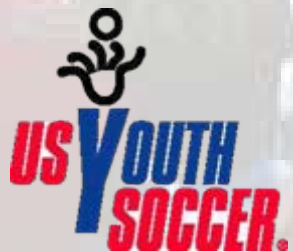


North Carolina Youth Soccer Presents A Parents Guide to Academy Soccer “The Game for All Kids!”

This presentation is designed to outline the academy approach to parents of players considering this option of play.



North Carolina Youth Soccer Association Programming Options

Recreation Soccer

U6 – U18
No Tryouts / Local

Academy Soccer

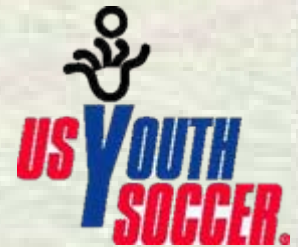
U8 – U10
Assessments / Limited Travel

Challenge Soccer

U10 – U18
Tryouts / Travel Leagues

Classic Soccer

U11 – U18
Tryouts / Highest Level of Play



What Can I Expect?

“Play is the Key to Open Many Doors”

Dr. Marianne Torbet

Why Do Players Play?

1. To Have Fun
 2. To Be With Their Friends
 3. To Make New Friends
 4. To Improve and Learn
 5. To Feel Good
 6. To Wear the Stuff
- (US Youth Soccer)

From an early age, every child loves to play with a ball. Soccer is just playing with the ball, except with others and a few simple rules. Soccer is having FUN! (US Youth Soccer)

- Soccer is “the game for all kids” and that means there will be all types of kids playing together
- Children will differ greatly due to age, gender and maturity
- Soccer will help develop **FUN, SELF-ESTEEM, TEAMWORK, FRIENDSHIPS**
- In soccer they will be able to run, kick, jump, roll, skip, fall down and shout – which is essential for mental and physical development

What Matters to Your Child?

Psychologists attribute three motivational factors in children's involvement in sport:

1. For Approval – take up sport for the approval of adults/parents/grand-parents
2. For Success – they enjoy competing in contests with other children
3. For Mastery – to improve and master at least some aspects of the sport

**“Most children play to have fun with their friends. They do not play to entertain the adults, boost the adults ego, or improve the family social status within the Community.
(Adams, U of Missouri)**

Did You Know.....

The major two reasons children give up sport:

1. It's no longer fun
2. It's too competitive



What is the Academy Program?

Academy programs have emerged as a 21st century alternative to the frustrating shortfalls in soccer development displayed by most pre-teens. This void is heavily influenced by coaching quality and the pressures to win at critical periods in the development process.

Academy programs seek to improve individual player development, satisfaction and retention, and to build a less pressured youth soccer environment for coaches, adult spectators, and match officials.

Academy Approach for Youth Soccer is Supported by:

United States Soccer Federation

US Youth Soccer



Why we need the Academy Program?

Removing the Pressure to Win

“Too often in this country, youth coaches sacrifice learning skills for winning games.... – US Women’s National team Member, Mia Hamm

- No scores, results or standings will be kept for the academy program. The focus is on individual development and enjoyment free from standings and the pressure of results.

Characteristics of Coaches Focused On.....	
Winning	Development
Results Dominated	Excellence Dominated
Task-Centered	Player Centered
Focused on Short-Term	Focused on Long Term
Emotional	Analytical
Instinctive	Careful Planning
“Me”	“We”
Authoritarian	Democratic
Yells	Sells
Speaks	Listens then Speaks
Trainer	Teacher



He thinks it's all over.....

But it's only just begun.....

“We have taken away the game and left the competition”

Ron Quinn, US Youth Soccer

Why we need the Academy Program? *Mandatory Coaching Qualifications*



- All academy coaches are required to hold USSF age appropriate coaching qualifications that provide the knowledge and understanding of how children learn at different ages and curriculums that are developmentally appropriate for all children

Did You Know?

Soccer is the most participated youth sport in the U.S. Players can spend up to 5 hours per week participating in soccer yet 90% of all volunteer coaches in the United States have no form of coaching education! (all youth sports)

Why we need the Academy Program?

Pool Training & Rostering

“True player development focuses on the development of the player, not the development of the team! Up to age 12, this should be the only criteria used in designing and running youth soccer programs.” Ron Quinn, US Youth Soccer

- Pool training/rostering allows the players to be challenged at their own individually DEVELOPMENTALLY APPROPRIATE levels.
- What Does This Mean?
 - Gives the coach the freedom to structure teams and move players so that all games are competitive with no blow-outs
 - If a player is dominating a game and is not challenged he/she can be moved to a game where they are with other players of the same ability/size/speed
 - If a player is not engaged and cannot compete with the other players he/she can be moved to another game with other players of the same ability/size/speed
 - **Players are still part of a team. They are part of a larger team, an Academy!**

Why we need the Academy Program?

