



Youth Academy | Parents Guide

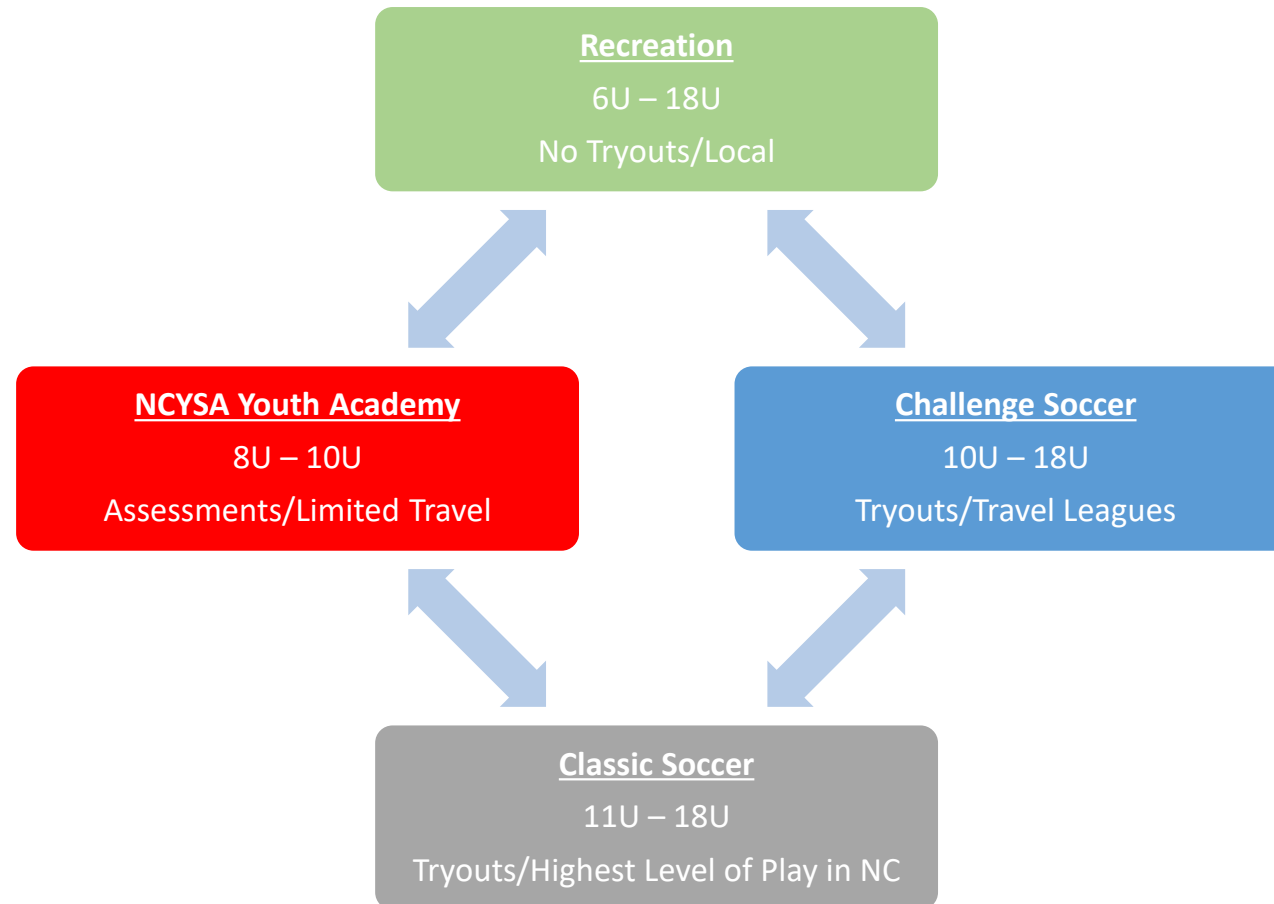


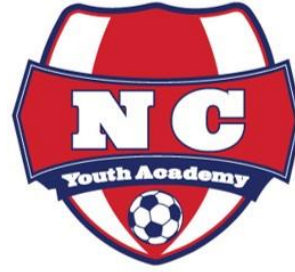
Art Rex - VP of Coaching & Player Development

Bill Furjanic – Technical Director of Coaching Education & Player Development

Eric Redder – Assistant Technical Director

NCYSA Programming Options





What Matters to Your Player?

Psychologists not3 3 motivational factors for children's involvement in sports:

1. For Approval of adults
2. For Success in contests with other kids
3. For Mastery of some element of the sport

Why Do Players Participate?

- ✓ To have fun
- ✓ To be with their friends
- ✓ To make new friends
- ✓ To improve & learn
- ✓ To feel good about themselves
- ✓ To wear the stuff

-US Youth Soccer



What is the Academy Program?



- In January 2007, NCYSA formed a 10U Academy Committee to look at, and establish a proposal to the Board of Directors for the formation of the NCYSA 10U Academy Program.
- In January 2010, a proposal was established and approved by the Board of Directors to extend the program to 12U and the program was renamed to the **NCYSA Youth Academy**.

