



NC Youth Academy | Parents Guide



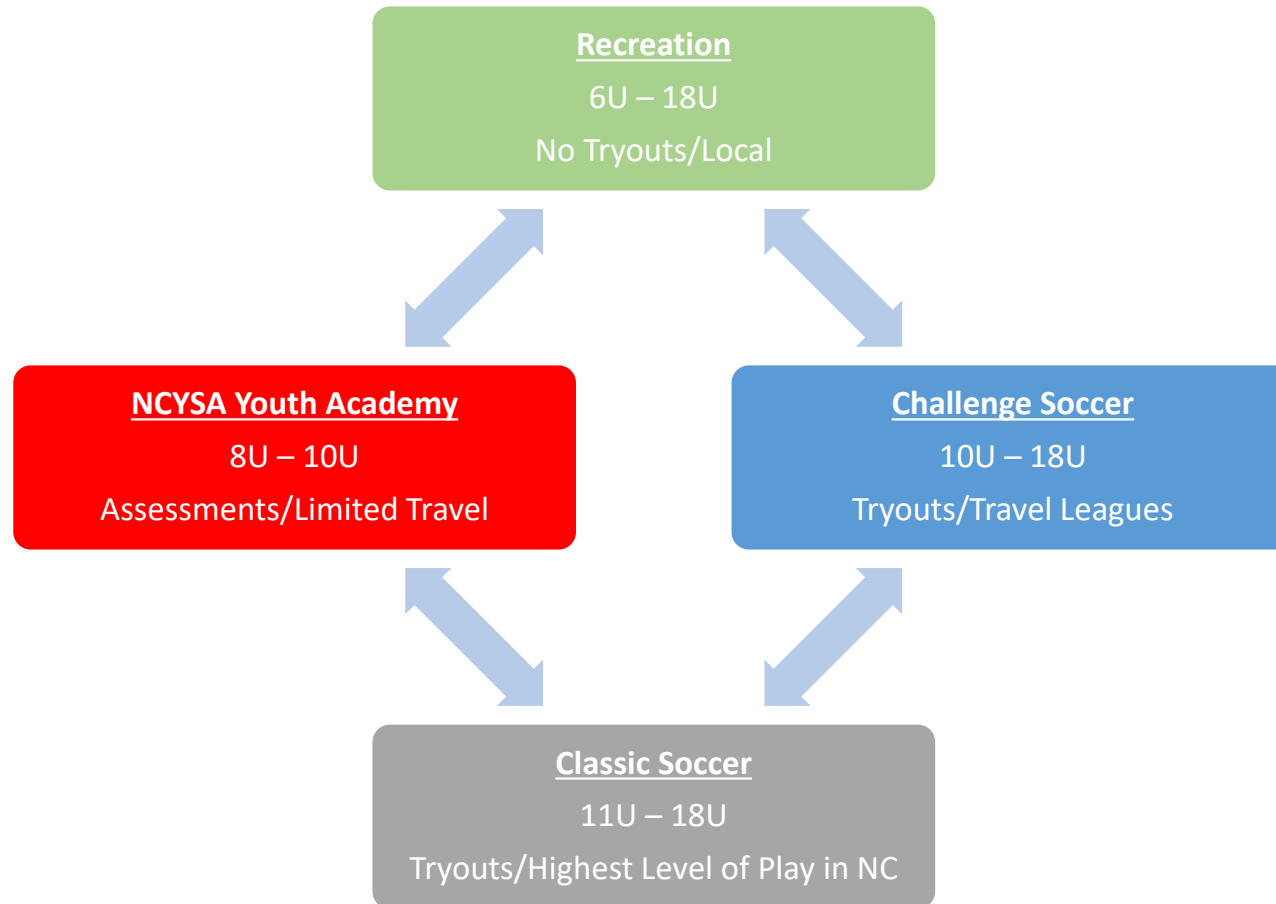
Art Rex - VP of Coaching & Player Development

Bill Furjanic – Technical Director of Coaching Education & Player Development

Eric Redder – Assistant Technical Director



NCYSA Programming Options



What Matters to Your Player?



Psychologists note 3 motivational factors for children's involvement in sports:

1. For Approval of adults
2. For Success in contests with other kids
3. For Mastery of some element of the sport



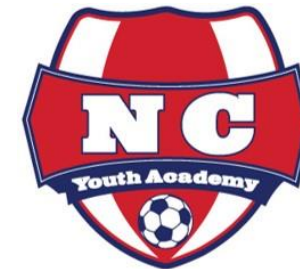
Why Do Players Participate?

- ✓ To have fun
- ✓ To be with their friends
- ✓ To make new friends
- ✓ To improve & learn
- ✓ To feel good about themselves
- ✓ To wear the stuff

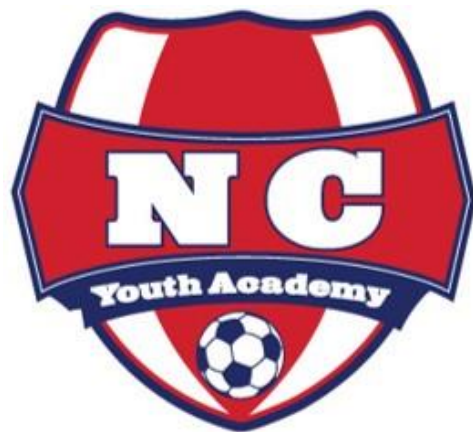
-US Youth Soccer



What is the NC Youth Academy Program?

