



Smithsburg Youth Athletics  
Soccer Academy



## Mission Statement

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Our efforts will be directed toward the following objectives:

- We will focus on the development of players at all levels of play by building their skills, confidence, fitness, and sense of community and teamwork.
- We are committed to the development of our coaches and will provide a platform to help them reach the highest level of coaching THEY wish to achieve.
- We promote and encourage a high standard of sportsmanship and fair play from our players and coaches.

## What is Academy Soccer?

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Academy soccer is...

- An environment where we can train players in an “education first” environment [*not focusing on the win/loss record*]
- An environment where we can deliver a consistent message/curriculum for all players within each age group
- An environment where we can duplicate or repurpose our message/curriculum with each new generation of players
- An environment where the focus is on player and coaching development and having fun

## Why train the Academy way?

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Below are some of the reasons we have decided to train the Academy way

- More fun for the players and coaches
- Long term player retention
- Less stressful on players, parents and coaches
- Great way to educate parents and [new] coaches
- Players will have multiple points of view and multiple resources to engage with at each session



## How is Academy soccer different than Traditional soccer?

Traditional Soccer	Academy Soccer
<ul style="list-style-type: none"> <li>• Players are split into teams</li> <li>• Players are assigned one (maybe two) coaches</li> <li>• Players are taught in silos</li> <li>• Players are focused on beating another team</li> <li>• Players are limited to the coaching ability they are paired with</li> <li>• Top players will strive and weaker players will QUIT</li> </ul>	<ul style="list-style-type: none"> <li>• Players are split into groups each session</li> <li>• Players will engage with all coaches</li> <li>• Players are all taught the same</li> <li>• Players are focused on their individual development</li> <li>• Top players will be pushed and taught to lead others</li> <li>• ALL players have fun and want to come back</li> </ul>

## Academy Philosophy

The goal of the Academy is to promote and emphasize the technical abilities of our young soccer players. At this age we will primarily focus on ***Dribbling Skills*** or ***Ball Mastery***.

Why Dribbling Skills? ***Dribbling*** is the foundation for all the other fundamental skills of soccer, such as controlling the ball, passing, and shooting. It takes many years for players to become a confident dribbler. Players have to learn how to combine body control, agility, coordination and balance with the mechanics of dribbling. The sooner they start, the better!

Our coaches will combine a range of age-appropriate training activities and techniques to maximize each player's touches on the ball, including small-sided games that foster skill development, as well as improvisational and creative play. Our Ball Mastery program will help players gain the ***confidence, creativity, and composure*** during game play.

