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# COVINGTON FC

## DNA

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**Excellence Through Development**





**COVINGTON FC DNA**



## WHO WE ARE

Covington FC is a competitive youth soccer club established in order to motivate, educate, and ultimately create players that achieve excellence on and off the field through hard work, discipline, dedication, character-development, and teamwork. Covington FC is committed to providing a cost-effective platform for its members to play high-level soccer against top-flight competition throughout the state, region, and country on a year-round basis, while cultivating within its members sportsmanship and a life-long passion for the game of soccer.







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## CORE VALUES

### Respect

- The game
- Your club
- Your coaches
- Your parents/guardians
- Your teammates
- Yourself
- Your opponents
- Game officials

### Commitment

- Attend all training & games
- Attend all off-the-field functions
- Maintain academic eligibility
- Match fitness
- Proper diet & sleep
- Proper recovery
- Curtail/eliminate partying
- Be a student of the game

### Purpose-Driven Passion

- Give "Perfect Effort"
- Demonstrate an unyielding will to win
- Be joyful
- Play with managed emotion & hyper intelligence
- Do not take the game for granted

# Respect

GIVE IT



TO GET IT

“DON'T PUT  
IN 1/2 OF  
THE EFFORT  
UNLESS  
YOU'RE OKAY  
WITH 1/2 OF  
THE RESULT.”







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## **Tiered Team Placement System**

As part of **Covington FC's** commitment to player development and competitive growth, we utilize a tiered team placement system based on player performance, skill level, and developmental needs.

### **Blue**

Our “Blue” team represents the highest level of competition within each age group, composed of our most advanced and competitive players.

### **White**

The “White” team follows as a strong developmental squad for players who show promise and consistency but may need further growth before reaching the top tier.

### **Maroon**

When numbers and talent allow, a “Maroon” team may also be formed to provide additional opportunities for development and competitive play.

**Each team receives quality coaching and training aligned with our club philosophy, and player movement between teams may occur as development progresses throughout the season.**





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## DNA OF A COVINGTON FC PLAYER

### TECHNICAL

- Advanced Ball Mastery
- Exquisite 1st Touch
- Masterful Turns
- Clinical Ball Striking
- Proficient w/ Both Feet
- Accurate Passing
- Dynamic Dribbling
- Aerial Aptitude

### TACTICAL

- Principles of Attacking
- Principles of Defending
- Transitions
- Positional Duties
- Game Model
- Formations
- Set Pieces



### SOCIAL

- Communicative
- Positive Leadership
- Joyful
- Supportive
- Team-Centered

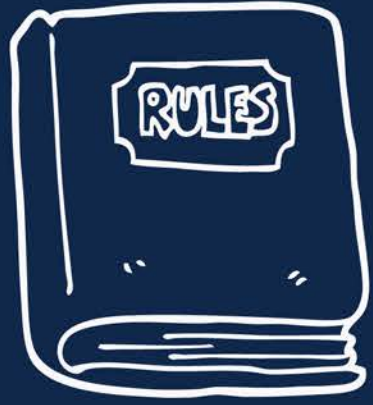
### PHYSICAL

- Balance & Coordination
- Endurance
- Speed
- Agility
- Strength
- Jumping
- Acceleration & Deceleration

### MENTAL

- High Soccer IQ
- Fiercely Competitive
- 360 Degree Field Vision
- Confident
- Coachable
- Resilient
- Accountable





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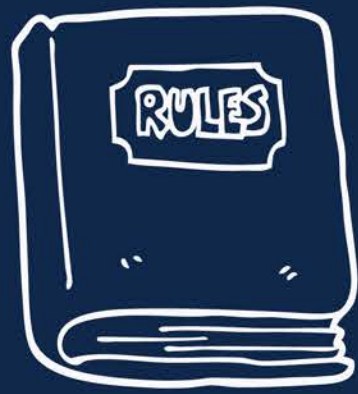
## PLAYER STANDARDS



- Know and respect the Laws of the Game of soccer.
- Respect game officials and coaches by following their instructions and directions and refrain from addressing them or commenting on their decisions during or after the game.
- Respect all teammates and coaches regardless of race, creed, culture, gender, or ability.
- Maintain control of his/her emotions, avoiding the use of abusive or profane language, taunting, insulting, or humiliating remarks, and/or gestures and physical assault upon another player, parent, game official, coach, and/or spectator at any time.
- Fulfill Your Commitment: Ensure that you attend all games (including the warm-up period), practices, and events at the required time or timely provide the coach or manager with an approved excuse beforehand.

- Begin each game (including the warm-up period) on time with all appropriate equipment, uniforms, and hydration/nutrition sources.
- Respect all players, managers, coaches, and parents of other teams and display the utmost sportsmanship before, during, and after the game, acknowledging that they are opponents, not enemies.
- Be humble and gracious in victory and dignified and courteous in defeat.
- Take care of the Covington FC fields and all training equipment.
- Refrain from smoking, vaping, drinking alcohol, or using illicit drugs.
- Be on time for all practices/games/events.
- If you are unable to participate in any practices/games/events due to an injury, then you must still attend.





