

CALCASIEU SOCCER CLUB

10U ACADEMY PROGRAM



PROGRAM OBJECTIVES:

Technical player development, introduction of tactical concepts and fostering of a love of the game

PARTICIPANTS: The Academy is open to boys and girls in the 9U & U10 age group.

COACHING: Licensed CSC coaches/trainers will be assigned to each team

VENUE: Practices will take place at the Ward 3 Power Center Complex in Lake Charles

UNIFORM: Players wear the CSC Recreation uniform for games and CSC Eagles shirt (to be provided) for practice.

PRACTICE: Two 90 minute practice sessions per week

GAMES & COMPETITION: Play dates with partner clubs, two Louisiana tournaments, local scrimmages.

DATES & DURATION:

- 20 weeks (10 weeks Fall / 10 weeks Spring)
- FALL - August through October / SPRING - February through April

COST: \$450 for the whole year. Payments go towards coach payment, practice shirts, event entry fees. There are two options to pay:

1. **Three Installments:** \$110 (July) - \$170 (September) - \$170 (February)
2. **Six installments:** \$65 (July) – \$55 (August) - \$55 (September) - \$55 (October) - \$55 (November) - \$55 (January) - \$55 (February) - \$55 (March).



**Players wishing to participate will sign up online using the CSC ACADEMY registration form.
Please contact curtis@cscsoccerclub.org if you have any questions.**

PRACTICE SESSION FORMAT TO BE USED IN THE 10U ACADEMY PROGRAM:

Practices will be 90 minutes in duration and follow the US Soccer Grassroots Play-Practice-Play Coaching Initiative to enable maximal participation and contact with the ball within organized, challenging and fun practice sessions. Below is an overview of Play-Practice-Play.

Stage		Description	Duration
STAGE 1	PLAY	When players arrive to practice, the first responsibility of the coach is to create an environment that is safe, engaging and fun. In the first <i>Play</i> phase, players engage in small-sided games with the primary focus on having fun. It is important that these pickup-style games are led by the players and facilitated by the coaches. During this first <i>Play</i> stage, players have the opportunity to experience the game while the coach observes and guides them towards developing their own solutions rather than being directed what to do.	15 minutes
STAGE 2	PRACTICE	In the second phase of <i>Play-Practice-Play</i> , children are engaged in different forms of targeted learning activities to further guide their opportunities to develop. The goal of the <i>Practice</i> phase is to create an environment filled with opportunities for players to experience and learn about the goal of the training session through repetition. <i>Practice</i> activities should be of appropriate challenge (striking a balance between success and failure), resemble the game, involve the players making decisions and allow for creative problem solving. The role of the coach during this phase is to guide players while using teaching actions . While it is during this phase that targeted learning takes place, there should always be an emphasis on keeping the atmosphere fun and enjoyable for the players.	40 minutes
STAGE 3	PLAY AGAIN	The final stage of <i>Play-Practice-Play</i> is the game. This phase offers players the opportunity and freedom to play, without interruption, in an environment that mirrors the actual game. The focus of the final <i>Play</i> phase is to encourage players to express themselves and demonstrate what they learned during the <i>Practice</i> phase. The coach should observe and guide using minimal dialogue if possible . By silently observing the application of the <i>Practice</i> phase in the final <i>Play</i> phase, the coach is able to check each player's understanding and ability to execute the goal of the training session.	30 minutes

DESIRED PLAYER OUTCOMES FROM PARTICIPATION IN THE 10U ACADEMY PROGRAM:

1. Be competent in the age appropriate technical components of the game
2. Understand basic attacking and defending principles and the beginning of key tactical concepts
3. Demonstrate positive team behavior and a growth in confidence and competitiveness
4. Comprehend the basic laws of the game



KEY COMPONENTS OF THE GAME TO BE TAUGHT:

Technical	Tactical	Physical	Psychosocial	Laws of the Game
<ol style="list-style-type: none">1. Ball Mastery/Dribbling2. Running with the ball3. Turning4. Ball domination5. Shooting & finishing6. Passing & Receiving7. 1v1 Attacking8. 1v1 Defending	<ol style="list-style-type: none">1. Possession2. Combination play3. Attacking Principles4. Defending Principles5. Playing out of the back	<ol style="list-style-type: none">1. Agility2. Balance & Coordination3. Speed4. Acceleration5. Perception/Awareness	<ol style="list-style-type: none">1. Respect & Discipline2. Motivation3. Self confidence	<ol style="list-style-type: none">1. Restarts2. Free kicks3. Throw ins4. Corners5. Goal kicks6. Foul play

THE FUTURE IS BRIGHT.... THE FUTURE IS EAGLES

We hope the Academy Program provides an excellent foundation for players to progress into the CSC Eagles program where teams compete against clubs from across Louisiana, Texas and beyond, and player prepare for successful high school and even college soccer careers.

