

# Loudoun Soccer



u8 Academy Parent Meeting

# Agenda



WELCOME &  
INTRODUCTION



CLUB PATHWAY



UNIFORMS



PROGRAM  
OVERVIEW



AGE SPECIFIC  
OBJECTIVES



STAFF



PERIODIZATION  
PLAN & IMPORTANT  
DATES



WHAT DO WE LOOK  
LIKE ON GAME DAY

# Daryn Patricio -

## *Director of Player Development*



USSF A License

CAF B License

SAFA B License

KNVB  
International  
Coaching  
Diploma

Head Coach,  
North Rand  
Football  
Association

Technical  
Director, Balfour  
Alexandra FC

Assistant Coach,  
Alexandra United  
FC

Director of  
Coaching,  
Concept4Soccer  
South Africa

Alexandra United  
FC (player)

Radford  
University Men's  
Soccer

# REPTHERED

# Club Pathway

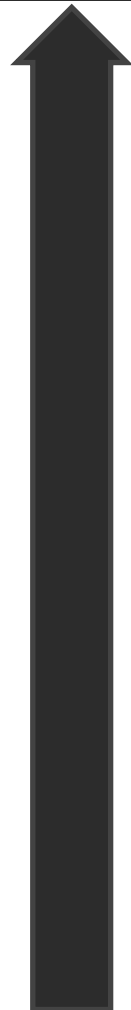
Three primary Loudoun Soccer development programs





# Progressive development framework

Graduated phases of player growth



## Growth Phases

## Focus Areas

## Recreation

## Travel

## Elite

Performing

Technique/Awareness/  
Communication: Large  
group team tactics and  
competition

HS 7v7

U17, U18, U19

U17, U19

Developing

Technique/Awareness/  
Communication:  
Advanced small group  
team tactics

Classic League

U14, U15, U16

U14, U15, U16

Learning

Technique/Awareness:  
Basic small group team  
tactics

Rec 2, Challenge 2

U11, U12, U13

U12, U13

Foundation 2

Technique: Basic  
understanding of the  
game

Rec 2, Challenge 1

U8 Academy,  
U9, U10

N/A

Foundation 1

Technique: Motor skills;  
ball touch and control

Preschool, Pre-K,  
Kindergarten, Rec 1

N/A

N/A

# REPTHERED



Product



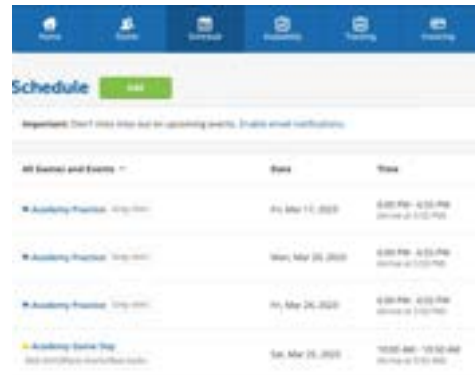
## Uniforms

---

# REPTHERED



# teamsNAP



## Communication



# U8 Academy Program Structure

## History

- In its 12th year
- Created to better prepare our young players
- Designed as a "bridge between Rec and Travel

## Overview

- Organized as birth year age group
- Future Travel players
  - Professional coaches
  - Comparable players
  - Dedicated training environment





# U8 Academy Program Structure

## Girls

- 28 players
  - 6 playing on Academy team
- Three coaches
- Groups of nine for practice

## Boys

- 52 players
  - 11 playing on Academy team
- Five coaches
- Groups of 10 for practice

# Staff



## Phil Adams

- Professional coach since 2022
- USSF D License
- USC Pre-National Diploma



## Dave Drupa

- Professional coach since 2015
- USSF D License
- USSF National Youth License



## Graham Jones

- Professional coach since 2005
- USSF C License
- U8 Girls Academy team Head Coach



## Scott Mitchell

- Professional coach since 2004
- FC Twente Coaching Education – Badges I & II
- Former Professional Player – Keflavik/Njardvik



## Marco Vasquez

- Professional coach since 2022
- USSF Grassroots
- Former college player

# Additional Staff



**Chris Pruden**

- U9-12 Director of Coaching
- USSF A License
- USYS National Youth License
- USC Director of Coaching Diploma



