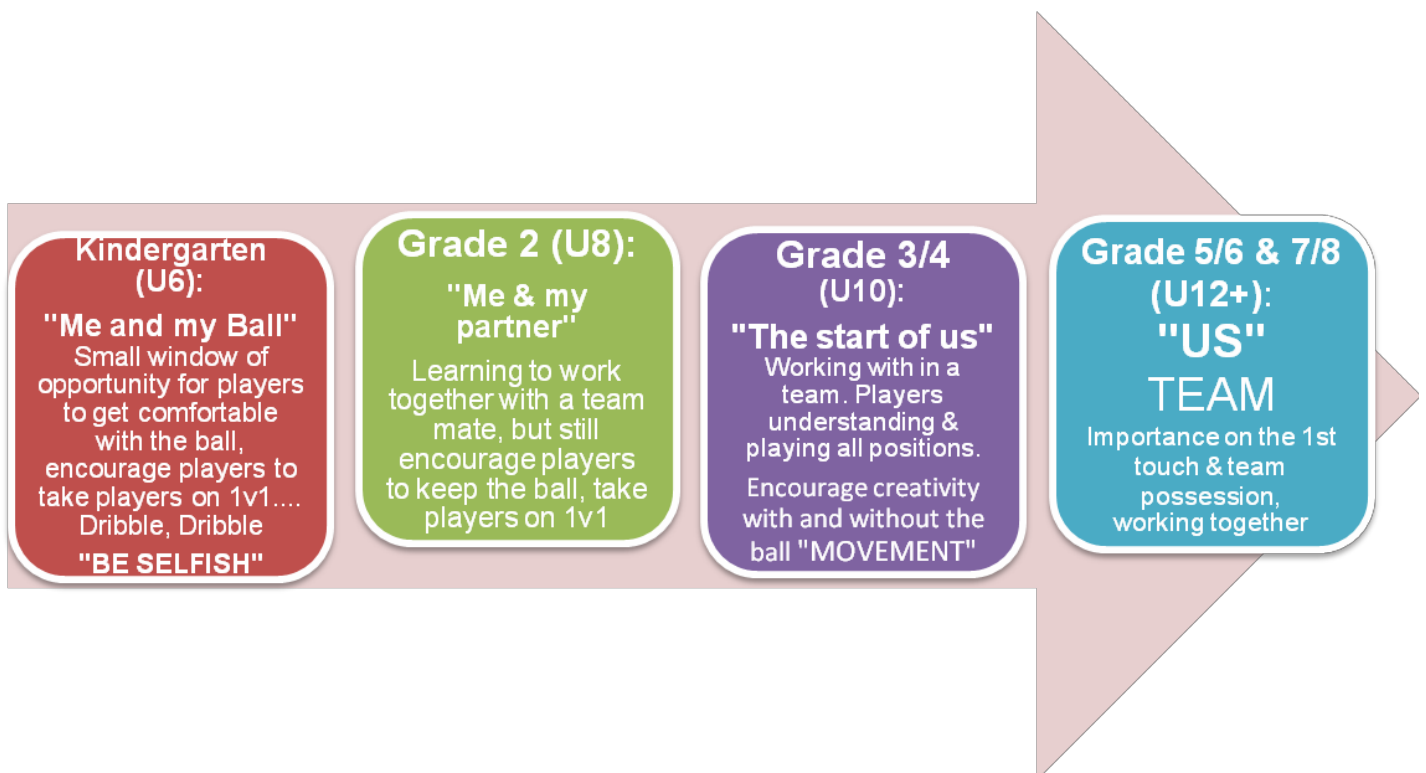




TRAINING PROGRAM

*Program Created to help Educate
Coaches and Parents on Player Development*





General Information for Parents and Coaches

Danvers Youth Soccer (DYS) offers structured, age-appropriate training and game experiences to allow any child the opportunity to develop their skills as they progress through the program while hopefully developing a lifelong love of the game.

The Game is broken into 4 components that apply to ALL levels of play:

1: Technique: Mastery of the ball using various body parts (Dribbling / Turning / Receiving / Passing / Shooting / Heading / Crossing / Tackling)

2: Tactical: (Thinking part of the game / Movement without the ball) Decision making on and off the ball, Recognizing width, depth, support your attacking role, defending role and understanding systems of play.

