

PCDA

PRE-COLLEGE
DEVELOPMENT ACADEMY



#LevelUp

#BetOnYourself

BRIDGING THE GAP BETWEEN YOUTH SOCCER AND

COLLEGE SOCCER

www.PreCollegeDA.com

#ThinkDifferent

WHAT IS PRE-COLLEGE DEVELOPMENT ACADEMY?



PREPARING YOU
FOR YOUR
NEXT LEVEL



LEVEL UP





YOUR POTENTIAL
PATHWAY TO
6 YEARS
OF ELIGIBILITY
AFTER HIGH SCHOOL
INSTEAD OF 3.5 YEARS



WELCOME

Dear Recruit,

On behalf of the Pre-College Development Academy and all of our staff across the globe, we want to congratulate you on the first step of exploring a future with the PCDA.

The Pre-College Development Academy is designed, not as a gap year but a year or two of further development in the classroom, on the pitch and in the gym.

We have carefully engineered five critical pillars - The A.T.T.P.S approach - which ensures all athletes achieve their Academic, Technical, Tactical, Physical and Social goals during the 12-24 months with us. Each 'Pillar' ensures that all students are developing towards 'their' next level.

Our Staff and network have worked across all collegiate divisions as well as the professional game. Our athletes will have personalized access to invitational ID camps both in the college game and also professional trials.

As you start your journey with us, the values we instill in you will be carried with you throughout the rest of your career.

Remember, before you get to your next level, you are still walking the path to greatness. We will help you lay the foundation.

