

Real Colorado EDGE

Academy Select Welcome Packet



Academy Select Overview



The Academy Select program is designed around the competitive program model. Pools will practice 3 times per week with RCE staff coaches. The focus of the program over 2 years is to develop a mastery of the soccer ball from an individual standpoint and to learn basic tactical concepts before entering the competitive program at 11U.

Teams will play in Colorado Soccer Association (CSA) sanctioned Intermediate Leagues. Leagues do not publish or keep records of game results as the focus at these ages is on player development.

Our aim over the 2 years is for players to develop excellent technical skills and look comfortable in possession both under pressure and in space. Tactically, players will be able to make good decisions when faced with pressure to ensure the team keeps the ball. A style of play and numbering system are also implemented to help players learn about new positions and principles of attack & defense.

Academy Select Overview



Pool System - players in an age group are placed in a large group for practices. Pools consist of between 17-20 players which make up 2 game day teams (8-10 players per team playing 7v7). Each pool training session will have at least 2 coaches per 17-20 players.

Coaching - There will be a coach assigned to run each pool, it will be the responsibility of that coach to cover games for the 2 teams within that pool. During conflicts, assistant coaches and/or the Director of Coaching will also be called upon to attend and coach games.

Academy Select Overview



Practice: 3 times per week; 2 x 75 minute sessions & 1 x 60 minute session

Size of Ball: Size 4

Size of Field: 60 x 40 yards (At Stenger) - CSA guidelines have a range of 55-65 x 35-45 yards

Size of Goal: 6.5 x 18 feet

Game Length: 2 x 25 minute halves

Offside Rule: Conditional per FIFA Laws of Game - Begins at the build out line

Build Out Line: Yes. Covered on separate page

Fouls/Misconduct: As per FIFA Laws of the Game

Referee Assignment: USSF Certified - assigned by CSA

Accounting



In the Academy Select and Competitive programs every player is responsible for their portion of tournament fees regardless of participation. To make it easy to manage finances these charges are run through your player's EDGE account.



Player Expectations - The 3 A's

Appearance: All players must wear the correct uniform (Practice/Game). Standards for the program begin with how we look as a group. Grey practice jersey and black shorts/socks. Shin guards must be worn for every practice. Game day uniform at home is all red; away games is white/black/black.

Attitude: While coaches will always create a fun environment that the players love being a part of, there is a lot of hard work to be completed before anyone can call themselves the next Messi. Players will carry themselves in a professional manner at practices and games and will endeavor to remain focused on the task being set by the coach.

Application: Players will be encouraged to be brave enough to try new things without the fear of punishment from coaches (or parents). A lot of technical details will be communicated to the players across the next 2 years in the program; the best way players can show the coaches they have understood is to showcase it during games.

Learning Outcomes



As highlighted earlier, our aim is to develop technically proficient and tactically aware soccer players to graduate into 9v9 soccer and beyond. The table below places valuable skill sets into the categories of the 4 pillars of soccer.

Technical	Tactical	Physical	Psychological
Dribbling Moves Turns Receiving on the Ground Passing Ball Striking	7v7 Positions Numbering System Decision Making Pass Vs Dribble	Agility Balance Coordination Speed With & Without Soccer Ball	Appearance Attitude Application Team Work Respect