Pool Training & Rostering

- Pool Training is NOT a refusal to recognize the social benefit of team identity or team-building that can be a great child-hood experience.
- The Academy Program will help as the Academy is a big TEAM:
 - Players will train/compete/socialize with a larger group of players
 - They can build more friendships and increase their group of friends
 - They can compete with and learn from the other players that comprise the Academy Program
 - Players are placed in an environment that allows them to develop an awareness of their “club culture” among different peers with whom they may compete with in the future.

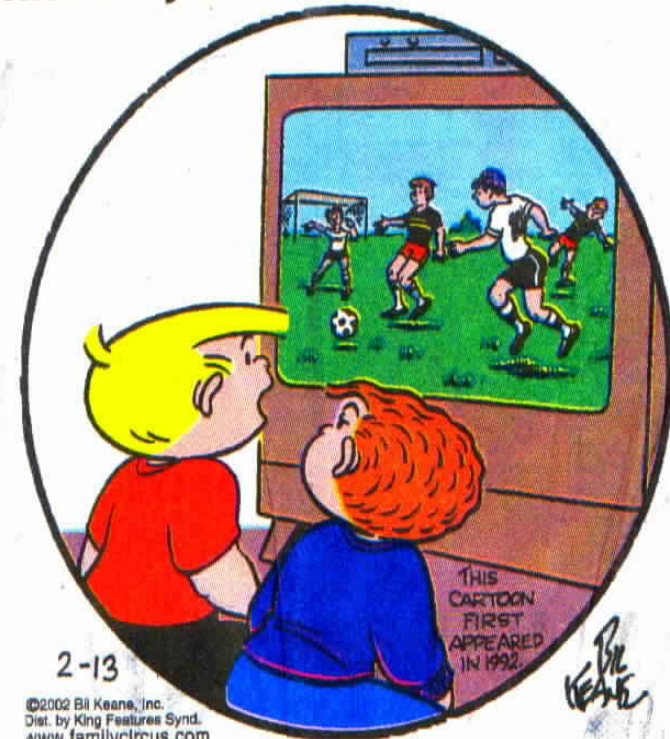


Why we need the Academy Program?

Player & Parent Programs

- All Academy Programs are required to give players two written evaluations per year and offer parents information on the academy program and its approach. **The Family Circus**
- Players will receive a written evaluation during the Fall and Spring seasons endorsed by the associations Academy Director.
- NCYSA will also provide detailed info from US Soccer and US Youth Soccer on the Academy approach.

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www.familycircus.com

"The reason they can play that good is their parents aren't yelling at them from the sidelines."

Academy Program: Parents Role

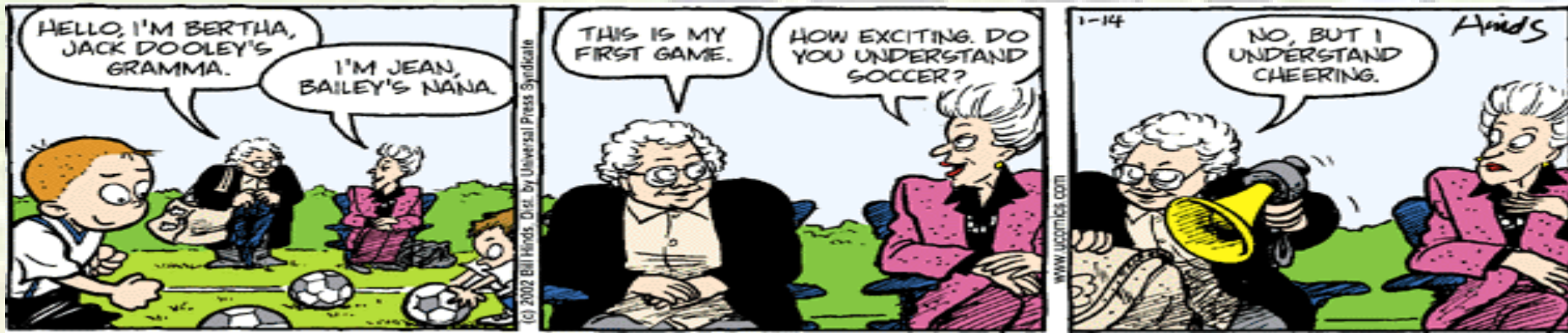
“When asked what embarrasses them most, the overwhelming response from children is parents yelling.” (www.MomsTeam.com – Survey)

Think of the soccer field as a playground!

