

# U9 – U12 Academy Format

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AT THE NSCAA CONVENTION



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# Academy Format Overview

- What is an academy?
- Academy = School
- Curriculum – Age appropriate
- Quality Teachers (coaches)
- Focus – player development

# More kids playing soccer

- Clubs create pools of players instead of teams (numbers may vary)
- Kids not selected out due to roster size
- Easier transition from recreational soccer to travel soccer



# Player Development

- No set rosters
- More playing time
- More touches on the ball
- More decision making
- More learning
- More Fun



# NC Youth Soccer Academy

“True player development focuses on the development of the player, not the development of the team! Up to U12, this should be the only criteria used in designing and running youth soccer programs”

Ron Quinn, Leading contributor to US Youth Soccer Programming

# NC Youth Soccer Academy

- Landscape of North Carolina
- Getting Started
  - 2006 Formed an Academy Committee
    - Presidents, Executive Directors, Directors of Coaching, NCYSA Executive Board Members, etc.
    - Develop the Guidelines for the **Optional Program**
    - Presentation January 2007 AGM for implementation, upon approval, Fall 2007

# NC Youth Soccer Academy

- Mission Statement
  - Associations must be empowered to provide a variety of programming options for their players. The NCYSA Youth Academy Program philosophy is to emphasize player development over team building and focus on the technical development of each child without the pressures of short-term wins/losses/results

# NC Youth Soccer Academy

- Guidelines of the Program
  - Oversight of the Program
  - Director qualification as well as coaches qualifications
  - Players that can participate (true U8 to U12)
  - Associations that can participate



# NC Youth Soccer Academy

- Association Curriculum
- Scheduling of Play Dates
- Registration of Players

# NC Youth Soccer Academy

- Showcases – Fall & Spring
- Growth & Expansion

# NC Youth Soccer Academy

- Summary
  - Support
    - Executive Director & President of NCYSA
  - Development
    - Players, Referees, Parents & Coaches
  - Expansion of Programming
    - Vision of the future & staying ahead of the program
  - Transparency
    - Website Information

# Academy Soccer in New Mexico



“soccer can have the greatest impact on childhood obesity”



# Academy Soccer in New Mexico

- Team Format was used to begin with until it was discovered that attendance of players and coaches was an issue
- Create a community environment
- Collaboration between NB3 Foundation and San Felipe Pueblo to build a turf soccer field



# NB3 Soccer Season Matrix Fall 2012 U6-U10

Week	Soccer	Health	Leadership	Objectives	Community
Week 1 Aug 27	Dribbling	Fruits & Veggies	n/a	<ul style="list-style-type: none"> <li>- comfort with the ball, lots of touches</li> <li>- utilizing all surfaces, at speed</li> <li>- <u>health</u>: emphasize 5 servings of fruits &amp; veggies per day</li> </ul>	
Week 2 Sept 3	Shooting	Fuel for the Body	n/a	<ul style="list-style-type: none"> <li>- always looking to shoot</li> <li>- follow through toward the goal</li> <li>- keep moving</li> <li>- <u>health</u>: good nutrition fuels your body; food choices either gives you energy or slows you down</li> </ul>	
Week 3 Sept 10	Passing	Hydration	n/a	<ul style="list-style-type: none"> <li>- using both feet</li> <li>- lock ankle, plant foot to target</li> <li>- find a teammate</li> <li>- <u>health</u>: drink 8 glasses of water a day</li> </ul>	
Week 4 Sept 17	Dribbling	Healthy Choices	n/a	<ul style="list-style-type: none"> <li>- comfort with the ball</li> <li>- change of direction</li> <li>- using both feet</li> <li>- <u>health</u>: aim for 60 minutes of exercise or physical activity a day</li> </ul>	
Week 5 Sept 24	Shooting	Sugar	n/a	<ul style="list-style-type: none"> <li>- always look to shoot</li> <li>- follow through toward goal</li> <li>- try to use instep or inside of foot</li> <li>- <u>health</u>: avoid sugar - choose food and drinks low in sugar</li> </ul>	



# Academy Soccer in New Mexico

- Coach Education – Pre season coaches clinic
- Parent Education
- Coaches log training activities for program evaluation
- Players graduate on to competitive league teams





# U8 Courtney

◀ Previous Next ▶

Thu, Apr 12, 2012 4:55 PM Mountain Time (US & Canada) By [gabbienb3](#)

Activity Type: **Running** | Event Type: **Uncategorized** | Course: --

Like

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Details
Splits
Player

## Summary

Distance: 2.19 mi  
 Time: 1:13:59  
 Avg Pace: 33:47 min/mi  
 Elevation Gain: 0 ft  
 Calories: 108 C

