

Hi Fam...

During this difficult time, you can lean on us...

Our mission at the Internationals Soccer Club is to provide a **safe, healthy, and fun** environment for every individual to learn life-skills through the game of soccer in order to develop to their full potential on and off the field.

We will continue providing our members the opportunities to grow. We will train and maintain our players' technical skills, physical attributes and keep them engaged for their overall mental health, while pushing/pulling/urging them to improve during these unusual circumstances. Our coaches are prepared to adapt to the new conditions and to use all our available resources that are safe and connected to our mission as an elite club.

- **Virtual Coaching - Individual Approach** : within the next few days, each of our teams and individual members will be hearing directly from one of our coaches. Players will have the opportunity to sign up for a virtual meeting with their coach via phone call or video conferencing during the next 14 days. We will coach our players through her plan and provide individual feedback with instructions based on her specific needs across all 4 pillars of the game.
- **ISC Individual Self Training:** We are providing the linked [GUIDED ACTIVITY PLAN \(GAP\)](#) for the next 14 days with different types of sessions that will help us achieve our team and individual goals. This plan can be completed individually at home or at local facilities (High School/Middle School, park, etc. providing it is safe to do so). The plan details what players should be aiming to achieve, but what it cannot do is help each player train in a game-like manner - this is on each individual's development and desire to be the best they can be. One's ability to self-train, is something we stress with our players as part of their IDP education... using resources that are available, finding the time, and then the most important part... getting out there and doing the work.
- **ISC Mini-Challenge:** the challenge is to find a way to get 2000 touches on each **ball work day** outlined in the GAP plan. Several videos are included in the plan as an example of how others do it and some ideas on the types of touches you can be getting. During your time with the ball, we want you to record and post to our TeamManager App, short 10-15 second videos of yourself getting in your touches in a creative way. Hopefully, you can share some ideas that your teammates have not thought of and also show each other that you are working hard even though we cannot be together to train. We are sure the parents will like to see the progress as well :) And coaches are really looking forward to seeing those videos!

**We have an outstanding team of coaches that are flexible and creative and will adapt quickly to these 'work from home' times. Until we are able to train together again, we will adjust our plan as needed and continue to offer NEW and additional resources to help inspire and foster our players' love and passion for our beautiful game.**

**"During trying times, the ball is a source of comfort and the ball can be a temporary escape."**

**STAY ACTIVE and STAY HEALTHY!**

Your Internationals Coaching Staff