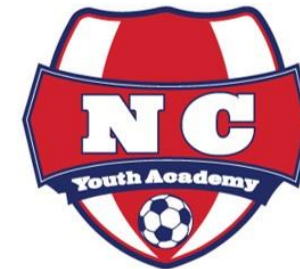


- In January 2007, NCYSA formed a 10U Academy Committee to look at, and establish a proposal to the Board of Directors for the formation of the NCYSA 10U Academy Program.
- In January 2010, a proposal was established and approved by the Board of Directors to extend the program to 12U and the program was renamed to the **NCYSA Youth Academy**.



Academy Programming

- ✓ A recent development in US Soccer communities as late as the early 21st century.
- ✓ An “alternative” to frustrations felt by families with “win-at-all-costs” mentality during early developmental years
- ✓ Seek to improve individual player development
- ✓ Increase player participation, satisfaction, and player retention



Why the need for the NC Youth Academy Programs?

Removing the Pressure to Win

- No scores, results, or standings will be kept for the academy program
- The focus is on individual development & enjoyment of soccer – free from any extraneous pressures.



Focusing on Winning

- Results dominated
- Task-Centered
- Short-term focus
- Emotional, Authoritarian, Ego-Centric
- Yelling, Commanding, Trainer

Focusing on Development

- Excellence Dominated
- Player Centered
- Long-term focus
- Democratic, Guiding, Instructing, Listening
- Teacher, Resource, Facilitator

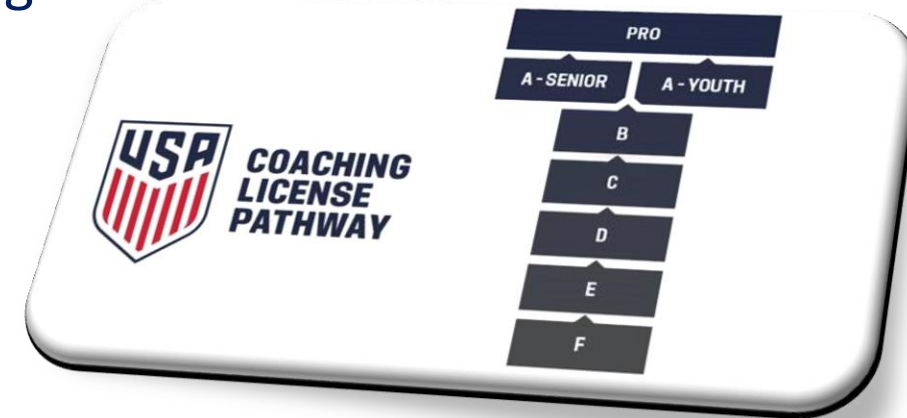
Mandatory Coaching Qualifications



Coaching Education Requirements

- Staff working with 8U – 10U NC Youth Academy Programs must hold:
 - ✓ The Youth II Module
 - They will have a period of one (1) year to obtain the Youth II Module qualification.
 - USSF F License
- Staff working with 11U – 12U NC Youth Academy Programs must hold:
 - USSF E License

They will have a period of one (1) year to obtain the “E” License qualification.



ONLY Approved NCYSA Risk Managed Adults can work with the players

NC Youth Academy Pool Training



Pool Training Enhances Player Development

- Pool training enables an organization the ability to roster & retain more players as they grow and develop at various rates

Player Benefits

Players can be grouped with appropriate ability levels

Players can be challenged by moving throughout the levels of the pool

Players are still a part of a team!

Coaching Benefits

Coaches have the freedom to structure the teams to ensure appropriate competitions

Players who need more or less competition can be easily placed within the pool

Coaches have a larger team to develop and grow for future programming!



Communicating through the NC Youth Academy



REQUIREMENTS/ All NC Youth Academy Programs are required to give players (2) written evaluations each year.

- Fall & Spring Evaluations
 - To be endorsed by the associations Academy Director



Goalkeeper Evaluation															
Players Name				Coach				ODP Year				Gender			
A = exceptional ability, keep refining speed & pressure				B = good base, refinement required				C = average ability, improvement needed				D = development in this area a priority			
TECHNICAL															
Basic Position															
feet shoulder width apart	A	B	C	D	Diving (shots in air)	A	B	C	D	Field Skills	A	B	C	D	
knees bent, weight forward	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	footwork to ball	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	passing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
arms bent, hands up, fingers spread	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	ability to hold ball	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	receiving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
hands ready	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	dives at a positive angle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	TACTICAL					
Catching (low balls)															
arms attack ball, elbows together	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Distribution (punts/drop kicks)				positional play to ball						
protect ball, collapse on receive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	kicking foot through the ball	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	helps to build attack					
Catching (high balls)															
meet ball at highest point	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	distance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	organization of defense					
catches in front or above head	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	accuracy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	control of box					
Catching (crosses)															
ability to hold balls	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Distribution (goal kicks)				decisions on distribution						
timing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	kicking foot through the ball	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	involved in play					
range	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	distance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	PHYSICAL					
punching	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	accuracy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	endurance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Diving (ground shots)															
foot work to ball	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Distribution (throwing)				quickness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
dives at a positive angle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	quick, fluid motion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	agility/balance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
hands (1 behind & 1 on)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	distance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	strength & power	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Comments															

NC Youth Academy Contacts



NCYSA Youth Academy | <http://www.ncsoccer.org/youthacademy>

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