- Emphasize enjoyment
- Encourage your child regardless of success
- Cheer for all Children
- Applaud a good effort no matter who makes it
- It's okay to talk to other teams parents
- **Be a parent – not a coach**
- Resist the urge to critique

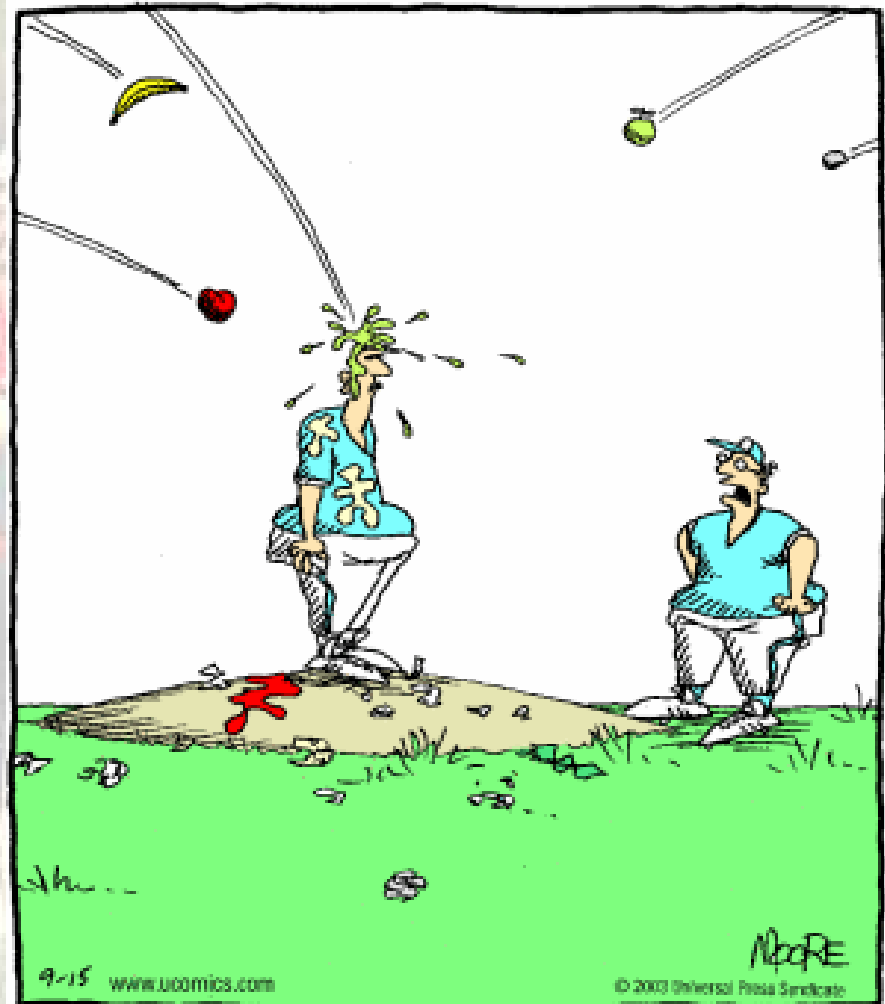
6 Guidelines for the Sidelines:

1. Cheer
2. Relax and Let Them Play
3. Yelling Directions = Distraction
4. Remember, they are just kids having fun
5. Have reasonable expectations



“If you’ve ever driven a car with three kids screaming and fighting in the backseat, think about this: Does it tend to pull your attention away from the task at hand? Do you ever feel overloaded? If you add more pressure to that car ride, such as an icy road, can you handle all that at once? That’s exactly what coaches/parents do when they yell at kids to do something: They distract them. They create “cognitive overload.”

(pg. 161, Just Let the Kids Play)



“Just concentrate on throwing strikes, Kaplan. You’re letting this crowd get to your head.”

Where Can I Learn More?

Websites

[NC Academy Rules & Structure](#)

-Document with full info

[NC Youth Soccer Education Center](#)

-Videos, skills, links etc

[US Youth Soccer Parent Resource Center](#)

-Videos, Quizzes, Age appropriate info etc

[Laws of the Game](#)

-U6, U8, U10, U12, U13+

[US Youth Soccer Parent Resource Library](#)

-Brochures, articles, coaching info etc

Resources

Parents Guide (Free)

Youth Soccer Parent/Coach Primer

Coaching Youth Soccer by Bobby Clark

Positive Parenting DVD

Coaching Education Brochure

Plus many more.....

Please contact: rachel@ncsoccer.org