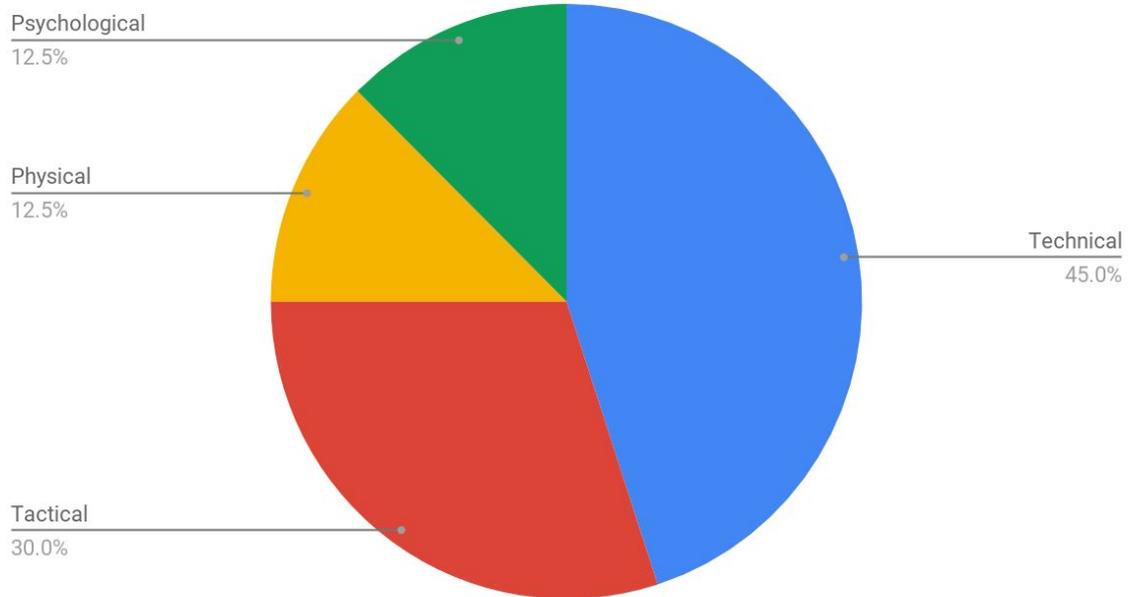
Learning Outcomes

Close to half of the time a player spends with the coaching staff is dedicated to the advancement of their individual skills

This extends into the tactical component, where players will be challenged to make decisions in small settings (1v1, 2v1)

Team concepts are also part of the tactical component, relating to the game model, formation and style of play

Learning Outcomes



Long Term Development Pathway

The graphic shows the development pathway for players during their time at the club

Higher up the pyramid are the group and team concepts that will be covered in detail at the older ages

Our focus is lower down the pyramid in the 3 areas highlighted by the 9-12 label



Curriculum Outline



The program is structured around 4 key objectives. Within these 4 broad areas lie specific technical & tactical components that will be coached during each session

- 1v1 Mastery - Attacking & Defending ([sample 1v1 session](#))
- Passing/Receiving - Delivered in multiple Rondo scenarios ([sample rondo session](#))
- Building From GK - Utilizing the entire team to get in front of opponents goal ([sample build session](#))
- High Press - How to win the ball back quickly and efficiently

System of Play



Over the next 2 years, we will play 7v7 (6 field players + GK)

The graphic shows the formation that we will line up in and the numbers associated with the 7 positions

- 1 - Goalkeeper
- 2 - Right Defender
- 3 - Left Defender
- 6 - Center Midfielder
- 7 - Right Midfielder
- 9 - Striker
- 11 - Left Midfielder



System of Play



Players will play in all positions over the course of each season

Most of the tactical information that coaches give will be on a game day and will be based around this formation and style of play

Positions will be referred to by their number in the system

The numbering system applies to the 11v11 game; the numbers for 7v7 will be consistent even after we add 2 players for 9v9 and 2 again for 11v11



Build Out Line



In the Fall of 2016, RCE moved to align with new USSF guidelines for small sided games. This includes the introduction of a build out line for 7v7 play.

The build out line is designed to promote better looking soccer that includes all players on the field.

Once the goalkeeper has secured possession in live play or setting the ball for a goal kick, the opposing team must retreat behind the build out line.

The goalkeeper is then free to distribute to a teammate. There are 2 instances of the ball being considered 'in play'.

- 1 - goalie makes save (ball doesn't go out) = ball is in play immediately on release from hands of goalie
- 2 - goal kick (ball went out) = ball is in play when it leaves the penalty area (bigger box)



