

PHILOSOPHY

5-7 Years Old:

Our philosophy for this age is devoted to teaching the technique of dribbling and kicking. Confidence and control of the ball is essential for all other techniques and simple decision making to develop. one on one, two on two, and three on three play is encouraged. The teaching philosophy will include "fun."

8-10 Years Old:

Our philosophy for this age group is largely devoted to teaching youth players technique, keeping tactics simple and minimal. The building blocks of the game-shooting, passing, receiving, heading, dribbling, goalkeeping. Each player must master these skills in order to play the game properly. The teaching philosophy will include "fun." At this stage in the players development, its activities must be associated with fun; as well as a learning experience. We will organize the instruction with fun activities geared toward the techniques. Incorporated within this format is the playing of related games within smaller groups, which will ensure each players participation.

10-14 Years Old:

Our philosophy for this age group is devoted to refining the players technical abilities under game conditions (match related exercises, pressure from an opponent, limited time, limited space). in addition to this, basic tactics will be taught within the technique sessions. As techniques are the building blocks of soccer, individual and group tactics (1 v 1, 2 v 1, 2 v 2) are the foundations for team play. Simple principles of play, creating space, width-length, mobility, support are emphasized.

14 Years and Up:

Our philosophy for this age group is devoted to simulating game situations for individuals and teams to solve. Training will take place in a speed, pressure, functional format. individual, group and team tactics are emphasized, with such topics as mobility, support, width, improvisation, combination play and penetration, creating space, overlapping, balance, delay, control and restraint, pressure, concentration, restarts, systems and style of play are addressed.