



YOUTH ACADEMY PHILOSOPHY

The Youth Academy is the beginning of the Player Pathway into our Local, Regional and National Competitive Programs. The program places emphasis on 3 areas of Individual Player Development: Soccer Development, Athletic Development, Personal Development. The program focuses on developing the individual player's technical abilities, providing opportunities to play various positions in matches and the freedom to make their own decisions and learn from their own experiences. In essence, the CISC YA Program focuses on the overall well-being of the person that will enhance their lives for years to come!



SOCCER

The focus will be on developing skills for players to be confident with the ball in dribbling (using different surfaces of foot, turns, and change of pace); attacking moves to beat players off the dribble; ball control and emphasizing importance of the 1st touch; passing and receiving while moving; proper shooting techniques and fundamentals of defending.



ATHLETIC

Athletic development will be enhanced through training sessions where emphasis is placed on balance, changing direction, changing speed with acceleration, proper running form and agility exercises.



PERSONAL

Personal development will be emphasized each time the players are together for training and matches. The players will learn the Club Values (Character, Commitment, Communication, Competition, Community) and how to apply them on and off the field, how to be good teammates and what they have complete control over: ATTITUDE and EFFORT. Finally, they will do their best to live by a universal rule: Do What's Right...All The Time!



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YOUTH ACADEMY

FAQS

Question: What are the ages of the Youth Academy players?

The 2023-2024 Youth Academy program is for players born in the years 2014 (U10), 2015 (U9) and 2016 (U8).

Question: What is the length of a typical season for the Youth Academy?

The YA is a full year program divided into the Fall season and the Spring season. The Fall season is approximately 12 weeks, generally from mid-August to mid-November. The Spring is approximately 13 weeks, going from early February to mid-May.

Question: What is a 'Player Pool Format' in the Youth Academy?

In the U10, U9 and U8 Youth Academy, the Program is structured into "Player Pools". Players are assigned to training groups and teams based primarily on 2 factors: age and soccer talent level.

It is important to recognize that the soccer abilities of YA age players will vary at different rates. The "Pool" format allows for flexibility to move players into appropriate training groups and teams to maximize their soccer development by being grouped with other players of similar age and soccer abilities.

Throughout the season, all the players will be monitored in training and games to ensure that they are placed in a training group / team where there is a balance between being challenged and having success.

Question: Is there flexibility to move players to different teams and training groups during the season?

Answer: Yes, should it be determined by the coaches that the move would be in the best interest of BOTH the player AND the training group / team.

Question: How many times a week do the YA players train?

Answer: The YA will train 2 nights per week.

Question: What is the structure of the training sessions in the Youth Academy?

Answer: The Youth Academy places emphasis on Player Development, teaching the fundamental skills (dribbling, passing, receiving, shooting) and basic concepts of positional roles in a Play – Practice - Play methodology. A "typical" session would start with 3v3 for 10 minutes; Ball Mastery for 10 minutes; technical work for 25 minutes; 4v4 or 7v7 for the remaining 20-25 minutes focusing on the technical and/or tactical piece (spacing – shifting).

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CONT.

Question: How many matches are usually scheduled each season?

Answer: The YA will play approximately 10 – 11 playing dates each season. The games are mostly scheduled for a Saturday and are comprised of matches within CISC and with other Clubs that have YA Programs. Each season the YA programs will participate in a CISC Tournament. Travel is mostly local or regional.

Question: How many players start a game in the Youth Academy?

Answer: The U10 and U9 players will play 7 – a – side. The U8 players will play a combination of 7 – a – side and 5 – a – side.

Question: Is there a minimum amount of playing time during a match for each player?

Each player will be rostered to play at least 1 game per weekend (when games are scheduled). The games are 25 minute halves. Each player will play at least half of a game.

Question: What role is expected of the parents at the Youth Academy level?

Answer: The parent's role is vital for the success of the player's development by adhering to the Club philosophy of "Let Us Play". Parents will be encouraging and supportive of ALL the players, coaches and game officials, giving the players freedom to make decisions on their own without the fear of failure. Therefore, parents conduct on the sidelines will be encouraging while letting the coaches provide instruction.

Question: What commitment can parents expect from the Coaching Staff?

Answer: The Youth Academy staff is committed to exhibiting a professional manner that is demanded of all the CISC coaches. They will be a positive influence on the players by knowing each player in the program and doing everything within their power and expertise to create an environment that will allow each player to develop in 3 areas: Soccer, Athleticism and Personal.

Question: Are parents informed during the season of what skills are being emphasized in training sessions?

Answer: Yes, parents are informed about skills, team concepts and personal player development being emphasized through messages sent via PlayMetrics by the YA Director throughout the season. Parents are welcome to contact the YA Director via PlayMetrics to request a specific conversation about their child's progress.

Question: What is the goal of the Youth Academy Program?

The goal of the YA Program is to provide the best environment for the players to develop, be engaged and enjoy a love for the game of soccer!



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