

# RIVERFRONT SOCCER ACADEMY

## “Balancing Soccer and Life”

Riverfront Soccer Academy meets Monday nights from 6–7:30 p.m. and Fridays from 4:30–6 p.m. Boys and girls ages 7–14 train at the same time in separate age groups: 7–8 year olds, 9–11 year olds, and 12–14 year olds.(these age groups can change according to the number of players and the age of the players that enroll in that session of our academy) Each player should wear shorts and a t-shirt. **Shinguards** are **required** and soccer socks are to be worn that cover the shinguards. Molded cleats, turf shoes, or just sneakers are ok to wear on the feet. **Riverfront Soccer Academy** t-shirts are available to purchase for \$8.

Each child should bring their **own** ball (with their name on it). Age –7 - size 3 ball, ages 8–12 - size 4 ball and those ages 13 and up need a size 5 ball. It is important for each player to train with the proper size ball. Also, if your child’s ball needs air (yes it needs to also be properly inflated) we have a pump available.

Each session is divided into two sections. 50 minutes is spent on ball touches and moves. The last 40 minutes is spent playing 1v1 and or small sided games.

### TRAINING PHILOSOPHY FOR YOUTH SOCCER PLAYERS

**POSSESSION**—Players need to understand the importance of knowing how to handle the soccer ball and the importance of every ball possession. Unfortunately, too often the ball is **just given away!** Each time a player has the ball, they have **great responsibility!** If a player has possession of the ball, they need to fight to **keep it**; and if they lose possession of the ball, they need to fight to **win it back**. Too often a player will give up the ball either by dispossession or a poor pass, resulting in a scoring opportunity or an actual goal scored by the opponent. Players must be shown and learn the **importance of ball possession**.

**ONE v ONE PLAY**—Players must know that they **must compete** for the **ball!** This is the basic element of the game. Whether they possess the ball or do not possess the ball, players must have the willingness and ability to win the **one v one battles**.

**TECHNICAL ABILITY**—**players must train at speed**  
Deceptive moves, first touch, accuracy in both passing and finishing

**FITNESS LEVEL and year round LIFESTYLE**—Players should understand that a basic foundation of fitness is required to train and compete in soccer. There is a need for players to “better understand the game of soccer” by watching games in person, on television or DVD’s. Players, with the help of their parents, must learn to balance soccer, school and social life.

**CHARACTER DEVELOPMENT**—One of soccer’s major player benefits, is the development of positive character traits. Qualities of individual responsibility, concentration, perseverance, confidence, self worth, leadership, honesty and sportsmanship are developed to various degrees through soccer training and games.

Through consistent and dedicated training, **Riverfront Soccer Academy** feels we can make each of our students, better all-around soccer players.

**ATTITUDE.....HEART.....DEDICATION**