



Grand Junction Soccer Club Player Development Program

Formerly Called Academy

U9 and U10 boys and girls

Introduction:

The Grand Junction Soccer Club has decided to change the name of our Academy Program to Player Development Program. It will be exactly the same as last fall, but we feel this name does a better job of expressing the intent of the program. Basically we want each participant to get better individually. This program follows guidelines set by US Soccer as well as the English FA and their long term development pathway. The intent of the player development program is to put players in a competitive, age appropriate training environment that challenges them physically and mentally. The player development program is open to any player with birthdates that fall between **8/1/02-7/31/03** and **8/1/01-7/31/02** and who have the desire to further develop their soccer skills under the guidance of a professional coach, who is following the club developmental curriculum. The program will be capped at 20 players per training pool. Players and parents should ask themselves the following questions to decide if the player development program fits their ability or interest level. (Written in blue below). Please feel free to contact Shaun Howe at shaun@gjsoccer.org with any questions.

How to Sign up for the u9 or u10 Player Development Program and how it works:

You will sign up for your recreational team and then sign up for the appropriate age in the Player Development Program separately.

- You will train two times a week with your Player Development Pool and Staff Coach.
 - Executive Director Shaun Howe will lead the program.
- One day a week you will train with your recreation team (for a total of 3 practices a week).
- You will play with your recreation team in our recreation league for 8 weeks.
- In addition to 8 recreation games, you will play in one or two tournaments per season (one fall and two in the spring).
 - Teams will be created by your staff coach.
- Spring training begins the week of March 12 and will end the week of May 31 (we will take off the week of spring break). This amounts to 11 weeks of training or 22 sessions.
- Training days and times:
 - U9 boys will train Tuesday and Thursday 4:45-6pm
 - U9 girls will train Monday and Wednesday 4:45-6pm
 - 10 girls will train Monday and Wednesday 6:05-7:20pm

- 10 boys will train Tuesday and Thursday 6:05-7:20pm
- Recreation coaches will be asked to schedule at least one day of training that does not conflict with player development sessions (for example, u9 boys rec. teams could train Monday and Wednesday so recreation training does not conflict with player development training).
- Training sessions will be run by the GJSC coaching staff.

Player Development Program Philosophy and summary:

The U9 & U10 age groups are often coined as the ‘Golden Age’ of player development because during this phase players’ have an increased capacity for learning. Therefore, GJSC coaches would like to maximize player development during this limited window of development. Our qualified professional coaching staff looks at player development with the big picture in mind. We understand the present needs of this age group while, at the same time, retaining the long term vision of the ideal goal of helping every player reach their full soccer potential.

Players and parents can expect the following:

- Practice: Players will be expected to train three nights per week; twice under the direction of the professional coaching staff and one session with a parent coach on the recreation team they are placed. Training sessions last approximately 75 minutes in duration.
- Games: Player Development Participants will play in the Grand Junction Recreation League and play 8 matches with their recreation team.
- They will play approximately 4-8 matches with their player development program teams. Player development program teams will be created by their staff coach and may change for each event. Academy teams must follow recreational play guidelines like 50% playing time in matches. The emphasis is placed on creating a playing environment that is more conducive to the individual as opposed to team development.
- Volunteer coaches: Each player development program team will be assigned a parent coach who will follow the guidelines of the Academy Staff Coach. The parent coaches will be asked to attend a National Youth Module Course or a USSF E License course to be allowed to participate in the training and coaching of the players at matches.
- Staff Coaches – will be lead by Shaun Howe, Executive Director GJSC and other experienced coaches. Plan is to have no greater than a 14-1 player to coach ratio.
- Team Formation: We will form balanced teams for competition and will restructure the team from the fall season to the spring season to ensure that our focus remains on the individual.
- Cost: The cost of the program is \$140 per season (For 22 training sessions this amounts to \$6 per session). You register on line a www.grandjunctionsoccer.com

How to decide if your child should participate in the player development program

The difference between participating in the player development program or recreational program lies in the level of investment, commitment and interest of 8 and 9 year olds and their parents/guardians. To help parents decide if the player development program is appropriate for their child, listed below are the characteristics of typical players who would participate in the Player Development Program. If your child

displays a majority of the characteristics listed they are probably suited to participate in the player development program.

- Demonstrates sound technical skills (control, dribbling, and shooting)
- Physically stronger than most players within their age group
- Athletically quicker than most players within their age group
- High level of coordination and good agility
- During games is aggressive in their attitude and approach to getting involved
- During games tends to dominate the play
- Demonstrates high level of focus and concentration during practices and games
- Started to narrow down the number of extra-curricular activities
- Soccer is a high priority
- Practices with a ball in their own time outside regular schedule of games & practices
- U9 player who will try-out for the U11 competitive age group in the following year.