



THE REGION Sint-Truiden







40.000









THE BOARD



PRESIDENT David Meekers



BOARD MEMBER Yusuke Muranaka



CEO Takayuki Tateishi

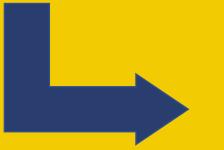


BOARD MEMBER Robert Asnong























STVV Player 1998 – 2013

2013 – 2014 Assistant Coach

2014 – Now Team Manager





CLUB MISSION

To be a symbolic club to the city of Sint-Truiden. Loved by the people in the region.

To promote the exchange of international culture and business through football.

Role of STVV Youth:

50% home grown players in the first team of which 5 are regular starters STVV Youth is an integral part of the Develop and Sell strategy of the club



CLUB VISION

• On the pitch:

To regularly compete at the top of the league whilst deploying a recognizable style of play

• Off the pitch:

To be a well managed football club with strong links to the community



ACADEMY MISSION

To develop senior National Team players as well as professional players for STVV or valuable assets for other clubs.

To raise players through football into well-educated individuals who have a connection with the club



ACADEMY VISION

Establish a PROFESSIONAL structure with experienced SPECIALISTS in all key positions

Create a HIGH-PERFORMANCE TRAINING environment

Be an INNOVATIVE center of LEARNING and DEVELOPMENT for players and staff



CULTURE

Humble

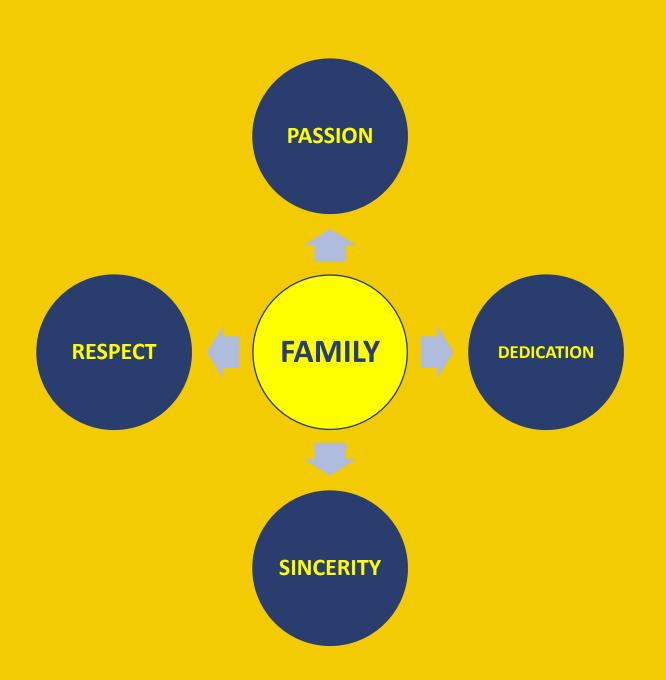
Hard working

Teamwork

Commitment









STVV DNA

- Fire
- Direct
- Winning mentality
- Intensity
- Collectivity







FOOTBALL PHILOSOPHY

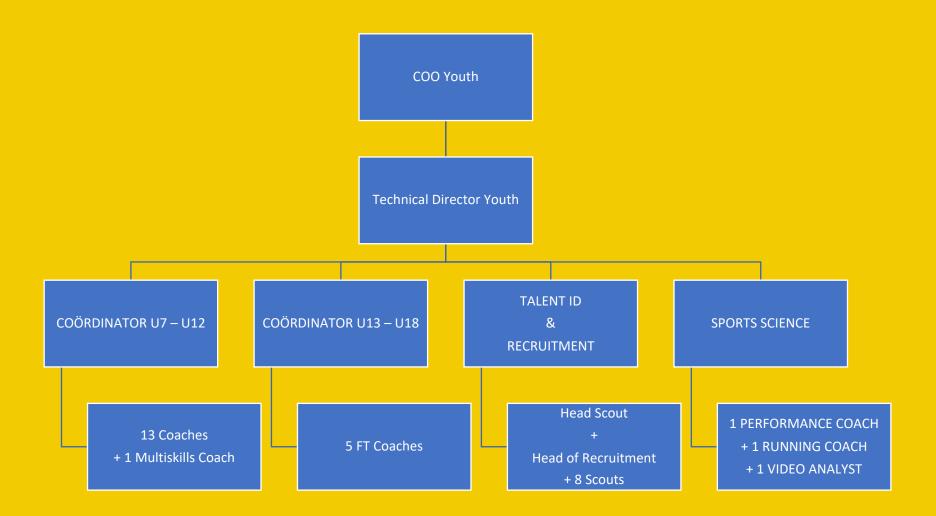
A quick, technical and attacking style, possession based, with high press and a smart 1 or 2 touch passing game as the main features. Quick **Technical Attacking Possession High press Smart 1 – 2 Touch**





