

# CALCASIEU SOCCER

## 9U / 10U ACADEMY PROGRAM



**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:** The CSC Recreation uniform for games and CSC Eagles shirt (provided) for practice.

**PRACTICE:** Two 90-minute practice sessions per week

**COMPETITION:** Games with partner clubs, home & away, 2 tournaments (approx. 1 hr. travel).

### **DATES & DURATION:**

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

**COST:** \$550 total. Payments go towards coach payment, practice shirts, event entry fees.

Options to pay:

1. **Three Installments:** \$200 (at time of registration) - \$150 (September) - \$150 (February)
2. **Eight installments:** \$200 (at time of registration) – \$50 (August) - \$50 (September) - \$50 (October) - \$50 (November) - \$50 (January) - \$50 (February) - \$50 (March).

**Players wishing to participate will sign up online using the CSC ACADEMY registration form NOT youth recreation.**

Please contact [kyra@cscsoccercub.org](mailto:kyra@cscsoccercub.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 planned to enable maximal participation and contact with the ball within organized, challenging, and fun practice sessions. Players should recognize that while the Academy is open to everyone, those signing up are expected to demonstrate a high level of **EFFORT, COMMITMENT & DISCIPLINE** to enable all participants the best opportunity to receive the coaching provided.

## **KEY COMPONENTS OF THE GAME TO BE TAUGHT:**

| Technical                            | Tactical                   | Physical                  | Psychosocial            | Laws of the Game |
|--------------------------------------|----------------------------|---------------------------|-------------------------|------------------|
| 1. Ball Mastery                      | 1. Possession              | 1. Agility                | 1. Respect & Discipline | 1. Restarts      |
| 2. Dribbling & Running with the ball | 2. Combination play        | 2. Balance & Coordination | 2. Motivation           | 2. Free kicks    |
| 3. Turning                           | 3. Attacking Principles    | 3. Speed                  | 3. Self confidence      | 3. Throw ins     |
| 4. Ball domination                   | 4. Defending Principles    | 4. Acceleration           |                         | 4. Corners       |
| 5. Shooting & finishing              | 5. Playing out of the back | 5. Perception/Awareness   |                         | 5. Goal kicks    |
| 6. Passing & Receiving               |                            |                           |                         | 6. Foul play     |
| 7. 1v1 Attacking                     |                            |                           |                         |                  |
| 8. 1v1 Defending                     |                            |                           |                         |                  |

## **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 & defending principles and beginning of tactical concepts
3. Demonstrate positive team behavior and a growth in confidence and competitiveness
4. Comprehend the basic laws of the game
5. Prepare players for a more competitive soccer experience in the Eagles program!



## 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. Here's how we aim to develop our players...

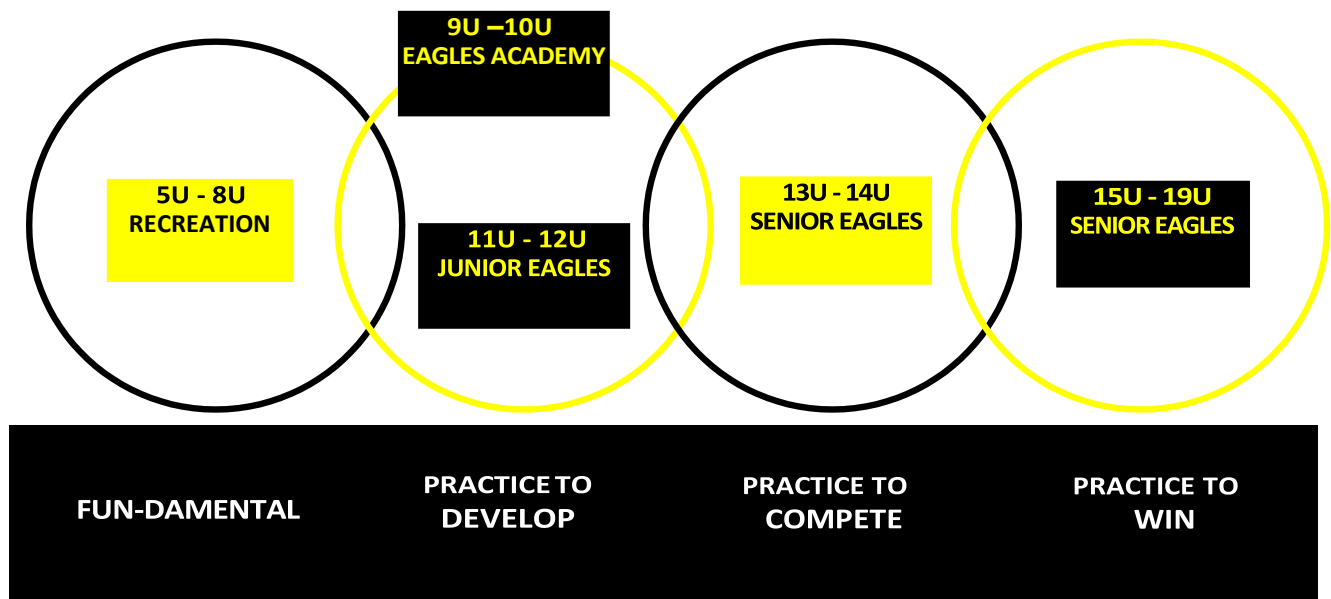
### COACHING PHILOSOPHY & METHODOLOGY

- Follow the basic Principles of Coaching
- Create a clear and simple pathway for players to follow
- Keep the player at the center of the development process
- Provide players with as much active ball time as possible
- Allow players to learn and develop at different speeds
- Teach the principles of the game
- Expect commitment, respect and accountability from all
- Create a deep and underlying passion for soccer at all ages

#### THE PRINCIPLES OF COACHING

Developmentally Appropriate  
Clear, Concise, Correct  
Simple to Complex  
Safe & Appropriate  
Decision Making  
Opportunities  
Game Implications

### THE PLAYER DEVELOPMENT PATHWAY



By following this Player Development Pathway and the framework for development below, we aim to allow players to develop to their full potential, in a structured, challenging and enjoyable environment. By the end of each season coaches should have taught the components in each category and players should be able to demonstrate reasonable competency and understanding.

