

Reaching Your Potential Program Overview - Phoenix FC Competitive Indoor (2024- 25)

At Phoenix FC, our primary focus is on continuous learning and improvement. Whether it's mastering a sport, excelling in teamwork, or enhancing social skills, progress brings joy and sets the stage for future success. Our mantra, "Win the day," emphasizes making small gains that lead to significant progress. We believe in the long game, concentrating on what we can control.

Science shows that 50-90% of human behaviour is driven by habits, which can be changed and improved. We aim to equip our players with the tools to build better habits and elevate their performance. Sports psychologists agree that "performance is a behaviour," and the best way to improve is by raising our individual and team standards. This will be a key focus during our upcoming indoor season through two integrated weekends and four workshops. We are seeking full participation of all our coaches and players as part of the program, just like practice and games.

The workshops will be run separately for competitive grassroots and competitive youth as each will have a different flavour, while delivering similar messages.

Integrated Weekends

Pre-Season Launch Weekend | September

- **On-field game-based activity**
- Athletic Development
- **Classroom:** Individual Standards and Habits

Mid-Season Check-In Weekend | December

- **On-field Game based activity**
- Athletic Development
- **Classroom:** Individual and Team Standards Check-In

Workshops

October: Team Standards, Including Standard of Play

November: "Reaching Your Potential" | Mindset, Doing the Work, Neutral Thinking

January: Performance is a Behavior | Integrated Individual Development Plan (IDP)

Late February/Early March: IDP Follow-Up

While 80% of the game is mental, traditional training often neglects this aspect. At Phoenix FC, we're committed to changing that together!