





Tigres San Antonio Soccer

By Javier Saavedra

Academy Program

Academy Overview

The following document outlines the Tigres San Antonio Soccer Program.
The document is broken into the following sections:

Section 1: Tigres San Antonio Soccer Mission

Section 2: Training Staff

Section 3: Session Structure

Section 3.1 : How does the training work?

Section 3.2 : Session Structure

Section 3.3: What they will learn?

Section 4: Javier Saavedra Career / Resume

Please let me know if you have any questions or concerns.

Javier Saavedra

Owner

Tigres San Antonio Soccer LLC

Soccer is in our blood. Feel the same?

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Tigres San Antonio Soccer

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Section 1

Tigres San Antonio Soccer Mission

Tigres Club promotes soccer to reinforce values such as: discipline, respect towards rules and teamwork, simulates family integration, boosts a healthier lifestyle, keeps children and young people away from falling into undesirable behaviors and encourages them to pursue their dreams.

Aware of the social role that soccer plays on youth's education, Tigres drives this sport through Tigres Academies, currently located in San Antonio, Texas.

In these centers, thousands of kids practice the kind of football that defines Tigres: a fair play and professional football soccer, which provides families with recreational activities as well as promoting such sport as an essential part on the youth's education.

Each summer, these players participate in Tigres Academies International Tournament, which is held in La Cueva (Monterrey N.L.) and is also a good chance to introduce new talents that may become candidates at Reserve Team.

Accredited centers acknowledged by the Institution as part of the Tigres Academies meet with several requirements related with the proper coaches training, the quality of the facilities and a suitable administrative structure.

Our commitment is always provide the best football soccer level supported by our trained coaches.

Our mission is educating our children and youth with humanistic outlook and sport standards through soccer practice so they can develop soccer skills under our Tigres Academy method.

Each stage of our training program has been carefully designed for our players.



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Section 2

Training Staff

Tigres San Antonio Coaches are certified by the United States Soccer Federation (USSF) and/or National Soccer Coaches Association of America (NSCAA)

Javier Saavedra / Owner
USSF License B

Nayeli Barajas
USSF License E

Victor Rodriguez
USSF License E

Javier Martinez
USSF License D

Jorge Molina
USSF License E, NSCAA – Level 4

Francisco Ovalle
NSCAA – Level 4

Esteban Arreola
USSF License F



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Section 3

Session Structure

3.1 How does the training work?

Children learn through play and experimentation. We use the same principle to teach soccer. Our training programs work not only for soccer but also on running, jumping, turning, throwing, climbing, catching and so forth, abilities that are necessary to play most of the sports.

PHYSICALLY

We work on child's psychomotricity skills through play, so they find the training entertaining and interesting.

TECHNICALLY

We teach soccer technical and basic elements: ball kicking, ball control, ball conduction and using the head to hit the ball.

TACTICALLY

We teach the child the importance of every position on the field, its role, and responsibilities.

MENTALLY

We teach the child to use his or her inner Strength and to build self-confidence. Positive interaction with teammates during the game.



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3.2 Session Structure

Session Structure			
Session per week	2	Duration of Session: 80 min	Players per session : 10- 16
TRAINING SESSION STRUCTURE	Stage I Warm up	<ul style="list-style-type: none"> Maximize ball contact and maximize repetition Progress from unopposed to opponent (Tech-Skill) Integrate <i>physical components</i> 	
	Stage II Small-Sided Activity	<ul style="list-style-type: none"> Integrate individual and pair tactics Integrate <i>Psychological components</i> <ul style="list-style-type: none"> Competition Cooperation 	
	Stage III Extended Small-Sided Activity	<ul style="list-style-type: none"> Integrate <i>Principles of Attack and defense</i> Directional play is essential Expanded Numbers 3v3 to 6v6 Integration of most game variables 	
	Stage IV Game	<ul style="list-style-type: none"> Laws are enforced 2-1-2 Team Formation 	



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3.3 What they will learn?