3: Physical: Players physical attributes (Strength, speed, agility, quickness, balance and endurance).

4: Psychological: The mental portion of the game. Optimism, leadership, commitment and overall attitude

The focus points for each successive level related to these components are listed on the age specific pages so you may better understand and follow your player's development.

It is important that the player attend as many training sessions as possible, prepare as detailed, and be on time!

Each age level has multiple training days per week, and starting with U7 there will be one game weekly. Information on training session schedules and game schedules for the current season is located on the last page of this document.

The key people who are responsible for the program are also listed on the last page.

Note to Coaches: All training sessions should be designed to challenge each player individually (Technically and tactically) Players learn by practicing (Repetition), using proper technique, improving the player's confidence with the ball, telling the ball what to do. (Not the ball controlling the player)

Please use the DYS Curriculum to allow your players to achieve long term, age appropriate development. Following the correct steps, building that foundation to make sure all players learn and grow as a player correctly.

Note to Parents and Coaches: If you have questions about a player's development or administration of the player's program, do not hesitate to contact the appropriate Age Group Director, Director of Player Development, or Director of Coaching.

Curriculum: The current approved soccer curriculum utilized for Danvers Youth Soccer Training is the Massachusetts Youth Soccer Curriculum located on www.mayouthsoccer.org.

HEADING: Children 10 years or under will no longer be allowed to head the ball in practice or games, while players ages 11 to 13 will only be allowed to do it during practice, not games.

Success is no accident.



It is hard work, perseverance,
learning, studying, sacrifice
and most of all, love
of what you are doing.
-Pele

Adults' Roles and Responsibilities

Every adult, whether the Director of Coaching, a DYS Coach, or the parent of a DYS player plays a significant role in the development of the children in our program. Listed below are the roles and responsibilities of each broken out by age and by level of development.

DIRECTOR of COACHING (DOC) - The two primary roles of the DOC are to oversee the correct implementation of DYS age-appropriate curriculum and to assist, instruct and develop DYS coaches. Coach development follows a similar path to that of players, using an age-appropriate progression to gain knowledge and experience. The role of the DOC evolves and changes throughout this process. Ideal DOC to coach ratio is 1:8.

- **Pre-K (U4 & U5) / Kindergarden (U6)** - The DOC or contracted vendor leads the sessions while DYS coaches assist. The DOC/vendor is to instruct coaches on field during these sessions.
- **Grade 1 (U7)** - The DOC is to explain and demonstrate each activity to all players & coaches at the same time. The DOC is to LEAD the coaches, help/teach them to recognize the coaching moments. DOC is to set-up the session plans and the coaches are asked to review and print from the Mass Youth website. (Teams are not a focal point at this age: even though games will be played on Sunday's with balanced teams and all training sessions should be done as a group so players and coaches are learning together)
- **Grade 2 (U8)** - One session per week will be broken out by teams (team session led by coach under DOC direction) and one session will be broken out by ability with coaches leading the skill sessions under DOC direction.
- **Grade 3/4 (U10)** – Each week one practice session will be based on the DYS approved curriculum provided by DOC and run by the coaches. Second practice session will be the same topic session created by coaches based on team need. DOC will oversee coaches' implementation.
- **Grades 5 through 8 (U12+)** - (Spring only) The DOC will lead one topic specific session each week for these age groups. Odd weeks the DOC will work with the Boy's & even weeks the DOC will work with the girls.
- **Goalkeeper** - DOC will schedule each week a goalie specific training session

In addition, the DOC is available for questions and consultations for all age group coaches.



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COACH - As noted above, coach development follows a similar path to that of players, using an age-appropriate progression to gain knowledge and experience. The role of the coach expands as knowledge and experience are gained.

