worked on using their eyes, hands and body shape to influence defenders.

For example, a center back could suggest that they were passing into midfield. If the defender moved to stop that pass, the center back could fake it and play outside instead.

Players were reminded not to force a pass or turn into pressure. Sometimes the correct decision is to bounce the ball, reset possession or move the opposition again.



OUR KEY LANGUAGE

- **SPREAD:** Create space and make the field bigger.
- **SHOW:** Give the player with the ball a clear angle.
- **BOUNCE:** Play the way you are facing and move the pressure.
- **ROTATE:** If the pass does not arrive, find another space.
- **DRIVE:** Carry the ball forward when nobody applies pressure.
- **PROGRESS:** Find the free player and move the team forward.



THE BIG LEARNING

Building out successfully is not about completing as many short passes as possible.

It is about creating a free player, recognizing the correct moment and progressing with purpose.



HOW PLAYERS CAN WORK ON THIS AT HOME

- Practice one-touch bounce passes against a wall with both feet.
- Scan before the ball returns.
- Move to a different angle after every pass.
- Practice receiving across the body and taking the first touch forward.
- Watch a professional team build from the back and try to identify the free player.

Parents can help by praising players for making a calm decision rather than forcing the ball forward. Playing backwards can still be positive if it helps the team create a better route forward.

THIS WEEK

This week we will build on these ideas by focusing on playing through the thirds.

We will work on opening the field as the ball moves, switching play when one side becomes crowded and using forward runs and combinations to enter the final third. Our counterpress will remain important whenever possession is lost.

Thanks for your continued support.

Coach Ryan

 week2-buildingo.png

 week2-bouncemo.png

Aug 5, 2026

Pressing From The Front + Counter-Pressing

Hi U14 MLS NEXT Families,

Last week our main focus was:

PRESSING FROM THE FRONT + COUNTER-PRESSING

The goal was to help the players understand that pressing is not simply running toward the ball. We want to control where the opposition plays, make their next action more predictable and then move together as a team.

Our 1v1 defending work was a sub-principle within this. If you are the player applying pressure, can you arrive with the correct body shape, influence the attacker and still react if they change direction?

This links directly to our Toros methodology: be proactive, be brave and stay connected.

LAST WEEK AT A GLANCE

1 PRESSING + COUNTER-PRESSING FUNDAMENTALS

We started with the individual details needed to press effectively.

Players worked on:

- Approaching quickly before becoming controlled near the opponent.
- Using the angle of their run to show the player one way.
- Staying balanced instead of diving into the challenge.
- Shuffling and re-adjusting if the attacker cuts back.
- Reacting immediately after losing possession and recognizing who initiates the counter-press.

The individual defending detail is important because our team press can only be effective if the first player can influence the opponent.

SHOW WIDE + LOCK IT

We then connected the first press to the players around it.

Our starting positions were very good. The bigger challenge came when the opposition circulated the ball and we had to organize the second and third actions.

Our five key words help everyone recognize their responsibility:

 **GO:** The first player initiates the press. Their run should force the opponent one way and begin setting the trap.

 **SHOW WIDE:** Curve the pressing run from central to wide. This helps block the pass across the field and makes the opponent's next action more predictable.

 **JUMP:** As the next pass travels, the next player moves to pressure the receiver. We want to arrive as the ball arrives, not react once they are already comfortable.

 **LOCK:** The RCM, LCM or full-back closes underneath the player pressing, depending on the position of the ball and who has jumped.

 **SQUEEZE:** The rest of the team moves higher with the press so large spaces do not appear between our lines.

The important difference is:

GO starts the press.

JUMP connects the next action.

READING THE OPPOSITION BUILD

In our final session, we created different opposition build-out scenarios.

We looked at how our press changes when the opposition finds:

- A center-back
- A full-back
- Their 6
- A player centrally around Zone 14

The players had to recognize the receiver, communicate and decide who should GO, who should JUMP and who needed to LOCK the space underneath.

If we have an overload centrally, we can also deliberately set the trap inside and try to force the mistake in a dangerous area.



THE TEAM PICTURE

When we press from the front:

Front 3 pressure their defensive line



LCM, 6 and RCM step higher with their midfield



Back 4 squeeze behind them and close the gap

One player pressing alone is easy to play around.

Our Toros message remains:

“Press together or recover together.”



OUR BIGGEST NEXT STEP

Our initial positioning is becoming much stronger.

Now we need the same organization when the ball moves.

