

JUNE | 17

EAST DUPLIN SOCCER CLUB

JUNIOR ACADEMY GUIDELINES

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Introduction and Academy Purpose

The purpose of the East Duplin Soccer Club’s (EDSC) Junior Academy is to develop youth soccer skills, promote teamwork and sportsmanship, and instill a deep love for the sport. EDSC will work diligently, through the Academy’s Director, to train young athletes preparing them for future competitive levels. A secondary purpose is to grow and cultivate for new parents the community our club is working hard to establish in this area. Athletes will grow physically and mentally in a healthy way while giving them tools to use in their schools and day-to-day lives. Providing education for parents and their children as well as a fun healthy outlet through the sport of soccer are ways to change the negatives of depression and anxiety, obesity and health concerns, and unneeded conflicts affecting our area and nation as a whole. We see ourselves as a partner with parents and our educational system to better each child’s life and give them the best opportunity for a successful and fulfilling future. The EDSC Junior Academy is where it starts for our club.

Junior Academy Staff

All staff members will be members of the EDSC community. The entire staff will fall under the leadership of the Club’s President, with the Academy Director handling operations. Instructors will be in direct contact with the director and receive their duties from him or her. Instructors are responsible to manage and carry out the weekly training sessions. Every staff member of the Junior Academy will possess the minimum coaching certification.

Athletes and Parents

Who Attends?

Athletes will consist of youth ages **three to six years old**. Three and four year olds will be in the U4 Division while five and six year olds will make up the U6 Division. Athletes will attend their scheduled sessions during the week, which will be accompanied by a game during the weekly time slot.

What do athletes need?

Athletes will require the correct size shin-guards and cleats. Athletes can participate in weekly sessions without cleats, but must have shin-guards for each session or they will not be able to participate. Additionally, appropriate shorts or pants will be needed to attend, with instructors giving specifics during pre-academy contact. Finally, we strongly encourage each athlete to purchase a **size 3** soccer ball for training and at home. Athletes will be given a junior academy shirt, which is covered by their tuition and can be worn during training sessions.

To recap, athletes need:

- Shin-guards
- Cleats (optional) or sneakers (required)
- Size 3 soccer ball (optional, but strongly encouraged)
- Black shorts or pants
- Provided Junior Academy Shirt (will be provided, and an alternative shirt option will be decided upon before first session)

Parents

Parents are encouraged to attend and participate in our Junior Academy sessions. We will have a designated area for parents to be during this time. Parents are asked to stay in this area and not on the field, unless requested by an instructor. Things we do encourage our parents to do are:

- Bring your child to each session at least **five minutes** early
- **Cheer and encourage** your child to participate and do well
- Take photos or videos of your child's session as you desire
- Bring up any questions or concerns to instructors **after** the session is over
- Do not participate in negative conflict
- Remain in parent area unless going to vehicle or by request of an instructor
- **Do not** smoke, drink, carry weapons, or bring animals on or to the soccer complex

Instruction and Sessions

Our Junior Academy's teaching staff will consist of certified instructors that will develop each athlete's abilities, health and wellness, and love for the sport. Each instructor will possess his or her Class F coaching certification. Instruction will consist of games and activities that promote dribbling and ball control, passing, field awareness, and teamwork. The Junior Academy's curriculum and execution of that curriculum will be handled by the director, in which he or she is responsible to maintain the standard of instruction for each athlete. Questions about the curriculum can be discussed with instructors or the director, but we will not be distributing copies to the public at this time.

Sessions will consist of a combination of instruction and challenge time. Sessions will occur weekly for nine weeks, with U4 age attending once a week and U6 attending twice. Schedule will be distributed during orientation day. Each session's instruction time will be from 30 – 45 minutes, depending on where athletes are in their curriculum, with the remaining time being left for our challenge portion. The challenge portion is exactly like a game scenario, where athletes will be split into teams to play against one another. This time will give instructors and parents the opportunity to assess their athlete's progress, and give athletes the experience of the game. We strongly encourage parents to participate in positive reinforcement and celebration of their athlete's performance during each challenge time.