- **Pre-K (U4 & U5) / Kindergarden (U6)** - The new Coaches assist the DOC or hired outside contractor who is leading these sessions, observing and learning the activities being presented and overseeing the players participating in the activities.
- **Grade 1 (U7)** - At this age coaches will be led by our DOC so they learn how to set-up and bring forth a session plan. Coach's review and print the session plans set up and sent by the DOC. Coaches are then asked to go to a group and execute the activity with that group. Coaches will follow the lead of the DOC and implement activities. Coaches are responsible for their teams and managing the games on Sundays while providing minimal instruction during games, let them play.
- **Grade 2 (U8)** - At this age the DOC will assist the coaches: instruct where to find the coming week session plan so coaches can print and review. Once per week the coaches will lead the training session, which includes explaining & demonstrating the activities to their team. The 2nd session per week all players will be grouped based on ability with DOC leading the warm up but then the coaches will lead the activities under DOC assistance / direction.
- **Grade 3/4 (U10)** – Coaches will follow weekly training session topics based on DYS approved curriculum, one session will be provided by DOC from curriculum and the second session will be created by coaches based on team needs. Coaches are responsible for their teams and managing the games while providing minimal instruction during the games and remembering at U10 winning is not important but player development is.
- **Grades 5 through 8 (U12+)** - The Coach is responsible for scheduling and planning 2 training sessions per week in addition to being responsible for all designated game day activities in accordance with ECYSA rules and procedures. In addition, the DOC is available for questions and consultations for all age group coaches.
- **ALL AGES** - Team Coaches (Grade 1 & Up) are responsible for all team communications with parents including reminding of training sessions and games.
On game day coaches are responsible for field set-up when applicable, organizing their teams for check-in by the referees in a timely fashion, controlling their sidelines and managing substitutions per applicable rules to ensure equitable and appropriate playing time for all players.
Issues with field conditions, referee performance, opponent behavior, etc should be reported to the applicable DYS Director and to ECYSA for travel teams.

COACHES ARE RESPONSIBLE FOR KNOWING THE RULES OF COMPETITION FOR THE AGE/LEAGUE/TOURNAMENT THEY ARE COACHING IN AND TEACHING THEM TO THEIR PLAYERS.

BE RESPECTFUL OF OPPONENTS AND REFEREES. KNOW AND ADHERE TO THE ZERO TOLERANCE POLICY. COACHES ARE RESPONSIBLE FOR ALL TEAM BEHAVIOR INCLUDING PLAYERS AND SPECTATORS.

Coaches are encouraged to improve their knowledge by obtaining State level licenses offered through Mass Youth Soccer and/or obtaining NSCAA certification. Taking a certified referee course will also expand your knowledge and provide valuable perspective. ALL COURSE FEES ARE REIMBURSED BY DYS UPON REQUEST.

Attend Post Season DYS Coaches meetings - Coaches will meet and rate players per the DYS Coaches Evaluation Form at the end of each season. This is critical to give DYS the information needed to rebalance teams and at U10 and older place players at the correct level of Travel Team competition.

PARENTS - The role of the parent in the development of a player is the most important and long-lasting of all. At each stage of development, parents can help their child in many ways, specifically by supporting and encouraging them but also by taking care of some basics:

- **Uniform/Equipment** - Every player needs age appropriate (and correct fitting) soccer cleats, shin guards, correct size ball and correct/appropriate uniform (jersey, shorts, socks) and practice attire. Pre-K through Grade 2 (U4/5/6/7/8) use a Size 3 ball; Grade 3 through Grade 6 (U10/12) Size 4; Grade 7 and up (U14 and above) Size 5.
- **Attendance and punctuality** - Players need to attend as many training sessions and games as they can, and try to be there on time, if not earlier than the designated report time, and ready to play. Respecting the coaches' time by arriving on time (and picking up on time) makes a better experience for all and maximizes your child's development time. **COMMUNICATE TO THE COACH WHEN YOUR PLAYER WILL MISS A GAME OR PRACTICE AS EARLY AS POSSIBLE.**
- **Free Play** - Encourage your son/daughter to juggle, pass, and play outside of scheduled practice times. Don't limit their exposure to the game on training and game day only, a couple hours on the field each week is not enough. Players who play with the ball on their own have shown to develop much more quickly and exceed the levels of peers who only touch the ball at practice or games.
- **Hydration/Nutrition**- Soccer is a demanding activity, and only becomes more so as players progress in age and skill. Teach them good habits early by making sure players are hydrated before practices and games. This does not mean you drink or eat hours before training or game day, you prepare 24/48 hours before. **A water bottle is as important a piece of equipment as a ball or cleats even in cooler weather. When a player gets thirsty during a session or game, they are already dehydrating.**
- **No Coasting**- A player blessed with natural ability, size, speed and coordination at a younger age will stand out from peer. If this is your player, do not let them get by on these natural advantages but build on them by supporting their skill development. At some point, others may catch up physically. At older ages it is the players who have developed their technical skills and tactical knowledge who will stand out, and the ones with natural abilities but under-developed skill and knowledge will fall behind.
- **Improve your knowledge**- Read the information provided in this booklet to have reasonable expectations for training sessions and games at each level. Learn the rules for your player's level of play. Ask questions of the coach or DYS when something isn't clear. Read DYS emails. Become knowledgeable about the game.
- **During Games**- Be a positive voice on the sidelines at games. Adhere to the Zero Tolerance Policy. Please do not coach the players, or question the referee. Let the players play, the coach's coach and the referees officiate. The spectators' role is cheer and support. And please do not yell "BOOT IT".
- **Get involved**- Become a team manager; volunteer to coach or assist; help organize and/or staff DYS tournaments and social events. Attend DYS Board meetings.



