



Proudly Presents
**KC Select YOUTH DEVELOPMENT ACADEMY LEAGUE
SPRING 2010**

“Developing the first touch!”



<http://www.youtube.com/watch?v=V20vFPnI9Kc>

Click on the link to see video!



**The KC Select Youth Development Academy League is proudly sponsored by the KC Sports Lodge
KC's finest Indoor Sports Facility!**

The KC Sports Lodge does more than just provide sporting opportunities, we help develop and teach young athletes to participate to the best of their abilities with numerous developmental programs. We feel strongly that a facility should do more than just provide league opportunities; it should provide opportunities for the youth of the community to develop their sporting skills to the best of their ability to enhance their playing experience.



KC Select YOUTH DEVELOPMENT ACADEMY LEAGUE

“Developing the first touch!”

The **KC Select Youth Development Academy** is the first and only developmental academy league in the KC area that encompasses all facets of youth soccer development.

The program’s goal is to produce age specific, appropriate goal sets and curriculum in an environment that is fun, positive and conducive for creativity and enjoyment of the game of soccer.

The academy will provide the developmental bridge between recreational soccer and premier soccer. At KC Select our teams adhere to a curriculum that will provide the academy player the necessary tools to develop as a soccer player. KC Select will use experienced, licensed coaches and trainers.



We will accomplish this by providing:

- *Professional Licensed Coaches for all players*
- *All sessions are indoors at set times and days – no rainouts, easy planning*
- *Affordable Pricing – the cost will be similar to other recreational leagues*
- *League play will be varied and players will play a variety of micro soccer games on a variety of teams*
- *Focus on player development, not wins and losses*
- *Eliminating the “must win” stress placed on the player and team.*
- *KC Select “First Touch” curriculum that focuses on individual player development*



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DETAILS

(What you've been waiting for!)



Who Should Attend? The KC Select Youth Development Academy is for any player **male or female in the u5 – u8 age divisions** that has an enthusiasm for soccer and a willingness to listen, learn and have fun with the game. The academy is for players of all skill levels and abilities. Players will be grouped appropriately to maximize their ability to learn the game at the level they are prepared for. Your participation in the academy does not commit you to a competitive team or to the KC Select Soccer Club, it is merely a great development soccer program that will allow your child to maximize their potential and enjoy the game of soccer to the greatest of their abilities.

What are the age group specific goals and curriculum? See age division slide for details

Who will be directing and coaching the academy? Mike Mathis will be overseeing and directing the academy. Mike has an extensive playing, coaching and educational background that has made him one of the premier youth soccer coaches in the area. The academy curriculum and design has been a conglomeration of work of many of the top coaches in KC Select. Each age group will have specific nationally licensed coaches that will oversee each of the age groups. We will also employ age group assistant coaches and utilize licensed volunteers to conduct sessions that have been created by our professional coaching staff. The entire curriculum has been preset and all practice sessions are designed prior to the start of the academy with overall goals and objectives being met each season.

When is the academy? The academy will take place during the fall and spring seasons in correlation with the outdoor soccer seasons. The academy seasons will be 8 -10 weeks in length with 8 game days guaranteed. The fall session takes place September – October and the spring session takes place March – April. Remember, all sessions are indoors and we will have no canceled practices or games due to weather. Academy practices will be held on set days and times for each age group and all games will be held on Sundays afternoons – see season detail sheet for times. All practices and games will be at the same time each week and will take place at the KC Sports Lodge. The structured schedule allows parents the freedom to have a consistent schedule for easy planning. Selected u7 and u8 players will have the opportunity to join competitive KC Select Academy Teams for league and tournaments. All academy players will have the optional opportunity to play indoors in the winter on academy teams that will play in the small sided indoor league at the KC Sports Lodge (League Fees apply).



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More Details:

Cost? The big question. We feel strongly to create a program that is truly the best value possible. We feel the value in what we bring to the table is professional coaching, curriculum and facilities that are second to none.

	<u>Early Sign up before Feb. 15th</u>	<u>After Feb. 15th</u>
U5-U6	\$65	\$85
U7-U8	\$80	\$100

In addition to the practice sessions, games and MYSA Academy Player fees, all players will receive an academy t-shirt that will be required to be worn at all sessions. The official academy uniform kit is navy blue shorts and white socks (recommended, not required). KC Select will offer Adidas Squadra shorts(\$15) and Adidas socks (\$8) at the discounted club rate. On game days all players will be provided a KC Select uniform top. **The KC Select Soccer Club and the KC Sports Lodge will be sponsoring the league and subsidizing costs to create the greatest value to participants possible.**

Location? All sessions will take place at the KC Sports Lodge located at 19310 E. 50th Terrace, Independence, MO 64055. The KC Sports Lodge has tremendous facilities with two full sized indoor soccer fields with FieldTurf and No Walls. The facility is centrally located and ideal for residents living in Lee’s Summit, Blue Springs, Independence, Liberty, and surrounding communities. The KC Sports Lodge has great spectator viewing, a large concession area, restaurant, party room, locker rooms and tons of restrooms. There will not be a recreational program in the area that exceeds the facilities and programming offered.

