



JUNIOR ADMIRALS PROGRAM

Player Development Curriculum

(Revised 09.30.2005)

OVERVIEW

The Junior Admirals Program is designed to develop the individual soccer skills of players ages 5-9. This program will prepare players for the Erie Admirals Soccer Club. The format of the program will provide a fun, yet demanding environment for the players to enjoy and learn the game of soccer. We must allow the kids to be kids and enjoy the game. All training and small-sided games will be designed to maximize the number of touches on the ball.

COACHING STAFF & EMPHASIS

The Junior Admirals staff will consist of various coaches that will rotate between training groups. This will be to ensure that all the players are exposed to different training styles. No training group will be assigned the same coach on a regular basis.

Each coach will emphasize individual development, while teaching the outlined curriculum. The coaches will ensure that the players enjoy their playing experience and are eager to come back. At the same time, the staff will ensure we are providing a demanding environment to challenge the players. NO LINES, NO LAPS, NO LECTURES.

TRAINING GROUPS

Players will not be put in "teams," but rather training groups based criteria such as age, skill level, attitude, gender, etc. This will ensure the players are developing properly in a challenging environment. Training groups will not be set in stone. Players may be moved between groups based on their individual development.

Training will be Mondays and Wednesdays from 4:30-5:30pm. Saturday activities will range from 8:00am-12:00pm.

TECHNICAL & TACTICAL FOCUS

Technically, the players will be expected to learn the basic soccer skills, with the main focus on dribbling and 1v1 situations. This will include dribbling with different surfaces, change of direction and pace, 1v1 moves, and shielding. Other aspects will include passing and receiving, finishing, and individual defending. The players will be expected to become comfortable, confident and creative with the ball.

Tactically, the focus will be to create spacing and learn basic playing shapes and roles. This will be accomplished through the 4v4 model of play. Players will be expected to understand spacing, ball-orientation, when to recognize 1v1 situations, and basic attacking and defending principles.

SATURDAY ACTIVITY

The Saturday activity will be small-sided games (3v3, 4v4, or 5v5). The goal of this activity will be to apply the skills learned during training into a game-like situation. There will be little instruction during this time, and no score will be recorded. Players will be encouraged to be creative through free play. The players will be divided into different teams each Saturday based on the discretion of the staff. NO SCORES WILL BE KEPT!

PLAYER EQUIPMENT

Each player is required to bring a size 4 soccer ball to all sessions. Players are required to have shin guards and indoor shoes or sneakers. The Junior Admiral uniform is required for Saturday games. The yellow practice shirt or uniform is required for Monday and Wednesday practices.

PARENT EXPECTATIONS

Parents are expected to leave all coaching to the staff. Instructing children before, during or after sessions will only lead to confusion. Please encourage children for good play (i.e. a successful 1v1 move, high work rate, a successful turn away from pressure, etc.). Please, no shouting or screaming. Remember, Saturday's small-sided games are to allow players to apply what is learned during training. No scores will be kept.

Please ensure your child brings a properly inflated size 4 soccer ball to all sessions. Please ensure they are wearing the proper uniform or practice shirt. Encourage your child to dribble, juggle, or pass with a teammate prior to sessions.

LEVELS OF DEVELOPMENT

The following is a list of the recommended levels of development the players will be encouraged to meet. These levels will be used to track player development and ensure proper training groups.

LEVEL 1

Technical

- Dribbling the ball
- Change of direction with the ball
- Stopping the ball while dribbling

Tactical

- Triangle shape
- Spacing

LEVEL 2

Technical

- Dribbling the ball with different surfaces
- Basic change of direction moves
- Basic receiving
- Passing with the inside of the foot

Tactical

- Ball-orientation
- Spacing

LEVEL 3

Technical

- 1v1 moves to beat an opponent
- Change of pace
- Advanced change of direction moves
- Striking the ball with the instep of the foot
- Basic juggling
- Comfortable with the ball

Tactical

- 4v4 shape
- Recognizing when to go away from pressure
- Basic attacking and defending principles

LEVEL 4

Technical

- Advanced 1v1 moves
- Advanced receiving with head up
- Shielding the ball
- Individual defending
- Juggling combinations

- Confident with the ball

Tactical

- 4v4 roles
- Recognizing 1v1 situations
- Keeping shape and spacing

LEVEL 5

Technical

- Creative with the ball
- Finishing
- Increasing speed of play

Tactical

- Increasing vision
- Taking advantage of 1v1 situations
- Basic team play

MENTAL/PSYCHOLOGICAL ASPECTS

In addition to the technical and tactical aspects of the game, the players will be expected to learn simple mental & psychological aspects involved in the game of soccer.

- Fun and enjoyment
- Discipline and respect
- Creativity
- Basic laws of the game
- Team-work

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