NICHOLAS
GENEK



CREIGHTON



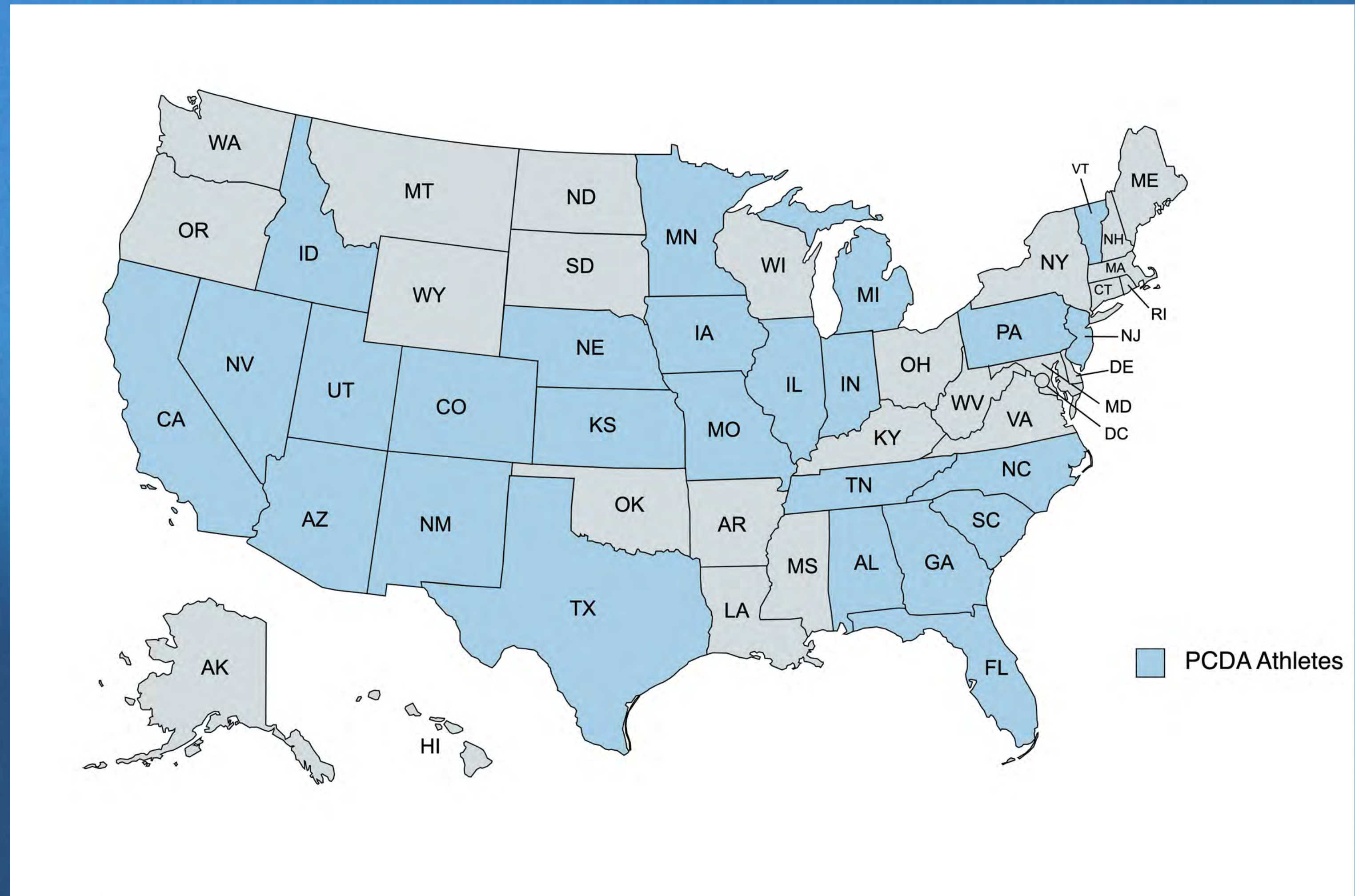
OVERVIEW

The Pre-College Development Academy is the nation's first network of interconnected academies designed to bridge the gap between youth soccer and the next level, whatever level the athlete is seeking.

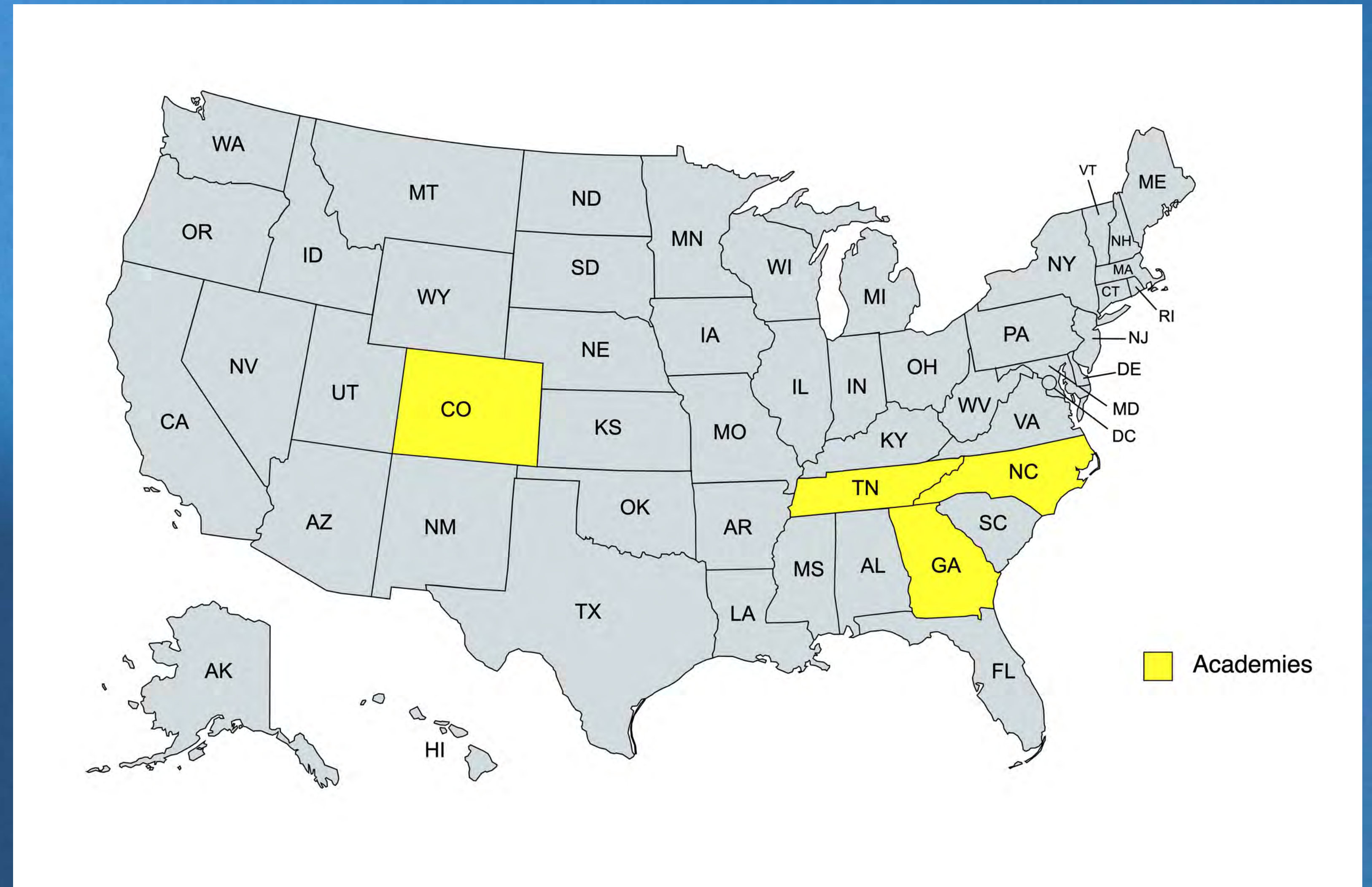
PCDA has been engineered to develop athletes that are looking to get to a higher level, understanding that the journey takes time.

