

# Youth Soccer Academies

**A Recreational Model**

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# Why Academies?

- More fun for the players
- Long term player retention
- Easier coach recruitment
- Less Stressful for the coaches
- Easy to administer
- Parent education opportunities



# The Players

- The player centered approach creates an environment for individual learning to occur.
- The players are exposed to a variety of skills at every session.
- More variety = More FUN!
- More FUN = Player Retention



# The Coach

- Coaches do not have to create an entire practice session
- The focus for each coach is on ONE specific skill throughout the season.
- Coach education takes place over the long term
- Working as a team to develop individual skill acquisition



# How to Administer an Academy for the **Players**

- Players sign up for their age group
- Age group is assigned practice days and times
- Players are divided as they arrive at practice and assigned to a field
- Game days and times are predetermined
- Players are assigned to a “Team” on or prior to game day



# How to Administer the Academy for the **Coaches**

- Coaches are enlisted at sign up
- Age group coordinator is identified
- Coaches attend a coaching education session led by certified staff coach
- Coaches are assigned to a field for each practice session
- Coaches are assigned to a field for each game to manage the players



# How it looks

Field Station 1  
Passing and Receiving  
8 – 12 Players  
15 – 20 Minutes

Field Station 2  
Dribbling  
8 – 12 Players  
15 – 20 Minutes

Field Station 3  
Shooting  
8 -12 Players  
15 – 20 Minutes

Field Station 4  
Tackling/Defending  
8 – 12 Players  
15 – 20 Minutes

# Game Day Format

Field Assignment

Coaches Names

Players Names

4 v 4 = 10 Players per field. Game duration 30 – 40 Minutes

6 v 6 = 14 – 16 players per field. Game duration 40 – 50 Minutes

8 v 8 = 18 - 20 players per field. Game duration 50 – 60 Minutes

11 v 11 = 24 – 28 players per field. Game duration 60 – 70 Minutes



# Academy Upsides

- Players become integrated into a community environment
- Coaches are not focused on Winning as there are no teams to become attached to
- Parents cheer for everyone more playing time for their children



# Academy downsides

- Not competitive (Not true) Any game against an opponent is competitive
- Too much transition from week to week
- My child won't be on a team (Not True)  
They play on a team every week