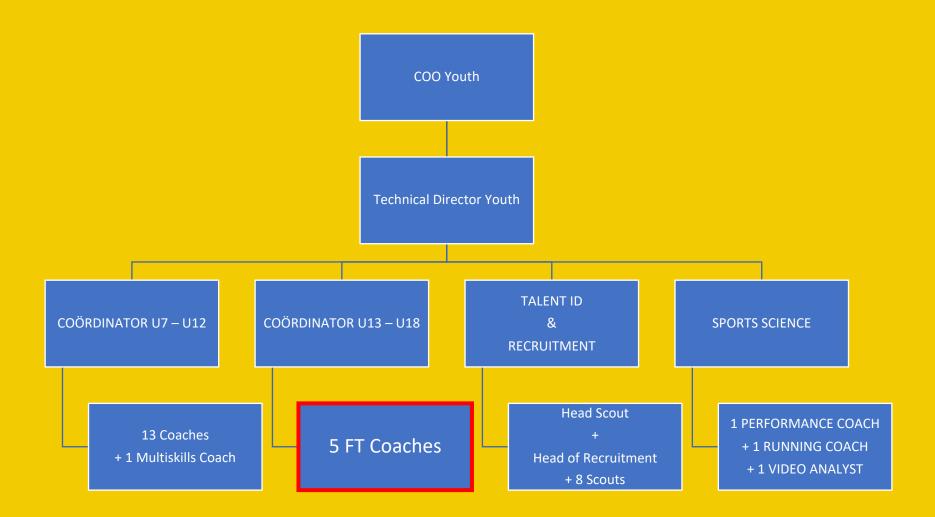


ORGANISATIONAL CHART STVV YOUTH





ORGANISATIONAL CHART STVV YOUTH





WEEKLY PLANNING

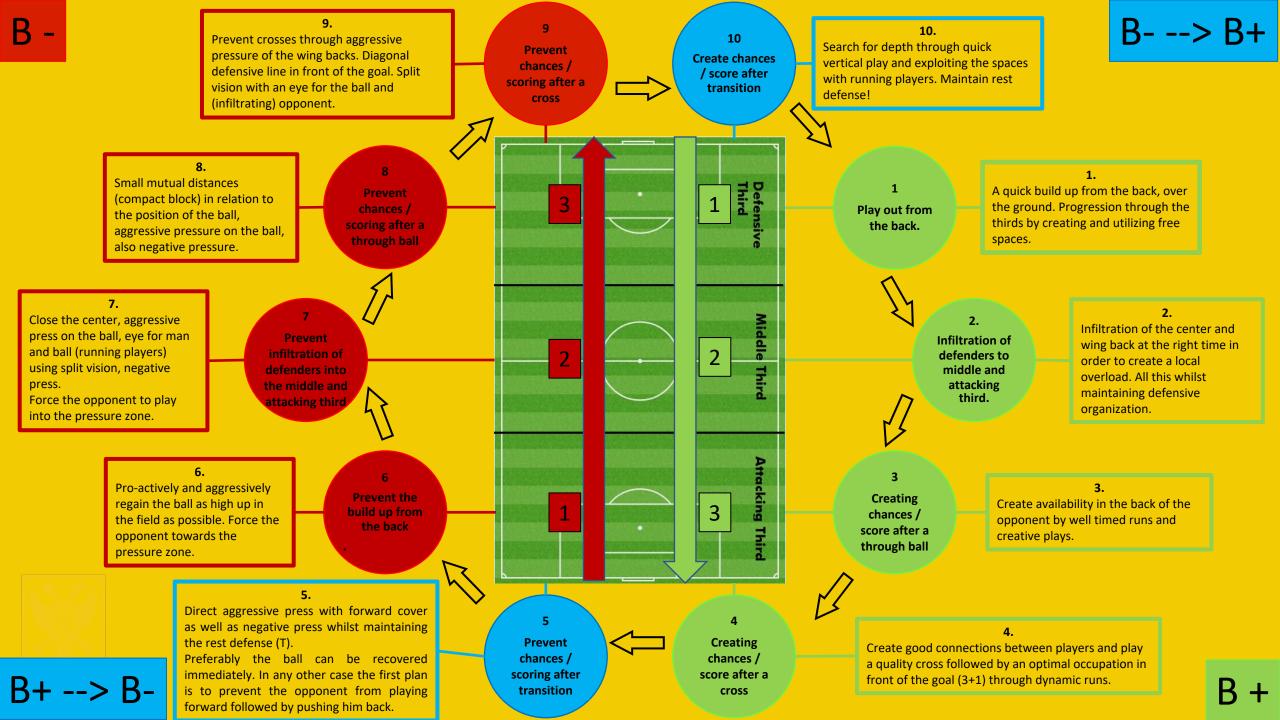
WEEK 11 (12 OCT – 18 OCT)	U18	U16	U15	U14	U13	
MONDAY – 12 OCT Alex <u>Uefa</u> A	TIME: 16u 18u STAFF: DA PERF.: RECOVERY IND.: RPI: 2-3 SSG <u>: /</u>	TIME: 16u- 18u STAFF: SR - JJ - DC PERF.: RECOVERY IND.: RPI: 2-3 SSG <u>./</u>	TIME: 16u- 18u STAFF: DAC - CM - WVA - DC PERF.: RECOVERY IND.: RPI: 2-3 SSG <u>./</u>	TIME: 18u− 19u30 STAFF: CM−SR <u>=_U</u> - DC PERF.: RECOVERY IND.: RPI: 2-3 SSG <u>_/</u>	TIME: 18u- 19u30 STAFF: Jeremy - DA - WVA - DC PERF.: RECOVERY IND.: RPI: 2-3 SSG <u>:/</u>	
TUESDAY – 13 OCT 13U30 Staff meeting	TIME: 16u- 18u STAFF: DA-CM - JJ - DC PERF.: IM IND.: RPI: 4 SSG: AU(2 x 13')	TIME: 16u- 18u STAFF: SR - AT- JJ - DC PERF.: IM IND.: RPI: 3 SSG: MP	TIME: 16u- 18u STAFF: DAC PERF.: IM IND.: RPI:4 SSG: CU (1x6x1,5' - R 1')	TIME: 18u-20u STAFF: CM-DA - JJ PERF.: IM IND.: RPI:4 SSG: CU (1x6x1' - R 1')	TIME: 18u-20u STAFF: AT-SR -JJ PERF.: IM IND.: RPI:4 SSG: AU(2x 11')	
WEDNESDAY – 14 OCT VIDEO: U14	TIME: 16u- 18u STAFF: DA-AT - JJ - WVA- DC PERF.: S + K IND.: RPI: 4-5 SSG: BO (4x7')	TIME: 16u30 (Stayen) STAFF: SR GAME: STVV – KVK Tienen U17	TIME:16u – 18u STAFF: DAC-CM – JJ - DC PERF.: K (einden) IND.: RPI:5 SSG: AO (3x11')	TIME: 18u– 20u STAFF: CM– WVA- DC PERF.: S IND: RPI: 5 SSG: AO (3x11')	TIME: 18u– 20u STAFF: AT– DA – JJ - DC PERF.: K IND.: RPI: 4-5 SSG: CO (2x6x1' – R=1')	