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Pre-K (U4/U5) Program	Format: Coed	Regular Season: Spring & Fall Season: 8 weeks	Match Play: NONE	Training session: 40 Minute sessions Saturday Mornings. structured by DOC or hired vendor/contractor
ADDITIONAL TRAINING	WINTER: For additional fee DYS will provide a Winter long individual skills development training program. SUMMER: As long as we get the registered numbers, for additional fee DYS will provide a 7 week summer individual development training program.			

Players at this young age should be focusing on getting familiar with the ball. All practices should BE Fun; a ctive with emphasis on fundamental movements (running, jumping, and skipping) each player should always have a ball. (1 ball per player)

Technical / Skill	Tactical	Physical	Psychological
DRIBBLING Encourage players to dribble. Keep the ball close. (don't kick)	NONE!!!! No emphasis on positions. Limit instructions on rules.	Keep the players active. Any fitness should be as a result of playing the game. Use a ball, will improve balance & agility	FUN! Exciting and ALL Positive. Use Parents to help. NO Emphasis on winning.

PRACTICES

Arrive to practice on time and ready to go. Please always check the email / web-site if raining.

THINGS YOU WILL NEED AT PRACTICE:

Size 3 Ball (Pumped Up) / Shin Guards / Soccer shoes (cleats or turf)
Water or sport drink (NO SODA) / Sweatshirt or Windbreaker for misty or colder weather days

Games (DURING PRACTICE SESSIONS)

Keep things very active, emphasize players to dribble, keep the ball close. (To goal, touch line & by their coach/s)

Kindergarten (U6) Program	Format: Coed	Regular Season: 1 on Saturday & 1 Mid-week session	Match Play: NONE	Training session: 45 Minute per session 2 times per week, structured by DOC or hired vendor/contractor
ADDITIONAL TRAINING	WINTER: For additional fee DYS will provide a Winter long individual skills development training program. SUMMER: As long as we get the registered numbers, for additional fee DYS will provide a 7 week summer individual development training program.			

Focus our sessions on getting familiar with the ball "DRIBBLING". All practices should BE Fun; active with emphasis on fundamental movements (running, jumping, and skipping) each player should always have a ball. (1 ball per player)

Technical / Skill	Tactical	Physical	Psychological
Introduce Touch drills, using all parts of the foot. Dribble with all sides of both feet. Dribble out of trouble. (keep the ball close) Dribble past someone. Let them be selfish (take players on)	NONE!!!! No emphasis on positions. Limit instructions on rules.	Keep the players active. Any fitness should be as a result of playing the game. Use a ball, will improve balance & agility	FUN! Exciting and ALL Positive. Use Parents to help. NO Emphasis on winning. Try to encourage players to over perform.

PRACTICES

Arrive to practice on time and ready to go. Please always check the email / web-site if raining.

THINGS YOU WILL NEED AT PRACTICE:

Size 3 Ball (Pumped Up) / Shin Guards / Soccer shoes (cleats or turf)
Water or sport drink (NO SODA) / Sweatshirt or Windbreaker for misty or colder weather days

Games (DURING PRACTICE SESSIONS):

3v3 format / 25 x 15 Max Field size / (NO GOALIES)

- Play with 1 goal per side
- Play with 2 goals per side, which forces them to look up to open space.
- Play with no goals, dribble to a touch line where a team receives a point by stopping the ball on the line, this game forces them to keep the ball close.

