



FRAM Adopts A/B Team System

FRAM intends to use the A & B (and sometimes C) team system to form its teams. It is believed this is the best way to field the strongest teams while still providing for the development and growth of all FRAM players. This system will primarily be used for next seasons U9-U14 age groups. The FRAM coaches understand the concepts related to the A & B team system and will be working together to make this system successful. In this system, the B team is a developmental team where all players have the opportunity to grow and improve in order to move to the A team.

In order for the A & B team system to be successful it is critical that FRAM has the best possible coaches on all our teams. Our Coaching Director has taken great pains to evaluate the coaches and place them with the team that is the best fit given the coach's training, experience and individual talents and personality. This is one of the reasons why there have been some changes in coaching assignments for the upcoming season. It is critical that our players and families understand that all our FRAM coaches are qualified and experienced. That they feel confident that their child will be in good hands, regardless of which coach they have. They would not be coaching at FRAM if they were not qualified, exceptional coaches. Although players may be more familiar with or used to a particular coach, they should not fear changing teams or getting a different coach. There will likely be a period of adjustment as the players and coach get to know and understand each other, but we are certain that the players will soon be very comfortable. Further, coaches often get close to their players and families and may be saddened if a player goes to a different FRAM team, especially if they have seen that player develop and grow as a result of their joint hard work. However, the coaches understand that what is best for the individual player and the teams is for the players to be on the most appropriate team, given their skill level and abilities.

One of the key benefits of the A & B team system is that it provides an opportunity for players to move from one team to another given their skills, ability and performance. It gives players on the A team who may not be getting playing time or who are struggling to move to a team where they can improve their skills, get more time on the field and then move back to the A team. It also provides players on the B team a place to go to play at a higher level if they work hard and improve their abilities. It is likely that the coaches of the teams in the same age group will move players between the teams throughout the playing year. Although this cannot be done during the league season, it may be done for tournaments, scrimmages and during Spring League.

One of the key components of this A & B team system is that the coaches of both teams understand their roles in the system and work together for the benefit of the players. The role of the B team coach is to develop players on the B team so that they can be moved to the A team and create an immediate impact and improve that A team. The measure of a successful B team coach is one who can provide the A team with the best players. The A team coaches' role is to get the best performance they can from the best players at the Club in a given age group. The A & B team coaches are expected to work closely together to evaluate players on a continual basis to identify problems they may be having or where the players are showing improvements. Ultimately this benefits the player because they will be playing on the team where they can provide the most impact, get the most playing time while continuing to develop into the best player they can be.

During the season and tryouts players will be evaluated to determine which team is the most appropriate for them given their skill level and position they normally play. We will also take into consideration the number of players on the team and the amount of playing time a player would likely get. FRAM believes that players get better the more they play and should be on the team where they will get the most amount of playing time.

It is also the philosophy that, in general, coaches will not coach the same team for more than 3 years. Players receive a great benefit by being exposed to different coaches and coaching styles. The needs of players and what they need to learn changes as they get older. Having the same coach for too many years can result in players and coaches becoming "stale", always seeing and doing the same things; not seeing creative and different ways of making the players and teams better. As a result, it is the plan at FRAM for there to be a group of coaches who will work with the various age groups and once the players move out of those age groups, they will be "passed on" to the group of coaches at the next age group up. Although all our coaches are experienced and qualified, some coaches are much better suited for with a particular age group. This way the players get the best possible coach regardless of what age they are.

All coaches are expected to recruit players that will benefit our system, not just their own team.