THURSDAY – 15 OCT VIDEO: U13 + U15	TIME: 16u- 18u STAFF: DA-CM- JJ PERF.: K/S IND.: RPI: 3-4 SSG: CU (1x6x1' - R 1')	TIME: 16u- 18u STAFF: SR-AT- JJ - DC PERF.: RECOVERY IND.: RPI: 2-3 SSG <u>: /</u>	TIME: 16u- 18u STAFF: DAC PERF: K/S IND.: RPI: 3-4 SSG: BU (2x 6,5')	TIME: 18u- 19u30 STAFF: CM-DA-JJ PERF: K/S IND.: RPI: 3-4 SSG: BU (2 x 6')	TIME: 18u- 19u30 STAFF: AT-SR-JJ PERF: K/S IND.: RPI: 3-4 SSG: BU (2 x 5,5')	
FRIDAY – 16 OCT VIDEO: U16 + U18	TIME: 16u- 18u STAFF: DA-JJ PERF.: IP IND.: RPI: 3 SSG: MP	TIME: 16u– 18u STAFF: SR-AT PERF.: IP IND.: RPI: 3 SSG: AU(2x13')	TIME: 16u- 18u STAFF: DAC-CM-JJ PERF.: IP IND.: RPI: 3 SSG: MP	TIME: 17u30 – 19u00 STAFF: CM-SR-JJ PERF.: IP IND.: RPI: 3 SSG: MP	TIME: 17u30 – 19u00 STAFF: AT-DA-JJ PERF.: IP IND.: RPI: 3 SSG: MP	
SATURDAY – 17 OCT	TIME: 14400 STAFF: DA GAME: STANDARD- STVV	TIME: 14u30 (Stayen) STAFF: SR GAME: STVV - STANDARD	TIME: 14480 (JC) STAFF: DAC GAME: STVV - STANDARD	TIME: 10u80 STAFF: CM GAME: STANDARD - STVV	TIME: 10u80 STAFF: AT GAME: STANDARD - STVV	
KEEPERS: DC = Daniel Cuypers PERFORMANCE JJ = Jef Jeuris WVA = Wim Van Avondt RL = Raf Lodeweyckx JVC = Jelle Van Camp	DA = Dario Antico SR = Sil Rouvrois DAC = Dirk Ackermans CM = Caner Mese AT = Alex Tokna JDS = Jereme DeStroper KVO = Kevin Vzn Oosterwijck WW = Wim Willems ST = Stijn Tans	PERFORMANCE: WU = Warm Up S = Snelheid IM = Intermittant K = Kracht IP = Injury Prevention	RPI: RPI 0 = Rust 6 = Zwaar 1 = Heel Licht 7 = Heel Zwaar 2 = Licht 8 = Heel Zwaar 3 = Redelijk 9 = Heel Heel Zwaar 4 = Pittig 10 = Maximaal 5 = Zwaar	B = 7v7 C = 4v4	– 3V3 Ierload	