## Details

### Timing

Pace Speed

Time: 1:13:59  
 Moving Time: 42:47  
 Elapsed Time: 1:13:59  
 Avg Pace: 33:47 min/mi  
 Avg Moving Pace: 19:32 min/mi  
 Best Pace: 7:35 min/mi

### Elevation

Elevation Gain: 0 ft  
 Elevation Loss: 0 ft  
 MinElevation: 5,143 ft  
 MaxElevation: 5,163 ft

### Laps 3

View Splits

Split	Time	Distance	Avg Pace
1	41:46.0	1.00	41:47
2	26:46.9	1.00	26:48
3	5:25.7	0.19	28:27
<b>Summary</b>	<b>1:13:58.6</b>	<b>2.19</b>	<b>33:47</b>

## Map

Laps



## Charts

Average

### Timing



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Spring 2012 Average Miles Ran and Calories Burned		
	Average Miles Ran in 1 hour Practice!	Average Calories Burned per 1 hour Practice!
U6 Age Group (3-6 Year Olds)!	2.12!	121!
U8 Age Group (7 and 8 Year Olds)!	1.78!	103.98!
U10 Age Group (9 and 10 Year Olds)!	1.67!	109!
Referees!	1.62!	80!



*“The improvements seen in both the spring and fall 2010 [NB3 Soccer] seasons may be early predictors of reduced rates of obesity and diabetes as participating children age.”*

*-Johns Hopkins Center for American Indian Health, Evaluation Report, February 3, 2011*



# Benefits of Academy Approach

- Quality control and evaluation of program
- Coach Education
- Parent Education
- Logistical player and coach number issues
- Implementation of curriculum



# U9-U10 Academy

## Creating A Style

**Adrian Parrish**

**US Youth Soccer Region II Coaching Chair**

**Kentucky Youth Soccer Technical Director**



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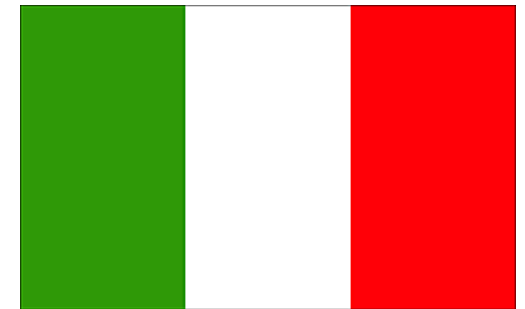
# What is Soccer Style?



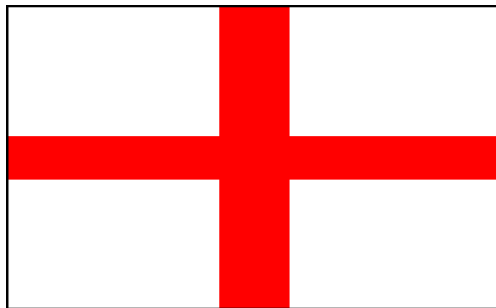
**Spain**



**Brazil**



**Italy**



**England**



**USA**

# Creating a Style

Top to Bottom or Bottom to Top



United States Soccer Federation

US Youth Soccer Regions

US Youth Soccer State Associations

Clubs/Teams



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# Why have a Style?

“Soccer is simple, but it is difficult to play simple”  
Johan Cruyff

- Recognition: Team & Club



- Building for the Future
- Provides Focal Points

Playing Out of the Back  
Passing/Possession  
Formations  
Allowing Player Creativity  
Flowing Soccer (Substations)