AGE		
5 , 6	7 , 8	9 , 10
<p>Deloping psychomotor skills</p> <p>Estimulate the growth of the skeletal system</p> <p>Running</p> <p>Kicking</p> <p>Throwing</p> <p>Catching</p> <p>Jumping</p> <p>Balance</p> <p>Fine motor skills coordination</p> <p>Developing hand/feet/eye coordination</p>	<p>Teaching the meaning of soccer and teamwork</p> <p>Practice and learn soccer while having fun</p> <p>Commitment</p> <p>Endurance</p> <p>Instilling the value of team work</p> <p>Dribbling</p> <p>Kicking to goal</p> <p>Learn to experience the excitement of competition</p> <p>Aerobic Capacity</p> <p>Passing & Receiving</p> <p>Learn the concepts of fair play</p>	<p>Courage</p> <p>Body mechanics</p> <p>Discipline</p> <p>Long and short passes</p> <p>Basic Tactical Movements</p> <p>Ball control with feet, thighs, chest and head</p>



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3.3 What they will learn?

AGE			
11 , 12	13 , 14	15 , 16	17 , 18
Balance & Fine Motor Skill Coordination The mental part of the game Ball Possession Protect the ball Speed to Compete Decisions in transitions Reaction, Speed and Quickness Passing, Shooting and Receiving Self awareness and confidence Dribbling Drills 1vs1, and 2vs1	Aerobic and anaerobic exercises to develop physical Endurance Condition crossover dribble moves Field Positioning without ball Game awareness Goal Scoring, shooting, crossing, corner kick, free kick Defense Drills 1vs1 and 2vs1 Tactical System (1-4-4-2) Dribbling and Tackling Advanced Balance Drills	Offense and Defense Tactics Reaction, quickness and speed Dedication, courage and passion values Shooting precision Advanced Tactical System (1-4-4-2) Shooting Timing The offside rule The Offensive pass Game decision making (Ball Possession and Ball Control)	mechanics to improve passing and receiving Advanced Tactical System (1-3-5-2) Work on player's mechanics to improve speed Advanced Tactical System (1-3-4-3) Work on player's mechanics to improve shooting timing and precision Focus and Concentration Offense tactics Attack at full speed Manage the game and keep the score within the principles of Fair Play



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Section 4

Javier Saavedra / Career

Career

Saavedra started his career in 1996 with Toros Neza, where he reached a final. He was transferred to Tigres in 2000, and then played for [Morelia](#) for a short while in 2002, returning to Tigres in 2003, moving to [Chiapas](#) for a short period in 2006, until finally returning to Tigres in 2007.

He has reached 5 finals, two of those finals have been with Tigres and another two with Morelia.

Saavedra has been one of the best players even when the team is not playing good at all, Saavedra was bench at the start of the season this year, he didn't start any games until the fifth game and in his comeback game he got 2 assists and one goal defeating the team that has been marked as "the best in mexico" 3-2, since then he has started all games and now he has 4 assists in 4 games which makes him one of the most efficient players in the team and with him, the team has 7 points out of 12 possible, and before that the team only had 1 point out of 15. On May 2, 2009 Saavedra scored the game-winning goal against [Cruz Azul](#), the goal saved Indios from relegating to the [Primera División A](#).

On May 8, 2010 Javier won a bi-championship with Necaxa and helped it return to Mexico's First Division.

He played for the Mexican national team during the administration of Manuel Lapuente.

Saavedra signed with expansion [San Antonio Scorpions FC](#) of the [North American Soccer League](#) on January 24, 2012.[1]

http://en.wikipedia.org/wiki/Javier_Saavedra



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Javier Saavedra / Resume

2009 Course Technical Director of Soccer / **Univerdad Autonoma de Nuevo Leon**

2012 *Reserves team Coach / **San Antonio Scorpions***

2013 *Asistent Coach / **San Antono Scorpions***

2014 License C / **US Soccer**

Career as a player:

1996-1998	Club Toros Neza	(México)
1997	Selección Nacional de México	(Copa America Bolivia 97)
1999	Selección Nacional de México	(Copa Carlsbeg Cup Hong Kong 99)
1998-2002	Tigres de la UANL	(México)
2001	Selección Nacional de México	(Eliminatorias Corea – Japón)
2002	Selección Nacional de México	(Eliminatorias Corea – Japón)
2002-2003	Monarcas de Morelia	(México)
2003-2006	Tigres de la UANL	(México)
2006	Jaguares de Chiapas	(México)
2007-2008	Tigres de la UANL	(México)
2009	Indios de Ciudad Juárez	(México)
2009	Tigres de la UANL	(México)
2010	Club Necaxa	(México)
2011	Club Irapuato	(México)
2012-2013	San Antonio Scorpions	(USA)



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