



# 2014 GIRLS

Coaching Staff Jessica Esters

## Join USA of Indiana

**Experienced Staff. Quality Facilities. One Family.**

USAI's mission is to develop fine young men and women through soccer. USAI provides licensed, knowledgeable coaches and a communicative, professional staff to develop dynamic and enriching experiences for every player. Our player-centric travel soccer program offers a variety of competitive levels—from Central Indiana competitive teams to National programs—ensuring each child is placed in an environment that supports their individual growth and success. Through soccer, we instill life skills such as teamwork, integrity, and determination—preparing players to excel in soccer and to thrive in life.

## Welcome to USA of Indiana

**We Teach More Than Just The Game**



## Expectations

- Full year commitment
- Players expected to attend all team trainings, matches, & activities
- Fall & Spring League Games
- 4 Tournaments (Fall & Spring)
- USA of Indiana expects each family to volunteer a minimum of 10 hours each year to support the soccer community.

## Club Tuition Includes

- USSF State and Nationally Licensed Coaching Staff
- Fall/Spring Training (3x per week)
- Winter Indoor Training
- League Registration Fees (Fall & Spring)
- Registration Fees for Four Tournaments
- Administrative Support
- Specialty Training
- Liability Insurance
- Quality Training and Game Facilities

**Leagues:** Red - ISL U12G 4<sup>th</sup> Division

**Training:** 3 Nights Per Week, 60 Minutes Per Session

**Fall Events:** Indy Pike Fest / Indy Fusion Classic

**Winter Events:** Training Only

**Spring Events:** Indy Burn Cup / TBD



## 2025-2026 Training Schedule/Venue

Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Outdoor Grass & Turf 3x/week			Outdoor Turf & Gyms	OFF	Outdoor Turf & Gyms			Outdoor Grass & Turf 3x/week		

## Club Contact Information

**Managing Director Matthew Schlake**  
Matt@USAofIndiana.org

**Travel Administrator**  
Travel@USAofIndiana.org

**Director of Player Development**  
Ray Gaddis



# Player Development Pathway

## We Teach More Than Just The Game



## Senior Teams (U15-U19)

At this advanced level, our coaching is tailored to refine technical finesse, honing precision in ball control, passing accuracy, lethal shooting capabilities, and mastery of complex dribbling techniques. Players sharpen their technique and deepen their tactical understanding through rigorous training sessions and competitive play. With an emphasis on speed, strength, agility, and mental performance, athletes are fully prepared for the physical and psychological demands of elite soccer. Our Senior Teams at USA of Indiana serve as a stepping stone for aspiring collegiate or professional athletes.

## Junior Teams (U13-U14)

At this technical development level, players are incorporated into more competitive leagues to gain exposure and experience. Players receive weekly training sessions that focus on technical mastery, tactical awareness, and strategic play—building a strong foundation in all areas of the game. They are taught essential technical skills such as ball control, passing accuracy, finishing, and dribbling technique. They are also introduced to higher-level tactical concepts, including positional awareness and intelligent decision-making. Training is complemented by physical conditioning and character-building, with a focus on sportsmanship, discipline, and resilience.

## Youth Academy (U8-U12)

Players train two to three times per week under the guidance of experienced coaches who are dedicated to age-appropriate instruction and individual development. Designed to inspire a lifelong love for the game, our Academy focuses on building technical skills, encouraging creativity, and fostering teamwork in a fun and supportive setting. This is a critical stage in player development, so emphasis is placed on technical fundamentals, cognitive development, communication and collaboration, and character development.

## Rising Stars (U5-U7)

The Rising Stars program is an initiative designed for 5-7 year old players interested in higher competitive play at an early age. During each 8-week season (fall, winter, or spring), players learn from licensed coaches at one weekly training, then apply those skills at Friday-night games. This program is designed to develop technical skills and game awareness and works in tandem with the USA of Indiana Community Recreational Soccer program.

## Community Recreational League (U3-U19)

USA of Indiana offers Recreational Soccer for boys and girls ages 2-20 seeking a developmentally-appropriate soccer experience. New or developing Recreation League players learn basic soccer skills, teamwork, and sportsmanship. The goal of this program is to immerse players in a positive, athletic environment that encourages fun physical activity, team-building, and time outdoors.