SCOUTING 1st Team

	1. STVV					2. Next Oppnonet					3. Second Opponent						STEF	RSCA	OHL	куо	
GD		Date		Home	Visitors	Da	ite	Time	Home	Away	Scout	Da	ite	Time	Home	Away	Scout	DARIO	Club Brugge	W-B	Eupen
1	SUNDAY		13u30		AA GENT	SUNDAY	09-Aug	18u15	KVM	RSCA	STEF	MONDAY	10/08/2020	19u00	KVO	BEERSCHOT	DARIO	 CANER	Genk	Beerschot	SVZW
2	SUNDAY	16/08/2020			STVV	SATURDAY	15/08/2020	19u00	CHARLEROI	куо	STEF	SUNDAY	16/08/2020	16u00	EUPEN	CLUB BRUGGE	DARIO	RAF / DIRK	Antwerp	KVM	Cercle
3	MONDAY	24/08/2020	20u45	STVV	KVO	FRIDAY	21/08/2020	19u00	KVK	EUPEN	DARIO	SATURDAY	22/08/2020	20U45	ANTWERP	AA GENT	RAF	SIL	Standard	KVK	Charleroi
4	SATURDAY	29/08/2020	16u15	EUPEN	STVV	SUNDAY	30/08/2020	18u15	CHARLEROI	ANTWERP	DIRK	SATURDAY	29/08/2020	18u30	CERCLE BRUGGE	KVK	RAF	FREE	AA Gent	Moeskroen	
5	SUNDAY	13/09/2020	16u00	STVV	ANTWERP	SUNDAY	13/09/2020	13u30	RSCA	CERCLE BRUGGE	DIRK	SATURDAY	12/09/2020	16u15	KVM	KVO	RAF				
6	MONDAY	21/09/2020	20u45	CERCLE BRUGGE	STVV	SUNDAY	20/09/2020	18u15	KRC GENK	KVM	DIRK	SUNDAY	20/09/2020	16u00	STANDARD	кук	SIL	OP VIDEO			
7	SATURDAY	26/09/2020	18u30	KVM	STVV	FRIDAY	25/09/2020	20u45	кук	ANTWERP	SIL	SATURDAY	26/09/2020	16u15	BEERSCHOT	W-B	CANER				
8	SATURDAY	03/10/2020	20u45	STVV	KVK	SUNDAY	04/10/2020	16u00	AA GENT	BEERSCHOT	CANER	SUNDAY	04/10/2020	18u15	CHARLEROI	STANDARD	SIL				
9	SATURDAY	17/10/2020	18u30	BEERSCHOT	STVV	SATURDAY	17/10/2020	20u45	STANDARD	CLUB BRUGGE	SIL	SUNDAY	18/10/2020	16u00	MOESKROEN	EUPEN	DARIO				
10	SUNDAY	25/10/2020	19u15	STVV	STANDARD	SATURDAY	24/10/2020	18u30	CERCLE	MOESKROEN	FREE	MONDAY	26/10/2020	20u45	AA GENT	KRC GENK	CANER				
12	SATURDAY	07/11/2020	20:45	STVV	KRC GENK	SATURDAY	07/11/2020	18:30	OHL	MOESKROEN	STEF	SATURDAY	07/11/2020	18:30	EUPEN	W-B	DARIO				
13	MONDAY	23/11/2020	20:45	OHL	STVV	SATURDAY	21/11/2020	18:30	W-B	CERCLE BRUGGE	DARIO		21/11/2020	20:45		кук	DARIO				
						TUESDAY	24/11/2020	17:00	WB	KVO	DARIO		., ,	17:00	CERCLE BRUGGE	MOESKROEN	SIL				
14	SATURDAY	28/11/2020	16u15	STVV	W-B	SATURDAY	28/11/2020	20:45	MOESKROEN	CLUB BRUGGE	SIL		., ,	20:45		CLUB BRUGGE	DARIO				