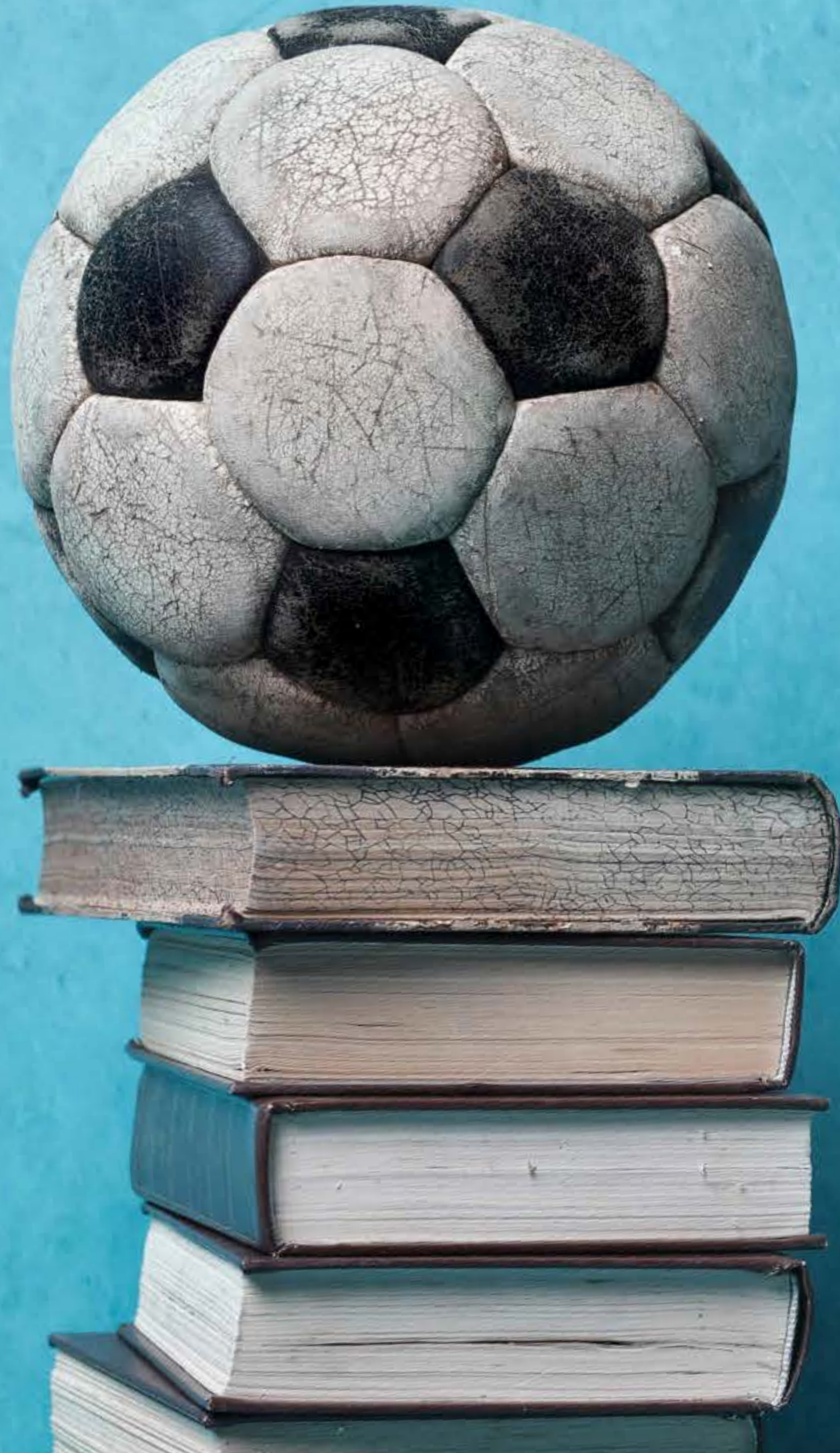


WHERE OUR ATHLETES COME FROM



PCDA ACADEMY LOCATIONS





ACADEMICS

Our students are on various academic pathways. Some students will want to pursue a degree in the United Kingdom, others will want to stay in the USA. Either way, all academies are geared towards satisfying various general education requirements or prerequisites for overseas studies.