ALL ages Pre-K – Grade 8 (U5/6/7/8) Intramural Teams

- **Training Session/Game Cancellation:** In case of inclement weather families may go to www.danversyouthsoccer.org and check the "Field Status" box on the front right hand side of the home page.
- **If status is listed as "CLOSED" then all sessions on that field for the day are cancelled.**
- **Field Locations and Directions:** Are posted on www.danversyouthsoccer.org
- **Game Schedules:** Are posted on www.danversyouthsoccer.org

Grade 1 (U7) Program	Format: Boys Group Girl Groups	Regular Season: Fall: Training. 8 weeks / Games, 5 weeks Spring: Training. 8 weeks / Games, 8 weeks Training: once on Saturday / 1 Mid-week Games: Sunday	Match Play: 4v4	Training session: 50 Minute per session 2 times per week. Structured by & with DOC
ADDITIONAL TRAINING	WINTER: For additional fee DYS will provide a Winter long individual skills development training program. SUMMER: As long as we get the registered numbers, for additional fee DYS will provide a 7 week summer individual development training program.			

Activities at this age should encourage getting comfortable using all parts of the foot (Inside/outside/sole/laces). The foundation of a soccer player is created at these young ages. The most significant focus of development should be on the continued emphasis on fundamental movement skills and basic individual soccer skills. Sessions should be focused on dribbling & shooting.

Technical / Skill	Tactical	Physical	Psychological
Continue with U6 philosophy, but bring in: Touch drills, using all parts of the foot. Keep the Ball close Introduce Turning Introduce proper shooting technique Shielding (use body to protect ball). Introduce Passing & receiving.	Basic Attacking & Defending (1v1) No emphasis on positions Rules of the game should not take over the game.	Keep the players active. Soccer related activities which incorporate the element of competition will improve balance & agility.	FUN! NO Emphasis on winning. Acknowledge & respect for coaches Try to encourage players to over perform.

Game Structure & Rules: 4v4 / PUGG Nets / Size 3 Ball (NO GOALIES) / Field Size: 30 x 20

- Grade 1 (U7), Games are officiated by DYS players who are in training to be Referee's. A parent should never speak or yell at a referee. Please adhere to the zero tolerance rules to build good spectator habits for future years.
- Game time is composed of 8, 5minute periods with a 5 minute halftime rest after 4 periods. Substitutions encouraged between periods, however allowed on kick-ins when absolutely necessary and with permission of the referee.
- Goals are PUGG NETS (Pop-Up Goals).
- Players will pass the ball in when ball goes out of bounds rather than throw-in.
- Goal-kicks are performed on opposing balls that go over the end line. Goal kicks are done on the end line to the side of the goal.
- Corner-kicks are performed when the defensive team kicks the ball over their end line.
- There is a semi-circle in front of the net that the ball should enter before the players. As the season progresses you will find that players will post themselves in front of the net no matter where the ball is on the field.
- Coaches should stay off the field unless needed to keep play going or invited by referee for an injury.

The 4v4 format is used at this level to increase the number of touches each player gets on the ball (fewer players means more touches for each player). For those who participated in fundamentals, the Grade 1 (U7) games are similar to the scrimmages at the end of the U6 practices but more formalized. Players at this age need to be encouraged to dribble and take player on 1v1, not kick or pass. Game scores of 15-10 should not be uncommon and is ok. Bear in mind that it is very difficult to balance the teams at this age do to kids develop at different rates. Our goal is to challenge each child so they are developing into a soccer player "Not hold them back".

But coaches are asked to try to balance and make adjustments if a team is clearly overpowering its opponent.

ALL ages Pre-K – Grade 8 (U5/6/7/8) Intramural Teams

- **Training Session/Game Cancellation:** In case of inclement weather families may go to www.danversyouthsoccer.org and check the "Field Status" box on the front right hand side of the home page.
- **If status is listed as "CLOSED" then all sessions on that field for the day are cancelled.**
- **Field Locations and Directions:** Are posted on www.danversyouthsoccer.org
- **Game Schedules:** Are posted on www.danversyouthsoccer.org

Grade 2 (U8) Program	Format: Boys Group Girl Groups	Regular Season: Fall: Training. 8 weeks / Games, 8 weeks Spring: Training. 8 weeks / Games, 8 weeks Training: Two Mid-week Games: Sunday	Match Play: 5v5	Training session: 60 minutes per session, 2 times per week Structured by & with DOC
ADDITIONAL TRAINING	WINTER: For additional fee DYS will provide a Winter long individual skills development training program. SUMMER: As long as we get the registered numbers, for additional fee DYS will provide a 7 week summer individual development training program.			

