

**Capital Soccer Club – The Dragon Method**  
**School of the Regista**  
**Syllabus – Semester I**  
**December 2018 through February 2019**  
**Montpelier High School (MHS) and Main Street Middle School (MSMS)**  
**MHS Room 102; MSMS Room TBD**



Welcome to the inaugural semester of the *School of the Regista*! This course is designed for the student who wants to become a “special” player. The course is intended to highlight the things that special players do – particularly focused on technical details on the field but also as it relates to how these special players lead their teams. Each class will generally have three components: video analysis of a professional “Regista”; a discussion of a leadership theme that special players possess; and practicing on the court the technical details that make great players great.

### **Ground Rules and Expectations for the Course**

1. Bring a notebook, a few pens and/or pencils, and a hunger for knowledge to each class
2. Wear Capital Soccer Club training gear every week; please bring your indoor soccer shoes (or flats of some kind), a soccer ball, and a water bottle
3. Appropriate behavior is always expected of students – this is an exclusive class for students who are passionate about becoming better players. Any student who is repeatedly disruptive or does not exhibit appropriate behavior in the classroom or on the court will be asked to leave the course and will not be refunded. This includes treating the facilities with respect and cleanliness.

### **Student Evaluations**

Each student will be evaluated by the instructional staff and will have a midterm exam as well as a final exam that will be graded. The grading scale for exams and homework assignments will go from 1 to 5:

1. Incomplete
2. Needs Improvement
3. Satisfactory
4. Above Average
5. Excellent

At the end of the semester, each student will also be provided with a detailed written evaluation of their performance throughout the entire course.

### **Attendance**

Each student is expected to be at each class. Please let the instructors know ASAP if a student will not make a class (via email).

### **Instructor Information**

Lead Instructor: John Dellipriscoli – [john.dellipriscoli@gmail.com](mailto:john.dellipriscoli@gmail.com)  
Assistant Instructor: Camilo Estrada - [camiloe9@gmail.com](mailto:camiloe9@gmail.com)

## Course Schedule and Class Outline



Week 1 (Friday 12/7): Introduction and Course Outline (MHS – 7:30 – 9:00 PM)

- Introduction - What is a Regista?
- Becoming a Regista – “Schaping” Yourself into a Special Player
- How to Watch Professional Soccer (and Why It’s Important to Becoming a Better Player)
- Regista #1: Andrea Pirlo

Week 2 (Friday 12/14): It’s All in the Eyes (MHS – 7:30 – 9:00 PM)

- Using vision for spatial awareness (relative to opposition and to teammates)
- Importance of eye contact and nodding head
- Pirlo and AC Milan

Week 3 (Friday 12/21): Lean on Me (MSMS – 7:30 – 9:00 PM)

- Body feints to throw opponent off
- Body language communication for leaders
- Pirlo and Italy – Part I

Week 4 (Friday 1/4): Kill the Ball (with Kindness) (MHS – 7:30 – 9:00 PM)

- Kill the ball and play from the spot
- 6:1 Compliments to Criticisms Ratio
- Pirlo and Italy – Part II

Week 5 (Thursday 1/10): Be the Star of Your Role (MHS – 7:30 – 9:00 PM)

- Passing angles and empathy to the player on the ball
- Pumping teammates up about their role in the team
- Pirlo and Juventus

Week 6 (Thursday 1/17): Hips Don’t Lie (or Do They?) (MHS – 7:30 – 9:00 PM)

- Deceiving defenders with your body shape
- Leadership Energy
- Pirlo’s Influence on the World

Week 7 (Thursday 1/24): Review of Pirlo and Introduction to the USWNT (MHS – 7:30 – 9:00 PM)

- Midterm Exam
- The Greatest Team of All Time: A History of the US Women’s National Team
- Regista #2: Lindsey Horan

Week 8 (Thursday 1/31): Getting Off on the Right (or Left) Foot (MHS – 7:30 – 9:00 PM)

- Passing and receiving to the “proper” foot
- Focus on one influential person
- Horan and the Portland Thorns

Week 9 (Wednesday 2/6): Bowling Pins (MHS – 7:30 – 9:00 PM)

- Turning into Pressure
- “I was only one – what could I do?”
- Horan and the USWNT

Week 10 (Wednesday 2/13): Break the Walls (MHS – 7:30 – 9:00 PM)

- Elevating the ball
- Excuses and “I wish my teammates were better”
- USWNT Legends



Week 11 (Wednesday 2/20): Final Exam (MHS – 7:30 – 9:00 PM)

- Video exam
- Court exam
- The ETDMTYS Approach to Leading Your Team

### **Sources**

- DeVenzio, Dick, Runnin' the Show, 1999
- Blank, Dan, Soccer iQ Volumes 1 and 2, 2012
- Videos Sourced in Weekly Slideshows
- All Other Sources Listed in Weekly Slideshow

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