11		01/12/2020			STVV	WEDNESDAY	02/12/2020	21:00	CLUB BRUGGE	ZENIT	DARIO	WEDNESDAY	02/12/2020	17:00	CHARLEROI	W-B	SIL				
15		05/12/2020	20:45	CLUB BRUGGE	STVV	MONDAY	07/12/2020	20:45	CHARLEROI	KVK	SIL	SUNDAY	06/12/2020	16:00	BEERSCHOT	EUPEN	CANER				
16	SATURDAY		20:45	STVV	CHARLEROI	SATURDAY	12/12/2020	16:15	MOESKROEN	BEERSCHOT	CANER	SUNDAY	13/12/2020	16:00	EUPEN	SVZW	CANER				
17	TUESDAY	15/12/2020		STVV	BEERSCHOT	WEDNESDAY	16/12/2020	18:45	ANTWERP	SVZW	CANER	WEDNESDAY	16/12/2020	21:00	KVK	STANDARD	SIL				
18		19/12/2020		SVZW	STVV	SUNDAY	20/12/2020	18:15	STANDARD	MOESKROEN	SIL	SUNDAY	20/12/2020	16:00	OHL	KVM	STEF				
19	SATURDAY			STANDARD	STVV	SATURDAY	26/12/2020	18:30	OHL	KVO	STEF		27/12/2020	20:45	KVM	MOESKROEN	FREE				
20	SUNDAY	17/01/2021	20:45	STVV	OHL	SATURDAY	16/01/2021	18:30	MOESKROEN	KRC GENK	FREE	SUNDAY	17/01/2021	13:30	AA GENT	ANTWERP	FREE				
21		24/01/2021		STVV	MOESKROEN				OHL	AA GENT	FREE				KVK	CERCLE	RAF / DIRK				
22		28/01/2021		AA GENT	STVV				CERCLE	CLUB BRUGGE	RAF / DIRK				куо	STANDARD	STEF				
23		31/01/2021		STVV	CERCLE				SVZW	KVO	STEF				KVK	CHARLEROI	SIL				
24		07/02/2021		KVO	STVV					KVK	SIL				CHARLEROI	SVZW	CANER				
25		11/02/2021		KVK	STVV				SVZW	OHL	CANER				ANTWERP	CERCLE	RAF / DIRK				
26		14/02/2021 21/02/2021		STVV ANTWERP	SVZW STVV				STANDARD	ANTWERP KVO	RAF / DIRK				W-B W-B	EUPEN	DARIO				
27 28		21/02/2021 28/02/2021		STVV	EUPEN				EUPEN	KVO KRC GENK	DARIO				w-в AA GENT	CHARLEROI CLUB BRUGGE	DARIO				
28		07/03/2021		CHARLEROI	STVV				CLUB BRUGGE		DARIO				W-B	BEERSCHOT	DARIO				
30		14/03/2021		STVV	CLUB BRUGGE				STANDARD	W-B	DARIO				KVM	ANTWERP	RAF / DIRK				_
31		21/03/2021		W-B	STVV				KVM		RAF / DIRK				KRC GENK	STANDARD	CANER				
32		04/04/2021		STVV	KVM				OHL	KRCGENK	CANER				ANTWERP	RSCA	STEF				
33		11/04/2021		KRC GENK	STVV				RSCA	CLUB BRUGGE	STEF				PROT WEINF	NJON	JILL				
34		18/04/2021		STVV	RSCA					CLOD DITOGOL	J. J. L.										
		20/04/2021		5.77																	
			l																		