This is an age where a player continues to develop individual ball skills while being introduced to the concept of working with a teammate, and working within a team framework.

Technical / Skill	Tactical	Physical	Psychological
Shielding (use body to protect ball) Shooting (proper shooting technique) Passing and Receiving with proper technique Encourage players to Juggle Dribbling, Turning, Passing, Shooting, Receiving	Attacking & Defending Small sided Games should be introduced (1v1, 2v1 & 2v2) Introduce positions, but without emphasis Rules of the game should not take over the game.	ACTIVE SESSIONS: Change of speed Small sided games will improve Balance & Agility	FUN! NO Emphasis on winning. Encourage TEAMWORK Try to encourage players to over perform.

Game Structure & Rules: 5v5 / 4x8 bowflex goals / Size 3 Ball / 35 x 25 max field size

- At Grade 2 (U8), Games are officiated by DYS players who are in training to be Referee's. A parent should never speak or yell at a referee. Please adhere to the zero tolerance rules to build good spectator habits for future years.
- Game time is composed of 2 25 minute halves, with a 5 minute half time break.
- **With referee's permission**, substitutions may be made on own throw in, or any throw in if both teams are substituting; on any goal kick; after a goal. Subs should be ready to enter at midfield pending referee's signal.
- **FORMAT: 5v5 (4 field players with a goalie)**
- An illegal throw-in will be repeated with no penalty.
- Goal-kicks are performed on opposing balls that go over the end line. Kicks are taken from goal box.
- Corner-kicks are performed when the defensive team kicks the ball over their end line.
- Coaches should stay off the field except when invited by the referee, for example if a player is injured.

The 5v5 format is used at this level to increase the number of touches each player gets on the ball (fewer players means more touches for each player). Players at this age need to be encouraged to dribble and take players on 1v1, not kick, BUT when pressured by 2 or more players or that player turns towards own goal then encourage to pass. We also want to start introducing positions but not over emphasis.

ALL ages Pre-K – Grade 8 (U5/6/7/8) Intramural Teams

- **Training Session/Game Cancellation:** In case of inclement weather families may go to www.danversyouthsoccer.org and check the "Field Status" box on the front right hand side of the home page.
- **If status is listed as "CLOSED" then all sessions on that field for the day are cancelled.**
- **Field Locations and Directions:** Are posted on www.danversyouthsoccer.org
- **Game Schedules:** Are posted on www.danversyouthsoccer.org

Grade 3/4 (U10) Program	Format: Boys Group Girl Groups	Regular Season: Fall: Training. 8 weeks / Games, 8 weeks Spring: Training. 8 weeks / Games, 8 weeks Training: Two sessions weekly with DOC Games: Saturday or Sunday	Match Play: 7v7	Training session: 60/75 minutes session, 2 times per week Structured by & with DOC
ADDITIONAL TRAINING	WINTER: For additional fee DYS will provide a Winter long individual skills development training program. SUMMER: As long as we get the registered numbers, for additional fee DYS will provide a 7 week summer individual development training program.			

This is an age where a player continues to develop the concept of working within a team framework. Focus is placed on continued player technical development, with a continued emphasis on dribbling, focus on a good 1st touch and the introduction of simple tactical concepts.

Technical / Skill	Tactical	Physical	Psychological
Passing with both feet, with proper pace Shooting: using laces, inside & outside of both feet Receive pass with proper body shape Receiving the ball in the air. Turning with the Ball Goal of 10/20 juggles using feet only by year end. Continue with maximum ball touch drills: Dribbling, Turning, Passing, Shooting, Receiving	Attacking Principles (Big Triangle) Role of the 1 st & 2 nd Attacker Defending Principles (Small Triangle) Understand goal side defense. Role of the 1 st and 2 nd defender Lots of Small Sided Games Players Understanding & playing all positions Rules of the game should be explained.	ACTIVE SESSIONS: Encourage Balance, on and off the ball. Change of speed on and off the ball. Short sprints with & without the ball Change of direction & pace	Encourage Teamwork Encourage Positive Play Not to be afraid of the ball Not afraid to battle, does not give up Encourage creativity with and without the ball