Can we communicate early?

Can the next player JUMP before the receiver gets comfortable?

Can everyone else move at the same time?

The second and third actions are just as important as the first press.

GAME CONNECTION

A successful press does not always mean immediately winning the ball.

Success can also be:

- ✓ Forcing the opponent backwards
- ✓ Forcing play toward one side
- ✓ Taking away the switch
- ✓ Creating a rushed clearance
- ✓ Trapping the opponent in an area we have chosen
- ✓ Forcing the mistake for a teammate to win

This is why we want the boys to understand the purpose behind the press rather than simply chase the ball.

THIS WEEK'S POSTERS

I've attached two A4 learning posters:

- Team Structure: How the front three, LCM, 6, RCM and back four connect as the opposition moves the ball.
- Individual Detail: The 1v1 defending sub-principle, including the approach, body position and how to re-adjust if the attacker cuts back.

AT HOME

When watching a professional game, watch the first player who presses and ask:

“What pass is their run trying to take away?”

Then watch what happens when the opponent passes.

Who JUMPS next?

Do the midfield and defensive lines move with them?

THIS WEEK: BUILD OUT FROM THE BACK

This week we flip the picture.

Last week we learned how a pressing team tries to remove options. This week we learn how the team in possession creates options and solves that pressure.

We will focus on:

- Organizing the goalkeeper, back four and 6.
- Creating width, depth and good passing angles.
- Scanning before receiving.
- Receiving with an open body.
- Recognizing when to play through, around or over pressure.
- Attracting pressure before finding the free player.
- Switching when one side becomes crowded.
- Being brave in possession without forcing the ball.

The boys are now learning both sides of the same tactical problem.

See you all this week!

Coach Ryan

■ u14weeklyposter0-showandstay.png

■ u14weeklyposter0-teampressingstructure.png

Aug 1, 2026
Dear U14 Families,

Attached are today's positional learning posters as part of our Tactical Blueprint series.

Day 5:

Right Back (RB / No. 2)

Left Back (LB / No. 3)

Right Wing (RW / No. 7)

Left Wing (LW / No. 11)

Today's focus is on the wide areas of the pitch. These four positions must learn to work together to provide width, support teammates, move the ball forward, create chances, and protect the team when possession is lost.

As with the previous posters, I encourage the boys to spend time studying:

- Their responsibilities in possession and out of possession.

- The key technical details and touches for the position.
- Team patterns, partnerships, and movements.
- The professional player examples.

Please remember to use the QR codes at the bottom of each poster. They will take the boys to YouTube search results for the player and game moment shown. From there, they can choose suitable videos and watch how these actions are performed in real match situations.

Even if your son does not regularly play as a fullback or winger, I strongly encourage him to study all four roles. Fullbacks and wingers must work in partnerships, so understanding when to support, overlap, move inside, stay wide, press, or recover will help the entire team become more organized.

These are the final positional posters in our Tactical Blueprint series. Every player should now have a clearer understanding of how each position contributes to the team and our overall style of play. This shared understanding will help the boys communicate better, make quicker decisions, and play with greater confidence and purpose.

As mentioned previously, once everyone has had time to review the positional blueprints, I will arrange a team meeting where we will go through our standards, expectations, and how all of these individual roles come together within our playing philosophy.

Thank you for your continued support.

Coach Ryan

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 u14leftwingerpptx.pptx

 u14rightbackpptx.pptx

 u14leftbackpptx.pptx

Jul 20, 2026

U14 Tactical Blueprint – Day 4 (Holding Midfielder & Central Midfielders)

Dear U14 Families,

Attached are today's positional learning posters as part of our Tactical Blueprint series.

Day 4:

- Defensive Midfielder (CDM / No. 6)
- Left Central Midfielder (LCM / No. 10)
- Right Central Midfielder (RCM / No. 8)

Today's focus is on the midfield, one of the most important areas of the field. These three positions help connect the defenders and attackers, control the speed of the game, create passing options, and keep the team balanced when we have the ball and when we are defending.

As with the previous posters, I encourage the boys to spend some time studying:

- Their responsibilities in possession and out of possession

- The key touches and technical skills for each position
- Team patterns, rotations, and movements
- The professional players they can watch and learn from

Please also encourage them to use the QR codes at the bottom of each poster. These will take them to YouTube search results for the player and game moment shown. From there, they can choose a suitable video and watch how these actions are performed during real matches.

