



**U8-U10
ACADEMY**

OVERVIEW



CONSIDERED THE PARAMOUNT AGE OF LEARNING, WHEN PLAYERS BECOME LESS INDIVIDUALISTIC AND ARE MORE ABLE TO USE ERRORS AS LEARNING OPPORTUNITIES. THE PROGRAM WILL PROVIDE AN IDEAL SERVICE FOR CONTINUED DEVELOPMENT OF TECHNICAL SKILLS. THE PLAYERS WILL LEARN BY IMPLEMENTATION, BUILDING SOCCER KNOWLEDGE, AND BASIC PRINCIPLES OF PLAY INTRODUCTION IN AN ENJOYABLE AND CHALLENGING SETTING.

IN A PLAYER-CENTERED ENVIRONMENT, WE'LL LOOK TO BUILD ON TECHNICAL SKILLS AND INTRODUCE FAKES, TURNS, AND DECEPTION, ENCOURAGING CREATIVITY THROUGH LOTS OF TOUCHES ON THE BALL, FUN COMPETITION THAT MOTIVATES PLAYERS TO IMPROVISE AND MAKE QUICK DECISIONS IN A GIVEN SITUATION, ALL IN AN ENVIRONMENT WITH PLENTY OF ENCOURAGING FEEDBACK.

THE PROGRAM IS A TRANSITION TO INCREASINGLY LARGE PLAYING AREAS WHERE PLAYERS DEVELOP THEIR FOUNDATIONAL TECHNIQUES. DISCIPLINE AND COMMITMENT BECOME MORE SIGNIFICANT, WHILE HAVING FUN IS STILL THE CENTRAL ELEMENT.

PATHWAY TO COMPETITIVE

PLAYERS ARE AT THE AGE WHERE MOST ARE EXPERIENCING GROWTH SPURTS. IT IS THE IDEAL TIME FOR AN INTRODUCTION TO PHYSICAL AND ENDURANCE TRAINING. THE MENTAL COMPONENT OF THE GAME IS ALSO INTRODUCED. GOAL SETTING ALONG WITH COPING SKILLS ARE LEARNED. POSITION-SPECIFIC TECHNIQUES AND ADVANCED SOCCER SKILLS MAKE UP A LARGE PART OF THE PROGRAM.

WHILE WORKING TO POLISH THEIR SKILLS, PARTICIPANTS ARE CHALLENGED UNDER A RANGE OF COMPETITIVE CONDITIONS THAT REFLECTS ADULT PLAY. PLAYERS EXPAND INTO TACTICAL AWARENESS WHILE CONTINUING TO STRENGTHEN TECHNICAL, MENTAL, AND PHYSICAL COMPONENTS.

THE GOAL FOR THE COMPETITIVE PLAYER MOVES TO PERFORMING AT THEIR BEST. THEY FIT TECHNIQUES TO SUIT CHALLENGES PRESENTED IN COMPETITION, ADOPT PRE-COMPETITION HABITS, AND SUSTAIN OPTIMUM OVERALL FITNESS.



PHILOSOPHY





STRUCTURE

Fall & Spring Commitment

- Fall: August through November
- Spring: February through May

Team Training 2x/Week

Alabama State League

- 8 games in the Fall
- 8 games in the Spring

6 Tournaments

- 3 in the Fall
- 3 in the Spring



FEES

\$600 Club Registration, League Play & Coaching (full year)

- Tournaments not included (budget to be provided for each)

Monthly Payment Plan Available (\$50/month for flexibility)

Uniforms not Included (\$155 and good through SP28 season)



CONTACT

FOR MORE INFORMATION, CONTACT

TOTAL FUTBOL CLUB

DMRIOS10@OUTLOOK.COM OR 205-910-6099