We will use a blend of college partnerships as well as private tutors to ensure all students leave with the required qualifications.

DEGREES PCDA STUDENTS ARE CURRENTLY STUDYING

- ▶ Mechanical Engineering
- ▶ Computer Science
- ▶ Sports Management
- ▶ Sports Coaching
- ▶ Biology
- ▶ Political Science
- ▶ Criminology and Law
- ▶ Media and Production



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|-------------------------------|--|---|---|-----------|----------|
| AM Training | AM Training | AM Training | AM Training | AM Training | MATCH DAY | REST DAY |
| Academics I: 10.45 - 12.00 | Academics I: 10.45 - 12.00 | Academics I: 10.45 - 12.00 | Academics I: 10.45 - 12.00 | Academics I: 10.45 - 12.00 | | |
| Sports Perform 12.30-1.30 | Sports Perform 12.30-1.30 | Personal gym/ dev session 12.30 - 1.30 | Personal gym/ dev session 1.00 - 2.00 | Personal gym/ dev session 1.00 - 2.00 | | |
| PM Training | Academics II: 2.30 - 3.30 | PM Training | Academics II: 2.30 - 3.30 | PM Training | | |
| Academics II: 6.00 - 7.15 6.00-8.45** | Video Analysis 3.45 - 5.00 | Academics II: 6.00 - 7.15 | Video Analysis 3.45 - 5.00 | Academics II: 6.00 - 7.15 | | |
| ** Synchronous Math Class | Academics III: 6.00 - 7.15 | MID WEEK MATCH DAY | Academics III: 6.00 - 7.15 | | | |

Academic schedule is based off allocating 15 hours of class time per week. All classes are "asynchronous" with the exception of Monday evening Math Class. First year students will be enrolled in 11 credits per semester. 2nd year students will be enrolled in 12-15 credits per semester.

DEVELOPMENT ACADEMY CURRICULUM

Soccer is based on five fundamental pillars of the game -

- ▶ Technical
- ▶ Tactical
- ▶ Physical
- ▶ Psychological
- ▶ Social Development

Due to the complex nature of the game and its continuous flow, developing into your best takes time and strategy. You cannot expect to further your career in an environment that is 10-12 weeks in duration in the most important year of your career.

That is why a year round program built around these five pillars will get you to your next level.



WE HAVE ALSO ENGINEERED A WAY TO ENSURE ALL PCDA ACADEMY GRADUATES WILL NOT USE UP ANY COLLEGIATE ELIGIBILITY AND POTENTIALLY RECEIVE 6 ADDITIONAL YEARS OF SOCCER AFTER HIGH SCHOOL.

TACTICAL DEVELOPMENT

Although winning is an important element of why we train so hard and sometimes that is how success is measured, we truly believe development and patience breeds success. Our success is measured on how many of our students progress to their next level, in the classroom and on the pitch.

Our football program is split into 3 trimesters where all players will be immersed into 6 different systems of play throughout the course of the year. When a student athlete leaves, they will be tactically able to understand and compete at their next level.

- ▶ **Trimester one** - 1-4-4-2 and 1-4-3-3
- ▶ **Trimester two** - 1-3-5-2 and 1-3-4-3
- ▶ **Trimester three** - 1 4-5-1 and 1-4-2-3-1



PCDA Sports Performance

Before



After



SPORT SCIENCE

All athletes will train and play wearing our state of the art sports GPS and biometric technology. During the course of the season we will collect various Key Performance Indicators (KPS's) and other metrics as well as tactical analysis of games and practices. This will better help you understand your strengths and weaknesses, using this information and how you've developed from it to promote yourself above other recruits vying for the same college or professional spots.