Even if your son does not normally play in midfield, it is important that he studies all three roles. Midfielders connect every area of the field, so understanding how they move, receive the ball, support teammates, and react defensively will help every player improve their decision-making and overall understanding of the game.

At this age, the boys are beginning to take on more tactical responsibility. Developing this understanding now will make it easier for them to adapt to different positions, systems, and expectations as they progress into high school soccer and the older age groups.

Once everyone has had time to review the positional blueprints, I will arrange a team meeting where we will discuss our standards, expectations, and how all of the individual positions work together within our overall style of play.

Thank you for your continued support.

Coach Ryan

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 u14centraldefensi.pptx

Jul 15, 2026

U14 Tactical Blueprint – Day 3 (Right & Left Center Back)

Dear U14 Families,

Attached are today's positional learning posters as part of our Tactical Blueprint series.

Day 3:

- Right Center Back (RCB)
- Left Center Back (LCB)

Today's focus is on the two center-back positions. Although both roles share many of the same defensive responsibilities, there are also important differences depending on which side of the field the player is operating on.

The boys should spend some time looking through:

- Their responsibilities when we have the ball
- Their responsibilities when the opposition has the ball

- Important touches, passing details, and defensive skills
- Team movements and patterns
- Professional players they can study

Please also encourage them to use the QR codes at the bottom of each poster. These will take them to YouTube search results connected to the player and topic shown. They can then select a suitable video and watch how these actions are performed in real games.

Even if your son does not currently play as a center back, it is still important for him to study both positions. Understanding how the defenders think, move, and build attacks will help every player make better decisions and become more connected with their teammates.

At this age, the boys are beginning to take on more tactical responsibility. The more they understand now, the easier it will be for them to adapt as they progress into high school soccer and the older age groups.

Thank you for your continued support.

Coach Ryan

 u14rightcenterba.pptx

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Jul 14, 2026

U14 Tactical Blueprint – Position Learning Resources

Dear U14 Families,

Over the next 10 weekdays, I will be emailing you a series of positional learning posters that we will be using throughout the upcoming season.

These posters form part of our team's tactical **Blueprint** and are designed to help the players develop a much deeper understanding of the game and what is expected from each position within our style of play.

The boys are now reaching a critical stage in their development. The more they can understand tactically at this age, the easier and more seamless their transition into high school soccer and the older age groups will become. Developing this knowledge now will help them make better decisions, adapt to different roles, and understand the game beyond simply following the ball.

I would encourage you to print each poster and keep them somewhere visible at home so the boys can regularly look over them. The more familiar they become with these concepts, the more naturally they will be able to apply them on the field.

Each positional poster includes:

- In-Possession responsibilities
- Out-of-Possession responsibilities
- Key touches and technical skills
- Team patterns and movements
- Success habits for the position

- Professional player examples to study

At the bottom of each poster, you will also notice QR codes. These link to YouTube search results rather than individual videos. I have checked each one to ensure it searches for the correct player and game moment. In most cases, the boys can choose any of the videos that appear within those search results, provided they relate to the topic shown on the poster.

Although players naturally have a primary position, I strongly recommend that everyone studies **every** position over the coming days. Understanding the responsibilities of teammates will improve each player's football intelligence, awareness, decision-making, and overall individual game. It will also help us become a more connected and intelligent team.

Attached are the first two positional posters:

- **Day 1:** Striker
- **Day 2:** Goalkeeper

Over the coming weeks, I will also be arranging a team meeting where we will go through our standards, expectations, and the style of play we will be implementing this season. These positional blueprints will provide an excellent foundation before that meeting.

Thank you for your continued support. I am looking forward to seeing the players continue to grow both tactically and technically throughout the season.

Coach Ryan

 u14goalkeeperpptx.pptx

 u14strikerpptx.pptx

Jun 22, 2026

Summer Training Plan

Hi everyone,

I hope you're all doing well.

Firstly, my apologies for the lack of contact recently. I have just returned from my wedding and seeing family, so I haven't been in contact as much as I would have liked. I am back now and looking forward to getting everything moving properly.

Please see attached the five-week summer training plan for our U14 MLS NEXT team. This plan starts this week and is an important part of our preparation for the upcoming season.

Each week includes two ball work sessions and two fitness sessions. These sessions must be completed by all players, with no exemptions. If a player feels Week 1 is unnecessary because they have stayed active and have been playing or working with the ball recently, they may move straight into Week 2. However, from that point forward, all sessions are expected to be completed properly.

