

# The VSC Training Session Protocol: Players



Please read over the following information regarding what is expected of you as the player before, during and after the training session:

## 1 Before Training

- Pack all required gear: VSC kit, tracksuit/rain jacket, soccer shoes, shin guards, water.
- Finish schoolwork and manage your time.
- Eat a balanced meal or snack—neither too little nor too much.
- Come ready to work and learn.
- Inform the coach ahead of time if you'll be late or absent.

## 2 On Arrival

- Arrive 15–30 minutes early.
- Wear full VSC training kit—mandatory to participate.
- Greet coaches, staff, and teammates.
- Store bags neatly along the fence or bench area.
- If first session, you may warm up individually or in pairs; keep socializing minimal.
- If another group is training, wait respectfully off the field.
- If late, join promptly and show urgency.
- Report any injury or illness to the coaching staff right away.

## 3 During Training

- Give maximum effort; show discipline and strong work ethic.
- Lead by example—encourage teammates respectfully.
- Compete as if earning a starting spot every week.
- Listen closely to instructions; don't talk while the coach speaks.
- Ask questions to understand each activity's purpose.
- Wear shin guards at all times; no jewelry allowed.

## 4 After Training

- If time allows, you may stay to work on skills (shooting, passing, juggling).
- Help collect and properly store all equipment—session ends when cleanup is done.
- Leave the field clean; dispose of trash.
- Say goodbye to coaches and teammates without interrupting the next session.
- Take all personal gear with you.