Games: 7v7 format (with goalie) / 40 x 50 Field size / Size 4 Ball

- In-Town Team Games will be played in Danvers or Beverly and played per ECYSARules
- Select Team Games are scheduled by Essex County Youth Soccer (ECYSA) and played per ECYSA rules
- Game time is composed of two (2) 25 minute halves, with a 5 minute halftimebreak.
- Substitutions allowed **with referee's permission** after a goal, on goal kicks and on throw-ins when the possessing team is substituting.
- An illegal throw-in will be repeated once, a second illegal throw results in change of possession.
- Coaches are not permitted the field, and may only enter when invited by the referee, for example if a player is injured.

7v7 format is used at this level to introduce positions and team play, but also keeping in mind the importance of maximum touches while playing. This is the reason why a 7v7 format takes place at the Grade 3/4 (U10) age group. (Fewer players mean more touches for each player).

Grade 3/4 (U10) is a transition year, teams will continue to train as a group under the supervision of the DYS DOC. Some game play will be played against Danvers teams, some against other towns. **The focus** should be on individual development not winning games. We ask all coaches to have players play all positions.

- **Training Sessions :** 2 DOC sessions per week, coaches will follow weekly training session topics based on DYS approved curriculum, one session will be provided by DOC from curriculum and the second session will be created by coaches based on team needs with support from theDOC.
- **Training Session Cancellation:** In case of inclement weather families may go to www.danversyouthsoccer.org and check the "Field Status" box on the front right hand side of the home page.
- **Select Team Game Schedules/Game Field Locations/Maps/Closures/Rules:** are located at www.ecysa.org
- **Intown development team Game Schedules:** Are posted on www.danversyouthsoccer.org

Grade 5/6 (U12) Program	Format: Boys Group Girl Groups	Regular Season: Fall: Training. 8 weeks / Games, 8 weeks Spring: Training. 8 weeks / Games, 8 weeks Games: Saturday	Match Play: 9v9	Training session: 90 minutes session, At least 2 times per week, 2 Team practices
ADDITIONAL TRAINING	WINTER: For additional fee DYS will provide a Winter long individual skills development training program. SUMMER: As long as we get the registered numbers, for additional fee DYS will provide a 7 week summer individual development training program.			

The Pinnacle age of learning: Encourage players to play all positions and keep ball possession as a team. Recognize when to dribble and when to pass. Encourage players to receive the ball under pressure to improve control and confidence, emphasize 1st touch techniques. Understanding the weight of the pass needs to be appropriate (not too hard, not too soft). Support each other, give your teammates options. Coaches need to understand and explain how to make the field big (Width & Length). How to manufacture time (width, body angle, space, movement, recognize 2nd & 3rd options). All these points will help the TEAM keep possession. Your opponent should earn the ball, don't just give it away.

Technical / Skill	Tactical	Physical	Psychological
Play the long pass	Communication – VERBAL & VISUAL		Encourage Teamwork
Receive the ball out of the air, take it down with control	Combination Plays	Agility and balance under pressure	Encourage health choices
Weight and Pace of pass	Support: runs without the ball. (Angles, check in & distance runs)	Encourage Balance, on and off the ball.	Start to instill a sense of discipline & commitment to the game
Receive ball with body open, attaching space	How and when to switch the point of attack	Encourage players not to be afraid of the ball, get players to battle.	Quality of performance should be more important than results
Using deception in dribbling & passing	Seeing past the 1 st defender	Change of direction & pace	Encourage players to practice on their own
Dribble “attacking” with speed, attack an opponent straight on.	Receiving the ball away from pressure, in control	Encourage & facilitate stretching	Continue to encourage technical & tactical creativity
Power/accuracy shooting	Possession with a purpose	Read the movement of the ball	
Ability to chip the ball (pass in the air, not kick)	Role of the 1 st , 2 nd & 3 rd ATTACKER	Use your body leverage to attack & defend	
ENCOURAGE JUGGLING	Team Shape (attack with 7, defend with 8)		
	Pressure vs. Containing		
	Role of the 1 st , 2 nd & 3 rd DEFENDER		

Games: 9v9 format / 50 x 75 Field size / Size 4 Ball

- Schedule and rules per ECYSA; 2 30 minute halves. All other rules per FIFA Laws of the Game.