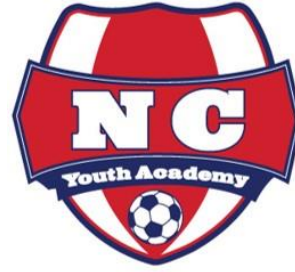


Academy Programming

- ✓ A recent development in US Soccer communities as late as the early 21st century.
- ✓ An “alternative” to frustrations felt by families with “win-at-all-costs” mentality during early developmental years
- ✓ Seek to improve individual player development
- ✓ Increase player participation, satisfaction, and player retention



Why the need for Academy Programs?



Removing the Pressure to Win

- No scores, results, or standings will be kept for the academy program
- The focus is on individual development & enjoyment of soccer – free from any extraneous pressures.



Focusing on Winning

- Results dominated
- Task-Centered
- Short-term focus
- Emotional, Authoritarian, Ego-Centric
- Yelling, Commanding, Trainer

Focusing on Development

- Excellence Dominated
- Player Centered
- Long-term focus
- Democratic, Guiding, Instructing, Listening
- Teacher, Resource, Facilitator



Mandatory Coaching Qualifications



Coaching Education Requirements

- Staff working with 8U – 10U Youth Academy Programs must hold:
 - ✓ The Youth II Module
 - They will have a period of one (1) year to obtain the Youth II Module qualification.
 - USSF F License
- Staff working with 11U – 12U Youth Academy Programs must hold:
 - USSF E License

They will have a period of one (1) year to obtain the “E” License qualification.



ONLY Approved NCYSA Risk Managed Adults can work with the players



Academy Pool Training

Pool Training Enhances Player Development

- Pool training enables an organization the ability to roster & retain more players as they grow and develop at various rates

Player Benefits

Players can be grouped with appropriate ability levels

Players can be challenged by moving throughout the levels of the pool

Players are still a part of a team!

Coaching Benefits

Coaches have the freedom to structure the teams to ensure appropriate competitions

Players who need more or less competition can be easily placed within the pool

Coaches have a larger team to develop and grow for future programming!



Communicating through the Youth Academy



REQUIREMENTS/ All Academy Programs are required to give players (2) written evaluations each year.

➤ Fall & Spring Evaluations

➤ To be endorsed by the associations Academy Director



| Goalkeeper Evaluation | | Players Name | Coach | ODP Year | Gender |
|---|--|--------------|-------|----------|--------|
| A = exceptional ability, keep refining speed & pressure B = good base, refinement required C = average ability, improvement needed D = development in this area a priority | | | | | |
| TECHNICAL | | A | B | C | D |
| Basic Position | | | | | |
| feet shoulder width apart | | | | | |
| knees bent, weight forward | | | | | |
| arms bent, hands up, fingers spread | | | | | |
| hands ready | | | | | |
| Catching (low balls) | | | | | |
| arms attack ball, elbows together | | | | | |
| protect ball, collapse on receive | | | | | |
| Catching (high balls) | | | | | |
| meet ball at highest point | | | | | |
| catches in front or above head | | | | | |
| Catching (crosses) | | | | | |
| ability to hold balls | | | | | |
| timing | | | | | |
| range | | | | | |
| punching | | | | | |
| Diving (ground shots) | | | | | |
| foot work to ball | | | | | |
| dives at a positive angle | | | | | |
| hands (1 behind & 1 on) | | | | | |
| Diving (shots in air) | | | | | |
| footwork to ball | | | | | |
| ability to hold ball | | | | | |
| ability to extend | | | | | |
| dives at a positive angle | | | | | |
| Distribution (punts/drop kicks) | | | | | |
| kicking foot through the ball | | | | | |
| distance | | | | | |
| accuracy | | | | | |
| Distribution (goal kicks) | | | | | |
| kicking foot through the ball | | | | | |
| distance | | | | | |
| accuracy | | | | | |
| Distribution (throwing) | | | | | |
| quick, fluid motion | | | | | |
| distance | | | | | |
| accuracy | | | | | |
| Field Skills | | | | | |
| passing | | | | | |
| receiving | | | | | |
| TACTICAL | | | | | |
| positional play to ball | | | | | |
| helps to build attack | | | | | |
| organization of defense | | | | | |
| control of box | | | | | |
| decisions on distribution | | | | | |
| involved in play | | | | | |
| PHYSICAL | | | | | |
| endurance | | | | | |
| quickness | | | | | |
| agility/balance | | | | | |
| strength & power | | | | | |
| speed | | | | | |
| PSYCHO-SOCIAL | | | | | |
| composure with ball | | | | | |
| concentration/focus | | | | | |
| leadership | | | | | |
| training mentality | | | | | |
| game mentality | | | | | |

| Comments | |
|-----------------------------|--|
| overall (2 players @ 2 min) | |
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NCYSA Youth Academy Contacts



NCYSA Youth Academy | <http://www.ncsoccer.org/youthacademy>

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