



Kent Youth Soccer Association

# JUNIORS PROGRAM

*"Coaching Players - Teaching Coaches"*

August, 2011

## KYSA Juniors Soccer Program

The JSP is designed to be one of leading facilitators of grass roots youth soccer development anywhere in the United States of America.

Based upon the latest United State Soccer Federation (USSF) curriculum, players, coaches, and administrators will be guided through an age and competence appropriate program that enables us to 'coach the players and teach the coaches'

This side-by-side student-teacher methodology will enable volunteer coaches to learn the age appropriate technical, tactical, physical, mental and emotional requirements for teaching soccer to players U5-U10. This beneficial partnership between professional staff

coaches and volunteers will enhance the performance of the coach on the players and in return, impacts the players love and understanding on the game of soccer.



*The coaches work starts before arriving at the field*

### What is it?

- Continuance with Adventure Soccer program curriculum (6 - 8 weeks)
- Develop a higher level of proficiency in the concepts introduced in the Adventure Soccer program
- Combination of Team and Practice-Play format
- Introduction of fakes and moves library
- Coach-In-Training program
- FUN!

## Development Overview

Through our new programming we will utilize the latest coaching curriculum from the United State Soccer Federation (USSF) along with methodologies and coaching philosophies from some of the leading soccer governing bodies around the World.

Soccer is soccer, teaching is teaching and we'll be merging our collective resources in providing the 'Worlds game' to the players, coaches and families of KYSA in a manner that enables improvement in competency, improved value for money and an increased love for the game of soccer.

## Planning

Planning the session correctly, for the week and the season, will help the coach identify the team's needs and deliver a more efficient training session.

Properly preparing a training session gives the coach greater confidence with the players and a better understanding of how to adapt the exercises to the team's and players' needs on the field. A good coach is a good planner. Using the age appropriate season-plan provided in the coaching guides, the coach will have the key tools to organize and plan the training session for the team and players.

Children do not learn in the same way as adults, especially when the learning process involves both intellectual and physical activity. Age, conditions the way a person perceives and interacts with the world and with others. In any learning process, age is the key component in selecting appropriate content and methodology. Soccer is no different.

For this reason we must not train 6 year old players the same way as 13 years old players. Training sessions must be adapted to the age of the players.



## Program Aims

- Increase technical and tactical competency of players and coaches U5 – U10
- Produce attack minded and creative soccer players and teams
- Create an authentic teaching environment for coaches
- Install life long love of the game of soccer (creating a soccer culture)
- Become the leading player and coach development provider U5 – U10 in WA
- Increase participation in all KYSA programs
- HAVE FUN!

## Basic Stage Curriculum 8 – 10 years old *Adventure Soccer Curriculum*

At this stage, the structure (but not the content) of the training sessions will be similar to that of older players. The main component of the training session will be technical. It is sensible at this age to develop technique and basic tactical understanding. Children's capacity to solve problems increases significantly.

Therefore players will begin working on basic and dynamic tactical scenarios. At this stage, players are pre-pubescent and have important physical limitations in terms of strength and endurance.

Check out the USSF Full Curriculum - <http://tinyurl.com/USSF-Full-Curriculum>



## Why do children play sport?

The majority of reasons children participate in sport are intrinsic reasons. The top reasons for participation in sport are:

- To learn and improve their skills
- To have fun
- To be with friends
- To experience excitement of competition
- To enhance their physical health and conditioning
- To demonstrate competence

You will notice that the extrinsic goal of WINNING and beating others is not at the top of the list. Similarly, when children drop out of soccer their withdrawal can be traced to the inability of the sport experience to meet their primary motivations for participation.

At KYSA we wish to address some of these 'global' issues while also looking to address some of our own criteria.

## Why are we changing?

- Feedback! Coaches wanting better training, players seeking higher competency, and parents looking for better skill development.
- Players abilities surpassing the experience/guidance of the coach
- Players leaving the program (U8-U10) seeking more opportunities for development
- KYSA is a soccer program and we should endeavor provide soccer education
- Differentiate us from other soccer providing organizations
- Take the pressure off the volunteer coach
- Fewer players being prepared to play at a higher competitive level
- Good of the game

## What will KYSA provide?

- Master Coach. On field support for the duration of the season
- Weekly session plans. Printed and home print
- Age appropriate season-long curriculum
- Fakes & Moves online video library
- Ball mastery online video library
- Player roles and responsibilities guide
- NSCAA coaching license. National Youth License: Level 1

*"Great leaders start with the end in mind"*



## How will KYSA Measure the success of the program?

- Increased knowledge of KYSA coaches and players
- Increased confidence in coaches and players
- Increased competency in coaches and players
- Increased volunteer and player enrollment in KYSA programs in 2012
- Increased interest in higher level playing opportunities in KYSA and beyond
- Retention of players beyond U10.
- Increase in measured success
- Duplication/Copying of our programming by other organizations
- Coaches applying for continued education classes

We will learn from our success and more so from our failures. We ask that you keep an open mind to the evolution of our programming and come to us with any concerns that you may have during the season.

We can't react or address any 'growing pains' during the season if we're not aware of them until AFTER the season. Give us a chance to be successful by giving us your feedback. Any failure on our behalf will be treated as valuable feedback.  
Failure + Feedback = GROWTH!



### **Kent Youth Soccer Association**

HAVE QUESTIONS? Go to [KYSA.ORG/Q&A](http://KYSA.ORG/Q&A)

Administration Questions – [moddirector@kysa.org](mailto:moddirector@kysa.org)

Coaching Questions – [info@mastercoachonline.com](mailto:info@mastercoachonline.com)

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