

Academy Style Training

Tommy Geis

Assistant Technical Director

Massachusetts Youth Soccer



USYOUTHSOCCER.ORG

Academy Style Training Overview

- What is Academy Style Training?
- Why Academy Style Training fits most club's curricula?
- How can Academy Style Training work in your program?
- Staffing Academy Style Training
- Where does it fit into LTAD?
- Who benefits from Academy Style Training?
- Obstacles
- How Can You Get Started?



What is Academy Style Training?

What is an Academy?

a school that provides training in special subjects or skills

Webster's Online Dictionary



What is Academy Style Training?

So...What is it?

- Training players in a “Education First” environment
- Following the same curriculum for all players involved with each age
- Create a culture within the club which can be duplicated with each new generation of players



Mission Statement

Our efforts and energies are directed to the following objectives:

- We strive to develop players at all levels of play – recreational, travel and premier by building and improving their skills, confidence, fitness, initiative and a sense of teamwork.
- We are committed to developing coaches to the highest level through a quality instructional program.
- We promote and encourage high standards of sportsmanship and fair play.



Why Academy Style Training Fits...

US Soccer Academies

- Helps to create a professional environment
- Establishes a national style of play based on the US Soccer Curriculum.
- Helps to identify the top players for the first team.
- Eliminate win/lose record as a means to identify quality play
- Identify, develop and nurture intelligent, adaptable soccer players who can compete at the highest level here in the US & beyond
- Coaches learn to observe the game



Why Academy Style Training Fits...

Select Programs

- Develop young coaches
- Establish a club wide philosophy and style of play
- Creates a stronger club culture
- Better use of field space
- Easier to evaluate players for future placement
- Coaches learn to observe the game

Why Academy Style Training Fits...

Town/Travel Program

- Develop young coaches
- Efficient use of field space
- More players participate
- Players benefit from working with more experienced coaches
- Reduces the A, B & C team hierarchies
- Easier to evaluate players for future placement
- Coaches learn to observe the game

Renowned Academies Globally



Academies Nationally and Locally



US Soccer Academies

Select Programs

Town/Travel Programs



USYOUTHSOCCER.ORG

How Can Academy Style Training Work for You?

Player-Centered Coaching vs. Coach-Centered Coaching



“Too often, we give children answers to remember rather than problems to solve.”

Roger Lewin, US Humorist, Author

How Can Academy Style Training Work for You?

Field/Station 1

Passing and Receiving

8-12 Players

(Up to 16 players with younger ages)

15-20 Minutes

www.SportSessionPlanner.com

Field/Station 2

Dribbling

8-12 Players

(Up to 16 players with younger ages)

15-20 Minutes

www.SportSessionPlanner.com

Field/Station 3

Passing and Receiving

8-12 Players

(Up to 16 players with younger ages)

15-20 Minutes

www.SportSessionPlanner.com

Field/Station 4

Tackling/Defending

8-12 Players

(Up to 16 players with younger ages)

15-20 Minutes

www.SportSessionPlanner.com

How Can Academy Style Training Work for You?

Field 1
8-12 Players

www.SportSessionPlanner.com

Field 2
8-12 Players

www.SportSessionPlanner.com

Field 3
8-12 Players

www.SportSessionPlanner.com

Field 4
8-12 Players

www.SportSessionPlanner.com

Demonstration
8-12 Players

www.SportSessionPlanner.com

Field 6
8-12 Players

www.SportSessionPlanner.com

Field 7
8-12 Players

www.SportSessionPlanner.com

Field 8
8-12 Players

www.SportSessionPlanner.com

Field 9
8-12 Players

www.SportSessionPlanner.com

How Can Academy Style Training Work for You?

- All players within an age group or training group arrive at the same time and location.
- All coaches arrive with the players.
- Upon Arrival, players are divided into training groups for the day.
- Players train with different coaches and players each week.



How Can Academy Style Training Work for You?