# The Creation



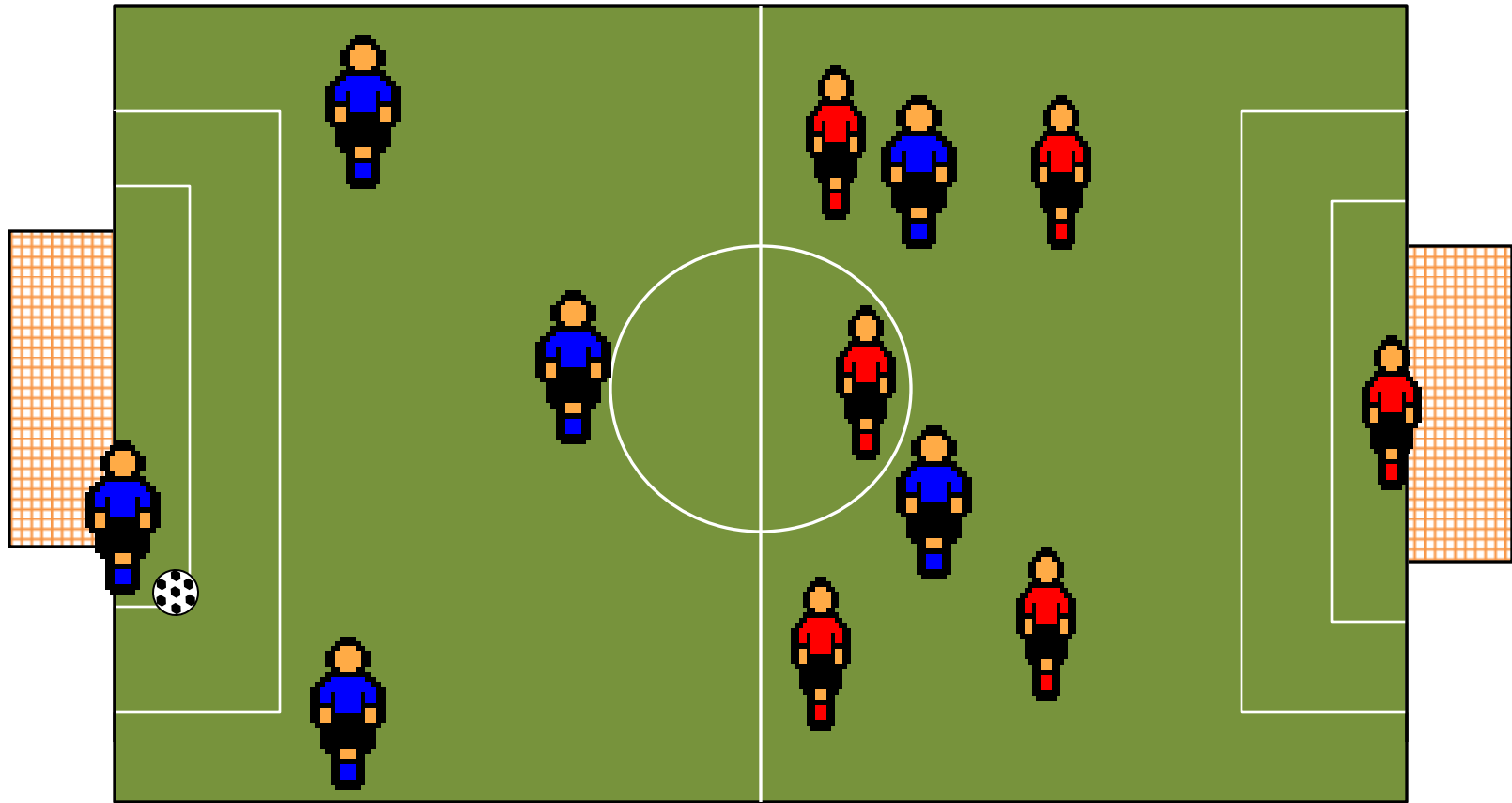
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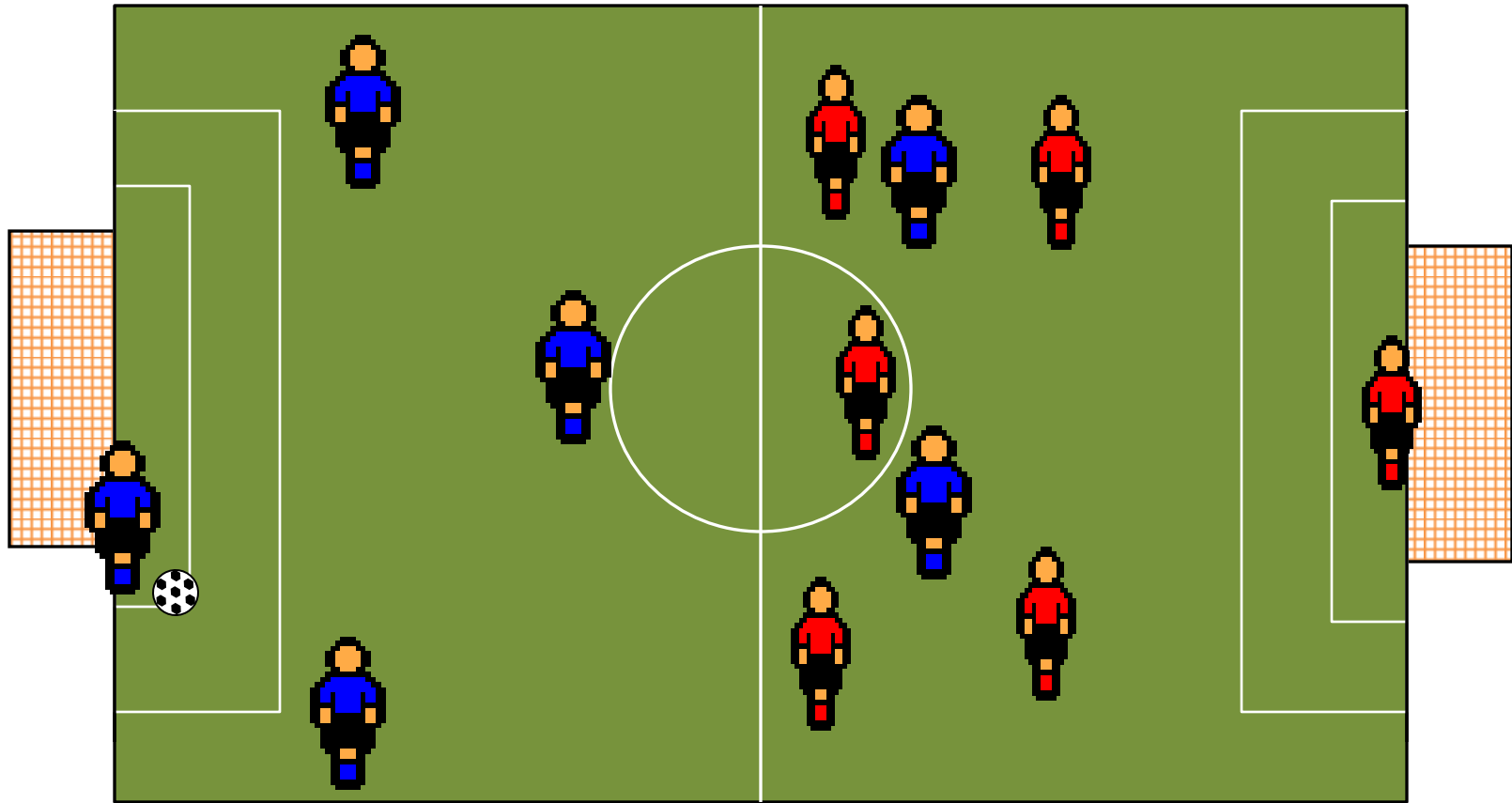
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# Playing Out of the Back



