



PLAYER DEVELOPMENT OBJECTIVES

U7-U10 Academy training - The objective of the Academy is for players of 8, 9 and 10 years of age to learn the basic skills by a professional. Players are taught in a fun and competitive environment. They are encouraged to play for the sheer enjoyment of the game. Small sided games are used to simplify the game so that players at this age can comprehend the basic principles.

U11-U13 Essential Skills Stage - The objective of the Essential Skills Stage is for players to be separated into training environments that fit the player's physical, emotional and ability levels. The objectives are skill development and basic tactical concepts (decision making). Players develop at different rates, so at this age, this is not final decision on where a player's soccer career will lead. A lot of teaching is done within small sided games such as 4v4 and 7v7; small sided games are a break down of the bigger game. Our players are introduced to the on field organization of 11aside.

U13-U15 Intermediate Stage - The objective of the intermediate stage is teaching demanding tactical elements with more dynamic techniques. This is also a stage where players decide what soccer means to them. With all the options teenagers have a player must decide how important soccer is and where it fits into his life. A high level of commitment is required.

U15-U19 Advanced Stage - The objective in the advanced stage is improving technical and tactics to a player's specific position. Learning 11v11 team tactics and developing soccer specific conditioning. This stage prepares players for the next stage of their soccer career, which could be college or even professional soccer.