Offside

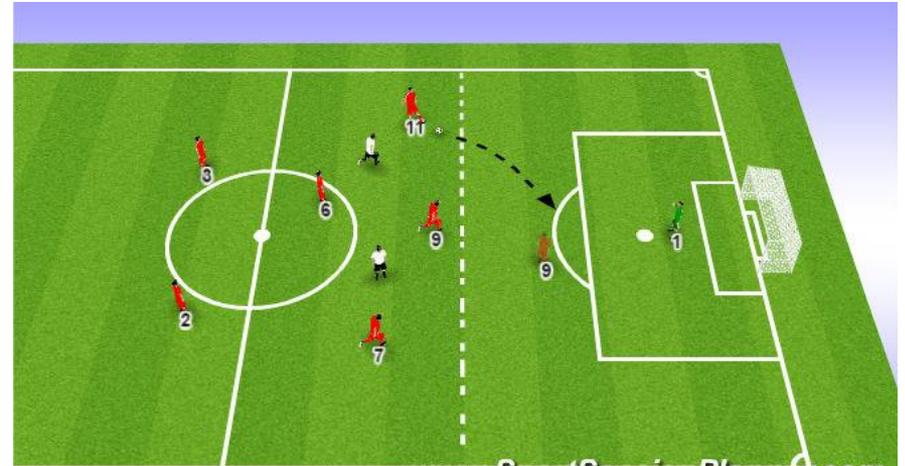


Traditionally, calling offside begins at the midfield line. There must be at least 2 players from the opposing team between an attacker and the goal, at the moment the ball is passed. For 7v7 play, the line that offside can be called from is the **build out line**.

In the picture, the number 9 to the left of the build out line, while past the last defender, is **onside** as they are on the safe side of the build out line.

The player to the right is offside as they are both beyond the build out line **and** beyond the last defender.

If a defender is closer to the goal than any attacking player when the ball is passed, offside should not be called.



Communication



Communication is essential for players, parents, coaches and teams to be successful. Throughout the year, the Coach and Director of Coaching will often communicate information, including but not limited to, practices, games, team meetings and functions via email.

Parents – please make sure your email address is correct in your family account and you can add multiple email addresses to ensure you receive the information. Any questions about practices, games, playing time, status on the team, etc. should be directed to the Coach.

In the event a concern needs bringing to the attention of the Coach or Director of Coaching, we ask that you abide by the **'24 Hour Cool Off Period'** before approaching any member of staff. Issues will not be addressed immediately following a game or practice. An appropriate time has to be set up for coaches and parents to get together to discuss.

Communication



In any team sport, concerns and/or conflicts will arise and there will be a time when a Parent must be heard. Prior to communicating with the Coach, please ask yourself:

- Is my concern or comment true?
- Does my concern or comment directly involve my child?
- Is my concern or comment helpful?
- Is my concern or comment genuine?

If YES, please follow the Communication Protocol outlined below:

- “Cooling Off Period” – wait 24 hours prior to contacting the Coach. This allows for time to calm down, evaluate your concern, and proceed with effective communication.
- NEVER interrupt practice or approach the coach after a game.
- Email or phone call to set up a time to communicate.
- Face to face communication for personal concerns.

Team Snap



Team Snap is a powerful team management app that provides a team with the ability to quickly and easily check on practice and game schedules as well as track player availability for events such as tournaments.

Team Snap will be the primary platform for all team communication from the Coach and Director of Coaching.

You will be invited to set up a Team Snap account prior to the season starting. We highly recommend everyone then adds the app to their smartphone via the appropriate app store.



Calendar



9U Fall 2019	9U Spring / 10U Fall	10U Spring
<p>Aug - Welcome Potluck/kick around - Aug 3 Stenger opens for practice - Aug 5</p> <p>Sep - Nov Sep 14 - Opening Day Regular season; 3 practices, Saturday games</p> <p>Oct - CSA Cup Tournament - Oct 4,5,6</p> <p>Nov - Nov 10 last possible game date</p> <p>Early Nov/Dec - Off (Indoor camps available)</p>	<p>Jan/Feb - Indoor practices (camps available)</p> <p>Mar - Tournament in Littleton</p> <p>Mar - May Regular season; 3 practices, Saturday games</p> <p>Memorial Weekend - Stenger Tournament</p> <p>June/July - Off (Camps available)</p> <p>Aug - Stenger opens for practice</p> <p>Sep - Nov Regular season; 3 practices, Saturday games</p> <p>Oct - CSA Cup Tournament</p> <p>Early Nov/Dec - Off (Indoor camps available)</p>	<p>Jan/Feb - Indoor practices (camps available)</p> <p>Mar - Tournament in Littleton</p> <p>Mar - May Regular season; 3 practices, Saturday games</p> <p>Memorial Weekend - Stenger Tournament</p> <p>End of May/June - Try Out for Competitive placement</p>