



West Coast Soccer Academy Development Model



A Parents guide to U4/U14 Academy Soccer

“For the love of the game”

This presentation is designed to outline the
Academy approach to parents & players.

What can I expect as a parent?

“Play is the Key to Open Many Doors”

Dr. Marianne Torbet

Why Do Players Play?

1. Fun
2. My friends play
3. The ability to make new friends
4. To get better
5. It makes them feel good
6. Cool soccer gear

Players just want to play with a ball from an early age. As you grow older, you add more people and rules.

FUN must never leave the soccer environment

Soccer is “the game for all kids” and that means there will be all types of kids playing together. Children will differ greatly due to age, gender and maturity

**Soccer will help develop FUN, SELF-ESTEEM, TEAMWORK, FRIENDSHIPS
In soccer they will be able to run, kick, jump, roll, skip, fall down and shout – which is essential for mental and physical development**

What matters to your child?

Psychologists attribute three motivational factors in children's involvement in sport:

1. For Approval – take up sport for the approval of adults/parents/grand-parents
2. For Success – they enjoy competing in contests with other children
3. For Mastery – to improve and master at least some aspects of the sport

Most children play to have fun with their friends. They do not play to entertain the adults, boost the adults ego, or improve the family social status with in the Community.
(Adams, U of Missouri)

Did You Know.....

The major reasons children give up soccer:

1. Over pressuring parents
2. Poor coaches



Academy Outline

- *West Coast Soccer Club* Spring Academy will be starting in March. The fee is \$150.00. This includes twice per week (1 hour) training sessions and a game on Saturday. Also includes their academy uniform (2 jerseys, 1 short, 1 sock)
- U4-U8 will work in groups to master the ball through fun activities and games (once per week) games on Saturday.
- U9- U14 Teams will be an academy group and train twice per week with games on Saturday.
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- We do realize that some athletes may have multiple sports that they will be participating in during the Spring. We do recommend that you join the academy to continue your child's development and get a feel for what West Coast Soccer has to offer. Players will be inviting to join the academy to further their development and to round out rosters. WCS feels that upon the conclusion of the academy, all players will have had a great experience, made many friends and the most of all create a love for the game! We will do our best to find a spot for all players. However there is a chance that some may not make a fall team.
- Options that can be realized through academy.
- Offered an open roster spot.
- The formation of a second team in the age group.
- A combination of two age groups to form one team.
- All of these options depend on commitment, skill, and number of competitive players.
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- It is WCSC commitment to recommend the level of play best suited for the player's development. Ensuring consistent growth of the player through the course of a whole season not the short term.
- A detailed review of the academy program with times and dates will be available at www.westcoastsoccerclub.com

Academy Practice Schedule

Date	Age Group	Time
Monday	U7/U8	4pm-5pm
Monday	U9/U10	5pm-6pm
Monday	U11/U14	6pm-7pm
Wednesday	U4/U5	4pm-5pm
Wednesday	U6	5pm-6pm
Wednesday	U9/U10	4pm-5pm
Wednesday	U11-U14	5pm-6pm

Location: Questa Park – Mountain House, CA
Practice begins the week of March 9th.

Academy Game Schedule

Date	Age Group	Time
Saturday 3/14-5/16	U4/U5	9am- 10am
	U6	10am- 11am
	U7/U8	9am- 10am
	U9/U10	10am – 11am
	U11-U14	11am – 12:15pm

All games will be at Questa Park. Please arrive 10 minutes before you game time. Your time slot does include warm-up.

What is an Academy Program?

Academy programs have emerged as a 21st century alternative to the frustrating shortfalls in soccer development displayed by most pre-teens. This void is heavily influenced by coaching quality and the pressures to win at critical periods in the development process.

Academy programs seek to improve individual player development, satisfaction and retention, and to build a less pressured youth soccer environment for coaches, adult spectators, and match officials.

The academy approach for youth soccer is supported by many governing bodies, US Soccer, US Youth Soccer, UEFA, FIFA.

Why we need an Academy Program?

Removing the Pressure to Win

“Too often in this country, youth coaches sacrifice learning skills for winning games.... – US Women’s National team Member, Mia Hamm

No scores, results or standings will be kept for the academy program. The focus is on individual development and enjoyment free from standings and the pressure of results.

Characteristics of Coaches Focused On.....	
Winning	Development
Results Dominated	Excellence Dominated
Task-Centered	Player Centered
Focused on Short-Term	Focused on Long Term
Emotional	Analytical
Instinctive	Careful Planning
“Me”	“We”
Authoritarian	Democratic
Yells	Sells
Speaks	Listens then Speaks
Trainer	Teacher

Why we need an Academy Program? *Mandatory Coaching Qualifications*



All academy coaches are required to attend age appropriate instruction seminars and obtain coaching qualifications that provide the knowledge and understanding of how children learn at different ages and curriculums that are developmentally appropriate for all children

Did You Know?

Soccer is the most participated youth sport in the U.S. Players can spend up to 5 hours per week participating in soccer yet 90% of all volunteer coaches in the United States have no form of coaching education!

Why we need an Academy Program?

Pool Training & Rostering

WCS player development focuses on the development of the player at the younger ages in our Academy. Development of the team comes later in the players development process.

- Pool training/rostering allows the players to be challenged at their own individually DEVELOPMENTALLY APPROPRIATE levels.
- What Does This Mean?
 - Gives the coach the freedom to structure groups and move players so that all games or competition are competitive with no blow-outs
 - If a player is dominating a game or exercise and is not challenged he/she can be moved to a game where there are with other players of the same ability/size/speed/ talent
 - If a player is not engaged and cannot compete with the other players he/she can be moved to another game with other players of the same ability/size/speed/talent
 - Players are still part of a team. They are part of a larger team, an Academy!

Why we need an Academy Program?

Players & Parents need Programs as well

Offer parents information on the academy program and its approach.

Assesses player over an extended period of time and not just in one tryout.

Mentor program for volunteer coaches

Win Win situation all around!



"I know you've had a long day at school, Timmy, but your father's been waiting all day for you to take him out in the yard and teach him the game of soccer."

Does anyone else believe in this Academy thing?

Just a few of the many



chelseafc.com
CHELSEA FOOTBALL CLUB OFFICIAL SITE



Arsenal.com



LONESTAR ACADEMY



Academy Program: Parents Role

“When asked what embarrasses them most, the overwhelming response from children is parents yelling.” (www.MomsTeam.com – Survey)

Think of the soccer field as a playground!

Emphasize enjoyment

Encourage your child regardless of success

Cheer for all Children

Applaud a good effort no matter who makes it

It's okay to talk to other teams parents

Be a parent – not a coach

Resist the urge to critique

5 Guidelines for the Sidelines:

1. Cheer

2. Relax and Let Them Play

3. Yelling Directions = Distraction

4. Remember, they are just kids having fun

5. Have reasonable expectations



Where Can I Learn More?

Websites

-Videos, skills, links etc

[US Youth Soccer Parent Resource](#)

-Videos, Quizzes, Age appropriate info

[Laws of the Game](#)

-U5, U6, U8, U10, U12, U13+

[US Youth Soccer Parent Library](#)

-Brochures, articles, coaching info etc

[Digital Coaching Center](#)

<https://t.co/j6g2kfipby>

Resources

Parents Guide

Youth Soccer Parent Club Meetings (PCA)

Positive Parenting DVD

Plus many more.....

Please contact:

Troy Dayak

Doc@westcoastsoccerclub.com



Further information Contact:

Troy Dayak

West Coast Soccer

Email: Doc@westcoastsoccerclub.com