The fitness sessions are designed to aid acceleration, agility, running technique, and stamina. They have also been designed and adjusted specifically for each age group, so the expectations and workload are appropriate for the players while still challenging them properly.

All players are also expected to attend each Wednesday MLS NEXT session that has been taking place, unless you have already let me know that they are unable to attend.

As we will be competing in the MLS NEXT division this upcoming season, the hard work and dedication start now, not when team practices begin. At this level, these standards have to be met. As the 11v11 Director, these standards come from myself and the club, and we will be making sure that my teams are prepared in the right way.

I have designed these sessions to include ball movements, skills, and habits that the boys should be looking to replicate on the field. Throughout the season, I will be testing players at certain points to make sure these skills are being performed to a sufficient standard. This will also help show who has been doing the work at home.

In the coming weeks, I will also send out a link to a tracking table where everyone can enter their player's scores so we can track progress more easily.

Over the next month, I will be sending further emails to help us prepare for the season. These will include information around team standards, expectations, tactics, style of play, and position-specific moments. All of this is designed to help set the boys up in the right way before preseason begins.

I care deeply about these boys and their development, and I will do everything I can to make sure they, and we as a team, are set up for success.

Any questions, please let me know.

Best,
Coach Ryan

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Project Function

Project Function Resources

Aug 1, 2026

Hello Parents,

We had a great first MLS NEXT Performance class and wanted to share what the athletes learned, along with their homework before next week.

Our first session introduced the foundational principles of human biomechanics and how posture, tissue hydration, core stability, and movement mechanics affect performance on the field.

We began with the First Four human movements: standing, walking, running, and throwing. Improving symmetry and efficiency within these movements can help athletes perform more effectively while reducing unnecessary stress on the body.

During the session, the athletes worked on:

- Myofascial release for the quadriceps, 45s, and hip flexors
- Identifying tender or restricted areas within the muscles
- Understanding anterior and posterior pelvic tilt
- Core activation and lower-back stability
- Neutral standing posture
- Glute & hamstring activation
- Lunging, sprint positioning, and gait mechanics
- Plank progressions and full-body stability

A major focus was identifying quad-dominant movement patterns. When the quadriceps and hip flexors take over too much, it can interfere with posture, glute engagement, running mechanics, and overall movement efficiency.

Homework

1. Complete myofascial release regularly.

Athletes should work on the quadriceps, 45s, and hip flexors using a foam roller, lacrosse ball, or another appropriate myofascial release tool. We sell the Functional Patterns rollers and other MFR equipment used during class. Although other tools may be used at home, the FP tools are our preferred option because their shape and density allow athletes to apply more precise pressure to the areas we are teaching them to target.

Athletes were taught to rate each tender area on a scale of 1–10, with 10 being the highest level of discomfort. Finding a spot in the upper 7–8 range generally means they have located an area that needs attention. They should remain on that spot, breathe, and allow the discomfort to decrease by at least two to three points before moving on. If the intensity has not changed after one to two minutes, they may move to another area and return to it during a future session.

Myofascial release may feel uncomfortable in areas where certain muscles have become overused, especially in the beginning. The goal is to improve hydration within the tissue and fascia so they become more malleable and pliable. This can help reduce the amount of work being placed on an overused muscle and allow other muscles throughout the body to contribute more effectively.

Athletes may perform MFR daily as long as the area is not bruised or tender in a way that feels similar to a bruise from the previous session. If that occurs, they should allow the area time to recover before working on it again.

Please remind your athlete to move slowly, avoid rolling directly over joints, and stop if they experience sharp pain, numbness, or tingling.

2. Read the two eBooks sent in the original welcome email.

To help your athlete build the habits that support their training, we have included both resources again below:

- Recovery & Nutrition Playbook: [LINK](#)
- Too Much Screen Time eBook: [LINK](#)

We ask that parents and athletes read these resources together. Nutrition, hydration, sleep, sunlight, screen exposure, and daily recovery habits all influence how well an athlete adapts to training and performs on the field.

As the program progresses, we will build from these foundational concepts into more advanced movement mechanics and resistance training. Our goal is to help the athletes develop strength, speed, and coordination without sacrificing alignment or movement quality.

Thank you for helping us reinforce these habits at home.

Mollie & Luis Ponce

Owners | FP Human Biomechanics Specialists

 PF - Family Performance Playbook.pdf

 PF- KIDS Screen time 2.pdf