# Playing Out of the Back



# Passing Statistics

Date	Opponents	Blue	Black	White
Sat Aug 25th	Madison United	<b>Game 1 = 37</b>	<b>Game 1 = 27</b>	<b>Game 1 = 23</b>
		1st Half : 24	1st Half: 15	1st Half: NA
		2nd Half: 13	2nd Half: 12	2nd Half: NA
		<b>Game 2 = 22</b>	<b>Game 2 = 16</b>	<b>Game 2 = 39</b>
		1st Half: 9	1st Half: 10	1st Half: NA
		2nd Half : 13	2nd Half: 6	2nd Half: NA
	<b>Total</b>	<b>59 Passes Completed</b>	<b>43 Passes Completed</b>	<b>62 Passes Completed</b>

Date	Opponents	Blue	Black	White
Sat Sept 22nd	Frankfort Frury	<b>Game 1 = 58</b>	<b>Game 1 = 46</b>	<b>Game 1 = 78</b>
		1st Half: 25	1st Half: 26	1st Half: 36
		2nd Half : 33	2nd Half: 20	2nd Half: 42
		<b>Game 2 = 25</b>	<b>Game 2 = 55</b>	<b>Game 2 = 42</b>
		1st Half: 15	1st Half: 29	1st Half : 19
		2nd Half : 10	2nd Half: 26	2nd Half: 23
	<b>Total</b>	<b>83 Passes Completed</b>	<b>101 Passes Completed</b>	<b>120 Passes Completed</b>



# Passing Statistics

Adam, G	11	Attempted: 15 Completed: 9 60%
Adam, M	9	Attempted: 15 Completed: 7 47%
Amir, C	0	Attempted : 3 Completed 1 33%
Anna Beth, H	3	Attempted: 12 Completed: 6 50%
Blaine, B	25	Attempted: 53 Completed: 35 66%
Blake, F	7	Attempted: 6 Completed: 5 83%

Chase, W	13	Attempted: 39 Completed: 29 74%
Enrique, A	9	Attempted: 16 Completed: 9 56%
Hunter, L	3	Attempted: 31 Completed: 24 77%
Kevin, P	8	Attempted: 24 Completed: 15 63%
Randyn, K	12	Attempted: 25 Completed: 16 64%
Zachary, W	18	Attempted: 48 Completed: 25 52%





Young players need freedom of expression to develop as creative players... they should be encouraged to try skills without fear of failure.

Arsene Wenger



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# Substitutions





# Road Blocks



- **Winning versus Development**
- **Short Sighted Vision**
- **Fear of losing players**
- **No Club Culture**
- **Educating the uneducated**





**QUESTIONS**

**?????**

**Thank-You**



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