



Elgin Youth Soccer Association – Elgin United Academy Plan

The Mission Statement of the EYSA Academy plan is to increase the level of play for soccer in the Elgin and surrounding community in a fun environment.

Goals:

- Have coaches for the program that have a coaching certificate or license and apply those skills to the players.
- Encourage all players to work on improving their play through positive reinforcement means.
- Have structured practices that allow for skill building basics that develop into applications into a game situation.
- Increase a players “Soccer Intelligence” through situation drills.
- Have practices that include a lot of touches on the ball.
- Collaborative and cooperative effort with the High School and Middle School coaches and players.
- Make soccer fun!

Have coaches for the program that have a coaching certificate or license and apply those skills to the players. Each head coach in the Academy program will be required to have a coaching certificate and be encouraged to pursue a coaching license and develop their ability to coach youth soccer. We feel that the more certifications a coach can get that he better they can relate to the youth they coach in a way that the player can understand and use skills in a game situation.

Encourage all players to work on improving their play through positive reinforcement means. All players will make mistakes, it is a coach’s job to find the positive aspects of the mistake, show the player what they did correct and work on their execution. We encourage the coaches to start positive and then move towards correcting what needs to be corrected. We want our coaches to be understood and not feared, this is achieved best with encouragement and correction. This also includes a mutual respect from players coaches and parents.

Have structured practices that allow for skill building basics that develop into applications into a game situation. We encourage the coaches to start with the basic skills needed to work on before developing a skill that will be used in a game. From the mechanics of properly addressing a ball to pass, to receive a pass, to shoot, to settle a ball, et cetera. Next the player is then works on the skill with motion and direction, then the player works on the skill with motion, direction, and resistance. Finally the player works on the skill in a game type of situation.

Increase a players "Soccer Intelligence" through situation drills. There is more to the game than skills, knowing when to use the skills and to anticipate where a player needs to be and anticipate what they need to do and recognize when to apply the appropriate skills for the best outcome. It is every coaches goal to be able to sit down on the sideline and watch a game with only saying a few words. Disseminating this knowledge of anticipation in game situations is increasing soccer intelligence for the players. This can be achieved situationally or through encouraging a player when they had the right idea but the execution was not there.

Have practices that include a lot of touches on the ball. The more a player handles the ball with their feet and body, the better they will be at handling the ball. The game of soccer is a unique game in that all the players on the field handle the ball. Coaches encourage ball control and ball possession and related skills needed to achieve this. From dribbling, juggling, passing, shooting, and using the body, these are the means to increase the players familiarity wot the ball and learn to control it.

Collaborative and cooperative effort with the High School and Middle School coaches and players. Having the high school and middle school soccer coaches make themselves and their players available to the youth will help build confidence, learn new perspectives for both players and youth coaches. We feel that the community helps to build a soccer player and that the soccer community is more than the soccer coach or the soccer association.

Make Soccer Fun! In the end the player will not come back if they are not having fun. The trick is to improve the players level of play regardless of their skills and make sure they are having fun doing it.

Sample Practice plan

Passing and positioning – U9 Work out plan

Objective: learn to dribble and pas the ball at the appropriate time, appropriate place, and a good pass.

Skill: passing the ball, learning when to pass, learning where to pass

Warm Up – dribble ball around field twice stopping the ball on the corners and changing direction. Foot work – fast feet

Individual work out: Passing stations. Set up different disks for players to pass the ball from and to with varying lengths, starting small. Learn to use both feet and the correct part of the foot as well other parts of the foot.

Station work outs:

Keep Away with side players - Set up Rectangle and have two teams with one player on the outside who they have to pass the ball to. They have to learn to pass the ball back and forth while the other team tries to get the ball away. Each player on a team needs to touch and pass the ball. This teaches both passing, getting open, and covering.

Passing to shoot: Set up three players in middle fielder and two forwards in kick off circle facing the goal. They learn to pass and when to shoot. Provide some resistance. Teach the forwards to play wide, call for the pass, pass back to midfielder, and make triangles past defenders. Teach the middle fielder to pass wide out to forwards after drawing the defenders in, drop to give the forward options or call for the pass to be across the middle behind defenders to make a run at the goal. Keep the ball moving by dribbling, passing, or shooting.

Switch stations from Keep Away with Side Players to Passing and Shooting. Once all have been through the two stations, players will scrimmage offense versus defense with a half field. Have the players that are waiting to be offense act as drops for the offense and targets to pass to for the defense.