Practice Elements

- Allow free play
- Technical games
- Possession games
- Play in match like games
- 4v4 Games with various scoring options



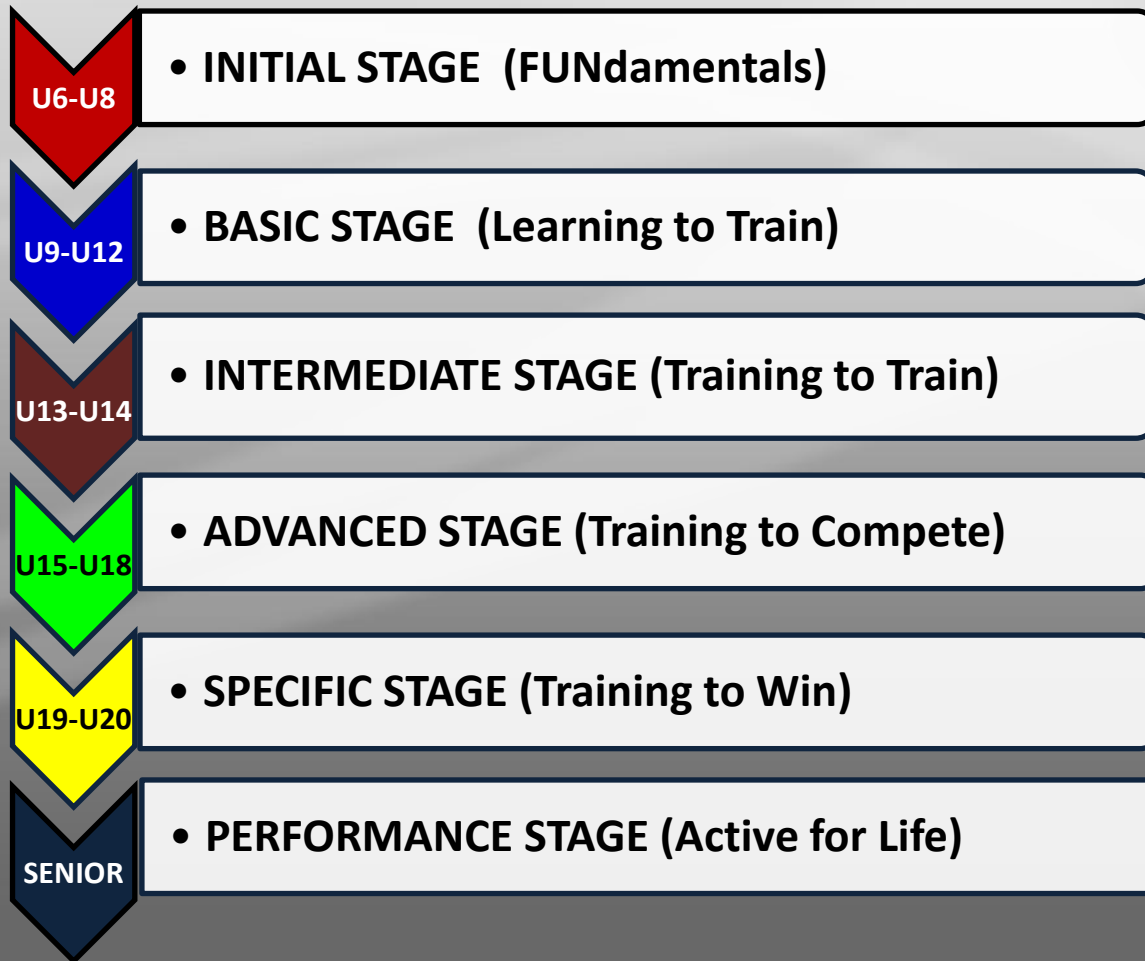
Staffing Academy Style Training

Coaches:

- Identify the coaches within the club who can be leaders.
- Most qualified coaches usually take a lead role in the training.
- Encourage the experienced coaches to act as mentors to the younger coaches
- Value all coach's suggestions to continue evolving the program.