AIQ – Athlete Intelligence Quotient



SPATIAL AWARENESS





DECISION MAKING



LEARNING CAPACITY



Cognitive Training – Principles

- 1. LEARNING ENVIRONMENT: SERENE EMOTIONAL CONTEXT -> Attention Motivation Concentration
- 2. ORGANISATION: A RECOGNISABLE STRUCTURE
- 3. COGNITIVE READINESS: CONTINUED ATTENTION for

SIMPLE



RECOGNISABLE

PATTERNS



SAME LANGUAGE

Spatial awareness

Mutual distances

 \sim

COMMUNICATIONS

VIA MOVEMENTS

Tasks

4. SYNCHRONISATION: TIMED CO-OPERATION -> Less Stress -> More interaction & creativity

5. SENSORIAL TRAINING:

7. LOGICAL LINE:

8. CUEING:

COMPLEX

VISUALIZE SPACES & PASSING LINES

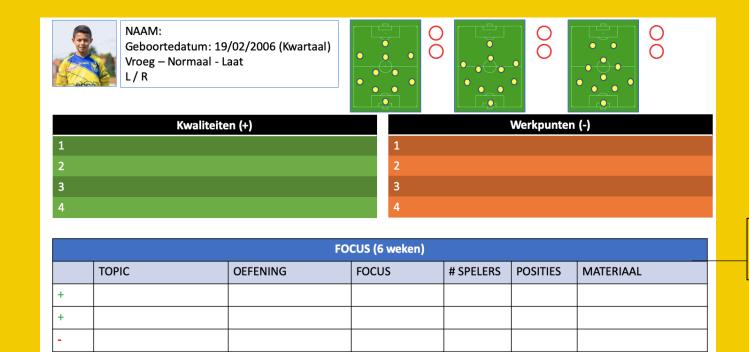
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VARIATIONS

6. REPETITION: SLOW -> REPEAT OFTEN -> add SPEED -> add POWER



Individual Plan (U11 – U18)







U11

U18

Individual Plan

PREPARATION

1. SELF REFLECTION

2. FOCUS

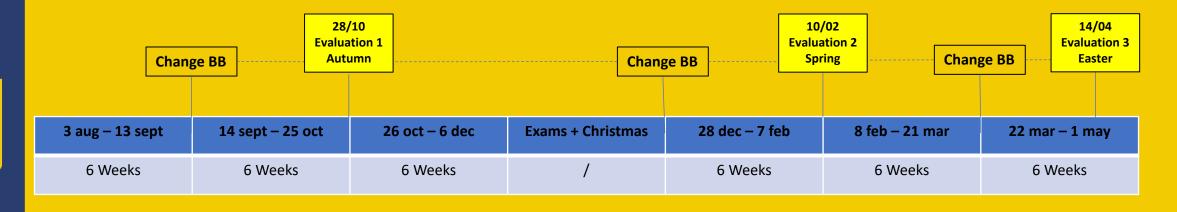
2. Γί	JCUS			Player	Player / Coach	Coach		
FOCL	JS	ΤΟΡΙϹ		EXERCISE	FOCUS	# PLAYERS	POSITIONS	MATERIAL
U11		12 w						
U12		12	w					
U13		6 w	6 w					
U14		6 w	6 w					
U15		6 w	6 w					
U16		6 w	6 w					
U18		6 w	6 w					



Individual Plan

IMPLEMENTATION

- 3. PERMANENT
- 4. RESPONSIBLE
- 5. OWNERSHIP



Player Development Modules

LEVEL	STVV DNA	TECHNICAL	TACTICAL	PHYSICAL	MENTAL	SOCIAL-COGNITIVE
9						
8						
7						
6						
5						
4						
3						
2						
1						









THANK YOU!



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