



Cook Inlet Soccer Club U10 Development Academy

Outline and Rubric:

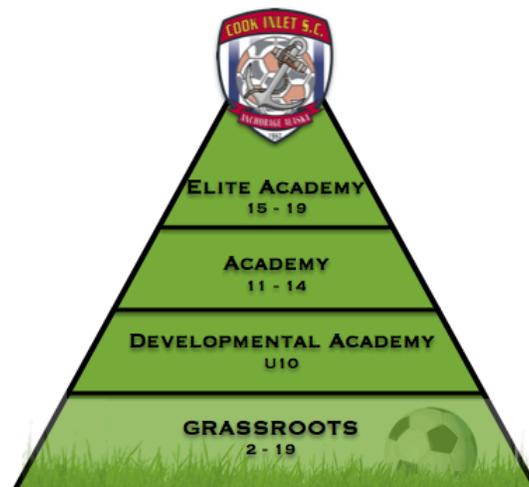
Cook Inlet Soccer Club U10 Development Academy Program focuses on individual development so that each player reaches their full potential at their rate (see Developmental Philosophy at: <http://www.cookinletsc.com/DevelopmentProgram>)

Coaches use age-appropriate training methods and the CISC Player Development Plan (see below) to create the 'complete player' and utilizing our progressive curriculum to this aim.

The complete player excels in four major areas of application: technical skills and ability, a tactical foundation, physical attributes, and psychosocial elements.

Academy training is made up of a competitive group of players who challenge one another technically and tactically, with each team training twice a week for 75 – 90 minutes.

Our training environment provides appropriate numbers at every session to allow a natural progression from technical work, to small-sided activities, expanded activities, and match-like conditions



FORGING A PATHWAY TO EXCELLENCE

Continued Ball Mastery

Technical ability is essential to success in soccer. Dribbling, passing and receiving, shooting and other ball control skills provide your player with the tools needed to navigate the game. CISC U9/U10 players are provided instruction in technical development according to their level of play. They are always challenged and shown the big picture of why their technique is important. The Academy staff will provide live demonstration and feedback within the fabric of the sessions.

Attacking and Defending Concepts

Attacking and defending occurs on both the individual level as well as the team level. CISC Development Academy players are taught individual concepts that lead to an effective understanding of team concepts. Players, regardless of position on the field, defend as a team and attack as a team. This provides constant involvement and developmental opportunities for all players and helps them understand the importance of each player's role within the framework of the team.

Tactical Principles and Play

Traditional soccer tactics are common at older age levels. While teaching specific tactics is not always recommended at U9/U10, laying the foundation for tactical understanding is vital. U10 Development Academy players learn principles of play such as width, depth and forward penetration; when to dribble and when to pass and playing back to go forward. These micro-instances of tactical-based instruction provide your player with the understanding of small pieces of advanced soccer concepts that allow them to absorb and interact with advanced tactical concepts, as they grow into the game (Example: Playing out of the back)

Physical and Psychosocial demands of the game

Every aspect of the training sessions will provide a challenging environment in which the growth of the individual player is foremost in our minds. Placing the players in a competitive cauldron will help meet the physical and psychosocial needs, doing so whilst working within the rigors of the training sessions. (Example: Warm-ups will incorporate integral parts of the FIFA 11+ combined with ball work)

Curriculum and USSF Guidelines

Our coaching & training staff will be utilizing age-appropriate curriculum to nurture a competitive environment. We champion creativity and freedom of expression on the field as your player develops into a 'complete soccer player'. The U10 Development Academy will see the implementation of our curriculum through work with both coaches and players at training sessions throughout the coming year. The Technical Director is responsible for upholding the standards and achieving the objectives outlined in this document.

Our U10 Development Philosophy parallels current National Development Initiatives; below are resources that have informed CISC Development Philosophy; founded on current developmental practice throughout the country under the guidance of the United States Soccer Federation (USSF)

<https://www.ussoccer.com/coaching-education/resources/us-soccer-player-development-initiatives-2016>

<http://www.cookinletsc.com/DevelopmentProgram>

Additional Focus:

On top of all of the huge positives listed above, your son or daughter working within the U10 Development Academy will also benefit from the following:

- A passion and appreciation for the beautiful game
- The importance of teamwork and communication
- Fostering of good sportsmanship
- Incorporating leadership values, integrity and a healthy competitive environment

Parents:

Please note that training provides the tools of the game; games are the vehicle in which to put these tools into action.

The processes are the important aspect, and as such the game should not be used as a measure of immediate success.

Please remember:

In the hierarchy of importance, each participant's individual development comes first, then the team, then the club. If you take care to develop each individual in the group the team will (for the most part) take care of itself and winning won't be a problem. The club functions merely as a vehicle through which we provide the environment for positive individual growth and development.

The development of each player is the yardstick by which a coach's effectiveness is measured-not his/her win/loss record!



‘Forging A Pathway To Excellence’