Grade 5/6 & 7/8 (U12-U14) TRAVEL TEAMS

- **Training Sessions :** Travel team training sessions are set by the coach.
- **Training Session Cancellation:** In case of inclement weather families may go to www.danversyouthsoccer.org and check the “Field Status” box on the front right hand side of the home page.

Game Schedules/Game Field Locations/Maps/Closures/Rules: are located at www.ecysa.org

Grade 7/8 (U14) Program	Format: Boys Group Girl Groups	Regular Season: Fall: Training. 8 weeks / Games, 8 weeks Spring: Training. 8 weeks / Games, 8 weeks Games: Saturday	Match Play: 11 v 11	Training session: 90 minutes session, At least 2 times per week, 2 Team practices
ADDITIONAL TRAINING	WINTER: For additional fee DYS will provide a Winter long individual skills development training program. SUMMER: As long as we get the registered numbers, for additional fee DYS will provide a 7/8 week summer individual development training program.			

This age is a continuation of the grade 5/6 (U12) philosophy with adjustments to physical and psychological growth, but applied to a “full-sided” field and 11 v 11 format and formations.

Technical / Skill	Tactical	Physical	Psychological
Continue with the Grade 5/6 (U12) Philosophy Receive: 1st touch, tell the ball what to do on the ground & in the air. Using deception in dribbling & passing Defensive Tackling Goal Keeper Training Encourage goal of 10/20 juggles by year end Maximum ball touch drills	Continue with the Grade 5/6 (U12) Philosophy Speed of play Counter-attacking Offensive/defensive transition Zonal defending Penetrating dribbling & passing Systems of play Attacking & defending set pieces	Agility and balance under pressure Encourage Balance, on and off the ball. Change of speed on and off the ball. Encourage Teamwork Encourage players not to be afraid of the ball, get players to battle, Fluid running style Use your body leverage to attack & defend Agility and balance under pressure Encourage Balance, on and off the ball.	Self Motivation Being able to stay under control during all aspects of the game Physical Encourage Teamwork Encourage health choices Start to instill a sense of discipline & commitment to the game Quality of performance should be more important than results Encourage players to practice on their own

Games: 11v11 format / minimum 65 x 100 Field size / Size 5 Ball

- Schedule and rules per ECYSA; 2- 35 minute halves, 5 minute halftime. All other rules per FIFA Laws of the Game.

ALL Grade 5/6 and 7/8 TRAVEL TEAMS

- **Training Sessions :** Travel team training sessions are set by the coach.
- **Training Session Cancellation:** In case of inclement weather families may go to www.danversyouthsoccer.org and check the “Field Status” box on the front right hand side of the home page.

Game Schedules/Game Field Locations/Maps/Closures/Rules: are located at www.ecysa.org



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CONTACTS

[Click Here For Contact Information For All Current Directors](#)

DIRECTOR OF COACH AND PLAYER DEVELOPMENT:

Coordinate and administer coaches education and player development programs in accordance with DYS curriculum; liason with contracted coaches including the Director of Coaching to schedule and implement such programs.

DIRECTOR OF COACHING (DOC):

The DOC is responsible for assisting/teaching our coaches on the field, while at the same time the children are learning & developing their soccer skills. The DOC oversees and has direct influence in the style and content that coaches utilize to train intramural soccer at the younger age groups and tends to have less involvement with the older the age groups. The DOC is a paid employee that works for the families of [DYS](#).

DIRECTOR OF INTRAMURALS (Pre-K – Grade 4)

The Director of Intramurals shall oversee all Intramural Programs. He/she will work with the Registrar and the Intramural Committee to assure timely creation of balanced teams and recruiting and selection of coaches. The Director of Intramurals will also serve as the chairperson of the Intramural Committee.

DIRECTOR OF TRAVEL (Grade 4 – Grade 12):

The Director of Travel shall manage the administrative functions for the Boys and Girls Travel divisions and shall be the liaison to ECYSA and coordinate all tryouts as well as team formations. This director will also serve as the chairperson of the Travel Committee.

ASSISTANT DIRECTOR OF TRAVEL:

The Assistant Director of Travel shall assist the Director of Travel in all aspects of the Travel Program and act as the vice-chair of the Travel Committee.