Long Term Athlete Development?



Where Does It Fit Into LTAD?



“Readiness for sports is the match between a child’s level of growth, maturity and development, and the task demands presented in competitive sports.”

-Dr. Robert M. Malina, world renowned expert on athletic development

Who Benefits From Academy Style Training?

Players:

- Expand the number of opportunities for players to perform tasks
- Learn to play in multiple environments
- Easier to fit into a system when guest playing
- Developed based on the club's philosophy
- More chances to play with and against better players
- Opportunities to learn leadership roles.



Who Benefits From Academy Style Training?

Coaches:

- Easier coach recruitment
- Less stressful for the coaches
- Coaches do not need to create an entire training session
- Coaching education is constant
- Create opportunities to learn from each other (Mentorship)
- The opportunity to work with other coaches to achieve the same goal...player development



Who Benefits From Academy Style Training?

Club:

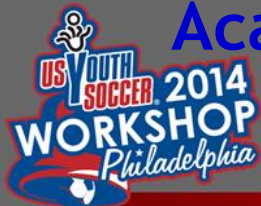
- More efficient use of space
- More effective Player evaluations
- Many opportunities to develop young coaches
- Players will be developed based on the club's philosophy
- Increased potential for player retention
- Adopting a club wide style of play



Academy Style Training Concerns?

The Myths

1. It's not competitive!
FALSE...any game against an opponent is *competitive*
2. My child won't have a "TEAM"!
FALSE...they can play on a team every week
3. It's not meant for "TEAM" to train!
FALSE...Academy Style Training is used in a multitude of training environments.
4. Our team is too good to train with the lower teams!
FALSE...all players can benefit from a well designed Academy Style Training Environment.



Obstacles

Coaches buying into the idea

It's always the club's responsibility to identify and assign coaches to teams. Clubs must continue to find coaches who understand the development process and encourage continuing education to foster the growth of coaches within the program.

Understand that not every coach fits every club. The needs of the club will determine how much flexibility the program has with the selection process.

Obstacles

Coaches feel the need to identify with a team

Use the coach's knowledge to build the club's curricula.

Invite the coaches to participate in the group training to help them build better relationships with more players.

Encourage coaches to switch teams for a night of training once or twice per season.

Coaches must identify with their club.

Obstacles

Varying abilities with players

A Player-Centered approach creates an environment for all individuals to grow.

The players are exposed to a variety of skills at every session.

More Variety = More FUN

More FUN = Player Retention

The competitiveness of each session can be adjusted by the coaches so each players will be challenged to meet their needs.



Obstacles

Removing players from their “TEAM’S” training

Teams grow stronger when the ability of the individual improves.

Meaningful participation provides for greater development

Players are rarely completely removed from their “TEAMS”

Players learn to adapt to different situations on the field which helps them adjust to substitutions or other changes in the course of a game.

Obstacles

Parents – (The Customer)

Parents are not the enemy...they can be one of our best
resources

Communication...Communication...Communication

Education

*(Give the parents something to observe instead of leaving your
fate to their experience)*



Getting Started With Something New

- Street Soccer is a great way to get the coaches and players on board with playing in different environments.
- Group training once a week either as an additional practice or in place of one of the practices.
- Encourage coaches to switch teams for a night of training once or twice per season.



Club Identity

A club is a group of players with similar goals and direction. Players who play the same style regardless of age or gender. Players who train in a similar fashion in order to grow as players and prepare for the challenges which come next.

Groups of people wearing matching uniforms isn't a club; it's a collection of people who shop at the same store.

The coach's responsibility is to help foster the club's philosophy!



Dr. Tom Fleck

“ We must work to create an environment to develop the American player’s growth and development! In the past we have tried to train the Dutch way, the Brazilian way, etc. We can and will together create the finest players in the world if we understand the growth, development and specific characteristics of our youth.”

How can you help?



USYOUTHSOCCER.ORG

Any Questions?



Thank You!!!