Format? U5 and U6 players will have one practice per week and U7 and U8 players will have two practice sessions per week. These academy sessions are designed to concentrate on age specific goals and objectives through technical skill training and games in a fun, positive and creative playing environment. The academy focuses on individual player development and will not be consumed with tactical play and team development concepts. Children will take with them a plethora of skills, moves, individual dribbling tools and first touch control. We will lay the foundation for individual development so that team objectives and play can flourish at the appropriate age group and time. All players will then have a game day on Sunday afternoons where a variety of games will be played including, but not limited to: 2v2, 3v3 and 4v4 small sided games –Players will be matched by abilities to maximize individual development.



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The academy league is focused on player development. We are striving to create a solid learning experience by eliminating the “must win” stress placed on the player and team. KC Select has a unique Player Development system consisting of different levels of soccer skill progression. We follow our curriculum to develop creative and confident soccer players throughout each stage of transition. We recognize that the academy level is the first and most important stage in structuring player development.

“Developing the first touch!”

KC Select Youth Development Academy League believes that all players need to develop a good first touch. At the KC Select Academy the focus is on foot skill work that provides repetition and develops the young players’ touch. Through our curriculum we develop the young soccer player’s fundamental skills to allow them to play the wonderful game of soccer to the best of their abilities. Not all children will develop into superstars, but we can provide them the necessary tools to allow them to progress to the greatest level of their abilities so that they truly enjoy the game to the best of their abilities.

Please review our age group curriculum, developmental goals and objectives.





KC Select YOUTH DEVELOPMENT ACADEMY LEAGUE

“Developing the first touch!”

U5 – U6 Curriculum

Micro Soccer

1. Small sided games – 2v2 and 3v3
2. No Standings
3. No Goalkeepers
4. No Referees
5. Players match ups determined by development level
6. Only coach and assistant coaches allowed at sideline
7. Coaches work together
8. Parents not allowed in between lines – have assigned area
9. Parents help coach by staying calm and quiet
10. Relaxed rules of soccer – kids learn rules of game – get few tries at restarts etc....

Development Goals

1. Develop Motor Skills – running, jumping, hopping, changes in speed, changes in direction
2. Ball Manipulation – can you do this? Can you do that? Show me!
3. Insight – develop soccer vocabulary and terms: this is a cone, field, ball, near, far, in, out
4. Social Development – being comfortable in front of a group, playing with peers, having fun, NO PRESSURE!

Objectives:

1. Learning not teaching – going to soccer school
2. Child will set pace – be aware the child is too young for a lot of structure
3. Realistic Expectations – parents know what is achievable
4. Organized Chaos – safe, fun , full involvement from all players, not much sitting out.



KC Select YOUTH DEVELOPMENT ACADEMY LEAGUE

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U5 – U6 Curriculum

Warm Up

1. Tag Games
2. Dribbling and turning games
3. Ball Manipulation practice

Main

1. Coerver Drills
2. 1v1 games
3. 2v2 games

Academy Moves

1. Stop and Go
2. Pull Back
3. Scissors
4. Step Behind
5. Push Pull
6. Chop – inside and outside of foot
7. Step Over

Finish (Fun Game)

1. Head and Catch It
2. Duck, Duck Goose
3. “Nintendo”
4. “Ball Hog Game”



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U7 – U8 Curriculum

Micro Soccer

1. Small sided games – 2v2, 3v3, 4v4's
2. No Standings
3. No Goalkeepers
4. No Referees
5. Players match ups determined by development level
6. Only coach and assistant coaches allowed at sideline
7. Coaches work together
8. Parents not allowed in between lines – have assigned area
9. Parents help coach by staying calm and quiet
10. Relaxed rules of soccer – kids learn rules of game – get few tries at restarts etc....

Development Goals

1. Develop Motor Skills – running, jumping, hopping, changes in speed, changes in direction, mimicking skills
2. Ball Manipulation – can you do this? Can you do that? Show me!
3. Insight – develop soccer vocabulary and terms: this is a cone, field, ball, near, far, in, out , offense, defense, pressure, cover, etc...
4. Social Development – being comfortable in front of a group, playing with peers, having fun, NO PRESSURE! Sportsmanship and courtesy towards opponents, coaches and officials

Objectives:

1. Learning not teaching – going to soccer school
2. Child will set pace – be aware the child is too young for a lot of structure
3. Realistic Expectations – parents know what is achievable
4. Organized Chaos – safe, fun , full involvement from all players, not much sitting out.



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U7 – U8 Curriculum

Warm Up

1. Tag Games
2. First Touch Development
3. Dribbling and turning games
4. Ball Manipulation practice – static and moving

Main

1. Coerver Drills (Skill Square Work)
2. 1v1 games, 2v1, 2v2, 3v2, 3v3
3. 4v4 games

Academy Moves

1. Stop and Go
2. Pull Back
3. Scissors
4. Step Behind
5. Push Pull N Go
6. Chop – inside and outside of foot
7. Step Over
8. Maradona
9. Emmerson
10. Roll Over
11. Full Preki
12. In Out
13. “L”
14. Push Pull Back Switch
15. Combination Moves

Finish (Fun Game)

1. Shooting