



RCL Junior Academy Program Training Methods

Blackhills FC will be participating in the Washington Youth Soccer Regional Club League (RCL) Junior Academy Program for boys and girls at the U8 and U9 age groups. The Junior Academy program is designed for recreational players that are interested in continuing to develop their technical abilities, gain game experience and enjoyment.

The state's implementation of the RCL Junior program is following the guidance of Claudio Reyna, the U.S. Soccer Youth Technical Director, who is encouraging developmental programs to start at earlier ages across the country. "We have created this curriculum to serve as a blueprint for the thousands of coaches across the country working with these young players at such an important time in their development" says Reyna.

Blackhills FC will be using the new US Soccer Curriculum as a blue print for the Junior Academy program.

Below you find some insights into the US Soccer Curriculums methods: The full document can be found at: www.blackhillsfc.org/page/show/39355-best-practices

PLAYING SYSTEM

1-2-2-1 (6-aside)

ORGANIZATION OF PLAYER DEVELOPMENT BY AGE AND STAGE

We are in-between stages as our program is for U8 and U9's, Initial and Basic Stage.

Ages 5 – 9

At this age children do not have the same capacity as adults to analyze the environment. They explore and have an egocentric conception of the world. Children are still gathering the experience necessary to interact with their surroundings and with others. Also, empathy and the capacity to consider the thoughts and feelings of others is very low.

In order to help children build their own experience, many exercises will be individual (e.g. each player will have a ball). The tactical component of the game will be reduced to small-sided games with basic explanations about space distribution. The main components of the training sessions will be technical, motor movements, small-sided games and enjoyment.

Principles of Age Appropriate Development based on Human Development

Very young players from 5 to 9 years of age love to play. Therefore, all practices are game based.

Players must spend the maximum time possible in contact with the ball and experiment by themselves.

For the first time the player has to build a relationship with other players. Give different responsibilities to the players in order to develop a sense of team.

Basic motor skills like walking, running or jumping have to be combined with ball handling and ball control.

TRAINING PRIORITIES AGES 5 – 9

There are four components to coaching:

Technical
Tactical
Physical
Psychosocial

The focus for these age groups is on the child and improving in the following areas:

Technical Areas we will cover this spring and as much as possible at each training session:

1. Passing and Receiving
2. Dribbling
3. Running with the ball
4. Ball Control
5. Shooting
6. 1v1 Attacking
7. Shielding the Ball
8. Shielding to Turn

Physical Areas we will cover this spring – primary in the warm-up phase at each training session:

1. Reaction
2. Acceleration
3. Flexibility and Mobility
4. Coordination and balance
5. Agility
6. Basic Motor Skills
7. Perception and Awareness

Psychosocial Areas we will incorporate into the training.

1. Motivation
2. Self Confidence
3. Cooperation
4. Determination
5. Competitiveness – doing your best
6. Respect and Discipline

Tactics

1. “We” Phase 1: Building from the back
2. “We” Phase 3: Final combination, pass or individual movement to create a scoring chance

LONG-TERM ATHLETIC DEVELOPMENT

The big Picture

Stage 1: Active Start (0-6 years)

Stage 2: FUNdamentals (girls 6-8, boys 6-9): Many of the children are in this stage

Stage 3: Learn To Train (girls 8-11, boys 9-12): We have some children in this stage

Stage 4: Train to Train (girls, 11-15, boys 12-16)

Stage 5: Train to Compete (girls 15 – 21, boys 16-23)

Stage 6: Train to Win (girls 18+, boys 19+)

Stage 7: Active for Life (any age participant)

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