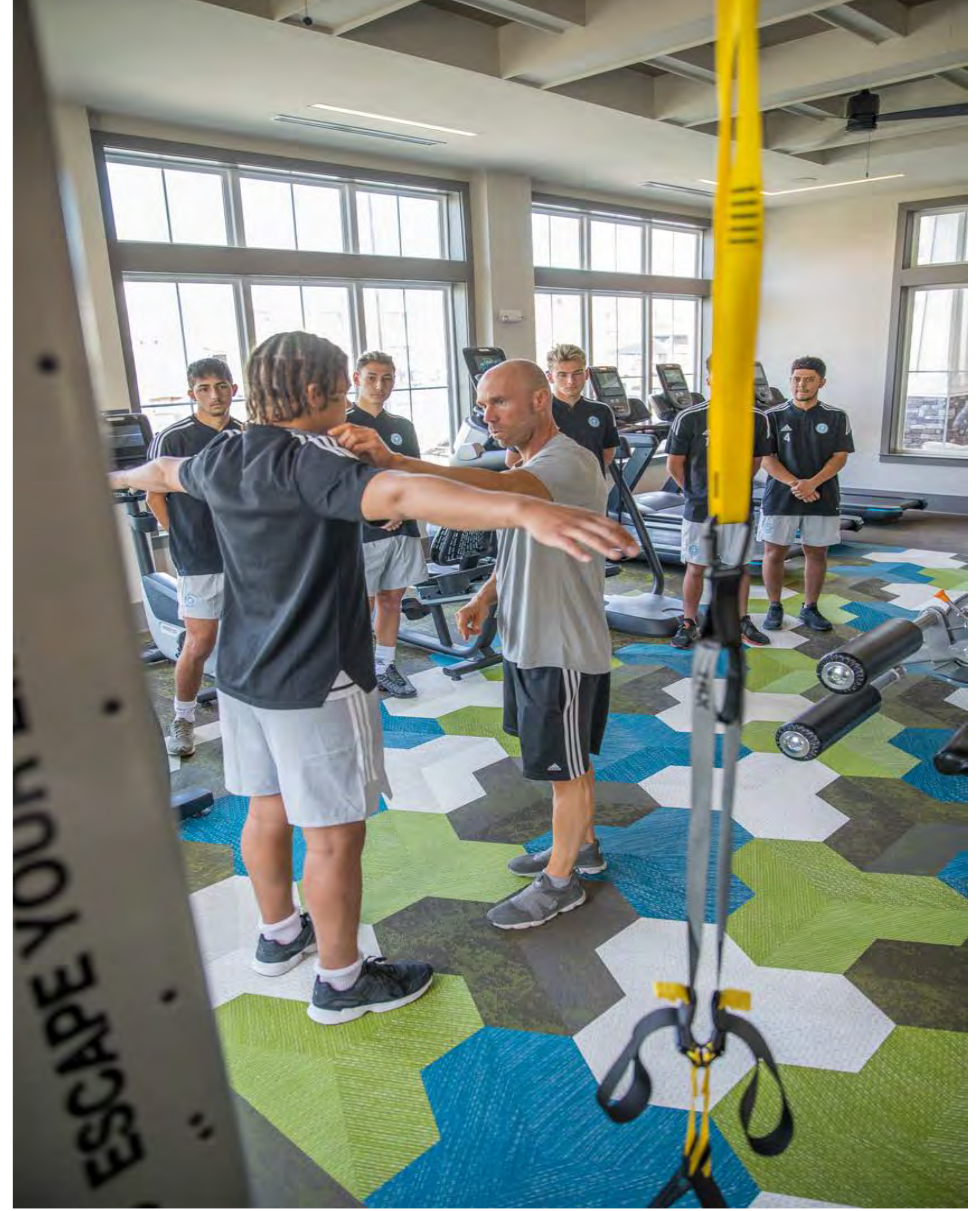
This cutting edge of sport science will benefit each of our athletes, from the training ground to the pitch, and assist them in moving to their next level.

SPORTS PERFORMANCE (PHYSICAL)

All athletes will follow concurrent strength and conditioning programs.

They will receive a monthly personalized fitness program that is reviewed and adjusted as needed based on their individual function on the pitch. Each athlete will complete a closely monitored program and submit their progress through an online portal, overseen by our Director of Performance David Widdison.

Our teams will complete a team based strength and conditioning program 2 times per week with our highly qualified performance coaches. The workouts will be predominantly based on individual and team fitness levels, demands of the tactical concepts being learned, and metrics from the previous week's training and match performances, not to mention positional demands.



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