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## PARENT & GUARDIAN STANDARDS

- Know and respect the Laws of the Game of soccer.
- Show respect and courtesy to all game officials, coaches, and players at all times.
- Respect the game officials and refrain from questioning, approaching, or addressing any game official during or after any Covington FC event.
- Cheer for Covington FC in a positive manner, refraining at all times from making negative or abusive remarks about any players, coaches, managers or supporters of either Covington FC or the opposing team
- **AVOID COACHING PLAYERS FROM THE SIDELINES:** A common problem in youth soccer is the impulse of parents and other supporters to shout instructions to players from the sideline. This behavior undermines the development of players and the team. Covington FC teaches players to read the game and to think for himself/herself. Additionally, a parent's instruction often conflicts with a coach's instruction or game model. As a rule of thumb, parents and other supporters should not communicate with players while they are "on the ball." Moreover, parents and other supporters should only use only adjectives (e.g., Awesome pass! Great shot! Nice tackle! Excellent save!) and not verbs (Pass the ball! Shoot! Dribble!) when vocally supporting the team.
- Maintain control of your emotions and avoid actions, language, and/or gestures that may be interpreted as hostile, abusive, mocking, or humiliating.

- **Fulfill Your Commitment:** Ensure that your child attends all games (including the warm-up period), practices, and events at the required time or timely provide the coach or manager with an approved excuse beforehand.
- Demonstrate appropriate gestures of sportsmanship at the conclusion of each game, win or lose.
- Promote the concept that soccer is merely a game, and that players, coaches, managers, and supporters of other teams are opponents, not enemies.
- Follow the "24-Hour Rule" - If you have a complaint resulting from a game (or practice) situation, then speak with the coach(es) no earlier than the following day during an agreed-upon date, time, and manner. Be mindful of tone & timing.
- **AVOID COACHING THE COACH:** Unless specifically asked, please do not suggest lineups, formations, positional assignments, or tactics to your staff coaches before, during, or after the game. This is beyond the province of any parent. If you have any questions or concerns about the fitness, qualifications, or conduct of any CFC coach, then please contact Covington FC's Director of Coaching, Stephen "Curt" Aertker. Otherwise, let the coaches do their jobs without interference or encumbrance.



**“Champions are brilliant  
at the basics.”  
John Wooden**



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## WHAT WE BELIEVE

**“Believe.”  
Ted Lasso**

**“Hard work beats  
talent when talent  
does not work hard.”  
Tim Notre**

**“Soccer is a simple  
game. It’s just very  
hard to play it simple.”  
Johan Cruyff**

**“When you play a match, it is statically proven that players  
actually have the ball 3 minutes on average...So, the most  
important thing is: what do you do during the 87 minutes  
when you do not have the ball ... That is what determines  
whether you are a good player or not.”  
Johan Cruyff**

**“To play [soccer] you  
need to use a ball  
and your brain...  
preferably at the  
same time.”  
Luis Van Gaal**

**“[Soccer] is a game of  
mistakes.  
Whoever makes the fewest  
mistakes wins.”  
Johan Cruyff**

**“I will forgive if the players can’t get it right,  
but not if they do not try hard.”  
Pep Guardiola**

**“There is only one ball, so  
you need to have it.”  
Johan Cruyff**

**“There is no system of play which will overcome  
inaccurate passing or shooting; none which will improve  
ball mastery; none which allows for players who will not  
support each other; and none which allows for players who  
cannot or will not run.”  
Charles Hughes - Former FA Director of Coaching**

**“If your presence does not  
make an impact, then your  
absence will not make a  
difference.”  
Trey Smith**





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## HOW WE PLAY

### ATTACKING

Covington FC aspires to intelligently **DOMINATE POSSESSION**, patiently selecting the right moments to safely **PROGRESS** the ball in order to disorganize and unbalance the opposition and obtain **NUMERICAL SUPERIORITY**, and then capitalize upon the resulting gaps/channels/gates and overloads in order to explosively **PENETRATE** the attacking third and concomitantly **CREATE & FINISH** credible goal-scoring opportunities.

### DEFENDING

Covington FC aspires to intelligently regain possession as **EARLY** and **EFFICIENTLY** as possible, utilizing frenetic but organized **PRESSING** during **NEGATIVE TRANSITIONS** and the **HIGH BLOCK** to re-win the ball and immediately resume attacking. If Covington FC is unable to regain possession within approximately 6 seconds, then Covington FC players shall **REORGANIZE** behind and inside the ball with **NUMERICAL SUPERIORITY** and apply fundamental principles of defense to dispossess the opponent at the next earliest opportunities up to the designated **LINE OF CONTENTION**, thereafter employing **EMERGENCY DEFENDING** and **GOAL PROTECTION** techniques to prevent the opponent from scoring.

### TRANSITIONING

Covington FC aspires to intelligently maximize opportunities during both **POSITIVE TRANSITIONS** and **NEGATIVE TRANSITIONS** based upon the involved players' rapid **RECOGNITION** of the game situation, resulting individual **DECISION-MAKING** and **ACTION**, and ensuing team reaction. An effective transition entails intelligent and coordinated **RECOGNITION** and **ACTION/REACTION**.