

Green Cleat-Level™ Assessment

Study Sheet for Acumen and Soccer Mental Acuity



FC7 Soccer® and our partner the Positive Coaching Alliance®

ELM Mastery

Using a tree as the design ELM Mastery consists of 2 parts; ELM and ROOTS.

The **ELM** part of the **ELM tree** design stands for **Effort-Learning-Mistakes** are okay as the theme and part of our Growth Mindset culture during every training session.

The **ROOTS** of the tree is respecting the **Rules-Officials-Opponents-Teammates-Self** during games.

Triple Impact Competitor®

The Triple Impact Competitor is an athlete who consciously works toward improving themselves, their teammates, and the game. It is the core part of PCA's Development Zone®. When your player is ready for college, they may apply for a scholarship based on their affiliation with us, PCA, and their part as a Triple Impact Competitor®. For more on this visit the Positive Coaching Alliance website and search scholarships.



FC7Soccer®'s Take Imperfect Action

We know children/players are afraid of not fitting in. Based on our research, we have come up with a plan that parallels PCA's ELM. We call it taking "Imperfect Action". Taking "Imperfect Action" means "taking action" perpetually and knowing it will be flawed since all human action is flawed. After finishing the action, the player finds and works on fixing 1 mistake. The player then continues to "take action" practicing with the new change. Once you are comfortable with the change, you find the next mistake you want to correct that will get you closer to mastery and repeat the process of correction then continuously "take action". It works with the ELM -Mistakes are okay. We want them to take-action. So "Imperfect Action" means always "taking action" daily (home/training) and correct 1 mistake. The players' answer should be; **always take-action and correct 1 mistake = Take Imperfect Action.**

Green Cleat-Level™ Formation Acumen and Mental Acuity

At this point the player should understand the concept of attacking on offense and defending on defense (as man-marking). As a team in small sided games they are learning the early geometric shaping for soccer. The core shape they should know from the attacking side is a "Triangle". On the defensive side they are learning to cover the player of the same number in small sided games and that the term is called "Man-Marking".

In Overview

They should know the following for the assessment.

1. ELM meaning
2. ROOTS meaning
3. Triple Impact Competitor
4. Take Imperfect Action
5. Attacking shape = Triangle
6. Man Defense = Man-Marking