**Henry Fuentes**

- U9/10 Girls Age Group Lead Coach
- USSF C License
- Professional coach since 2012

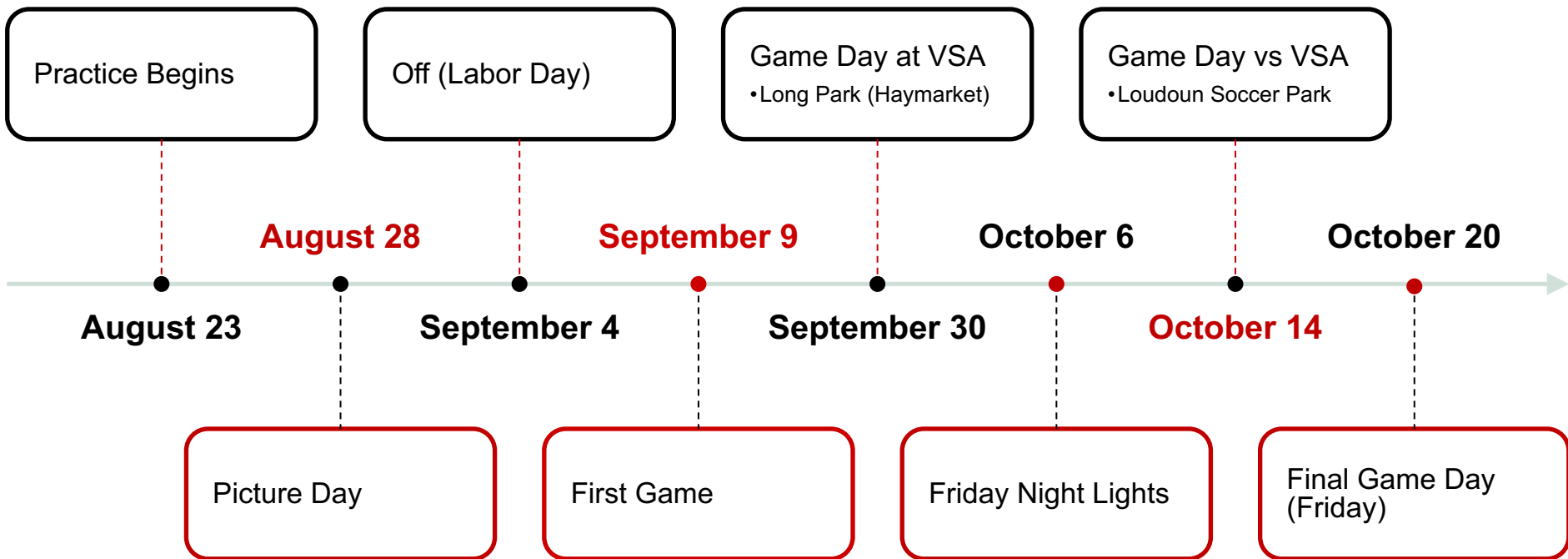


**Patrick Ramos**

- USSF B License
- U8 Boys Academy team Head Coach
- Professional coach since 2011



# Important Dates





# Weekly Planning: In Season

## 9/11/23 – 9/17/23: Example week

Monday, Sep 11th		Tuesday, Sep 12th		Wednesday, Sep 13th		Thursday, Sep 14th		Friday, Sep 15th		Saturday, Sep 16th		Sunday, Sep 17th	
D>A		Off		D>A		Off		Off		Game		Off	
Maintenance: 75% Capacity				Maintenance: 75% Capacity						Threshold: 100% Capacity			
Attacking 1/3				Attacking 1/3									
Ignition Game	10 minutes			Ignition Game	10 minutes								
Spotlight Activity	15 minutes			Spotlight Activity	15 minutes					4v4 or 5v5	3x15 minutes or 4x10 minutes		
Spotlight Game	20 minutes			Spotlight Game	20 minutes								
Game	15 minutes			Game	15 minutes								

### Conflicts

Please notify Daryn Patricio as soon as possible via email regarding specific dates your child will be absent

### Requirements

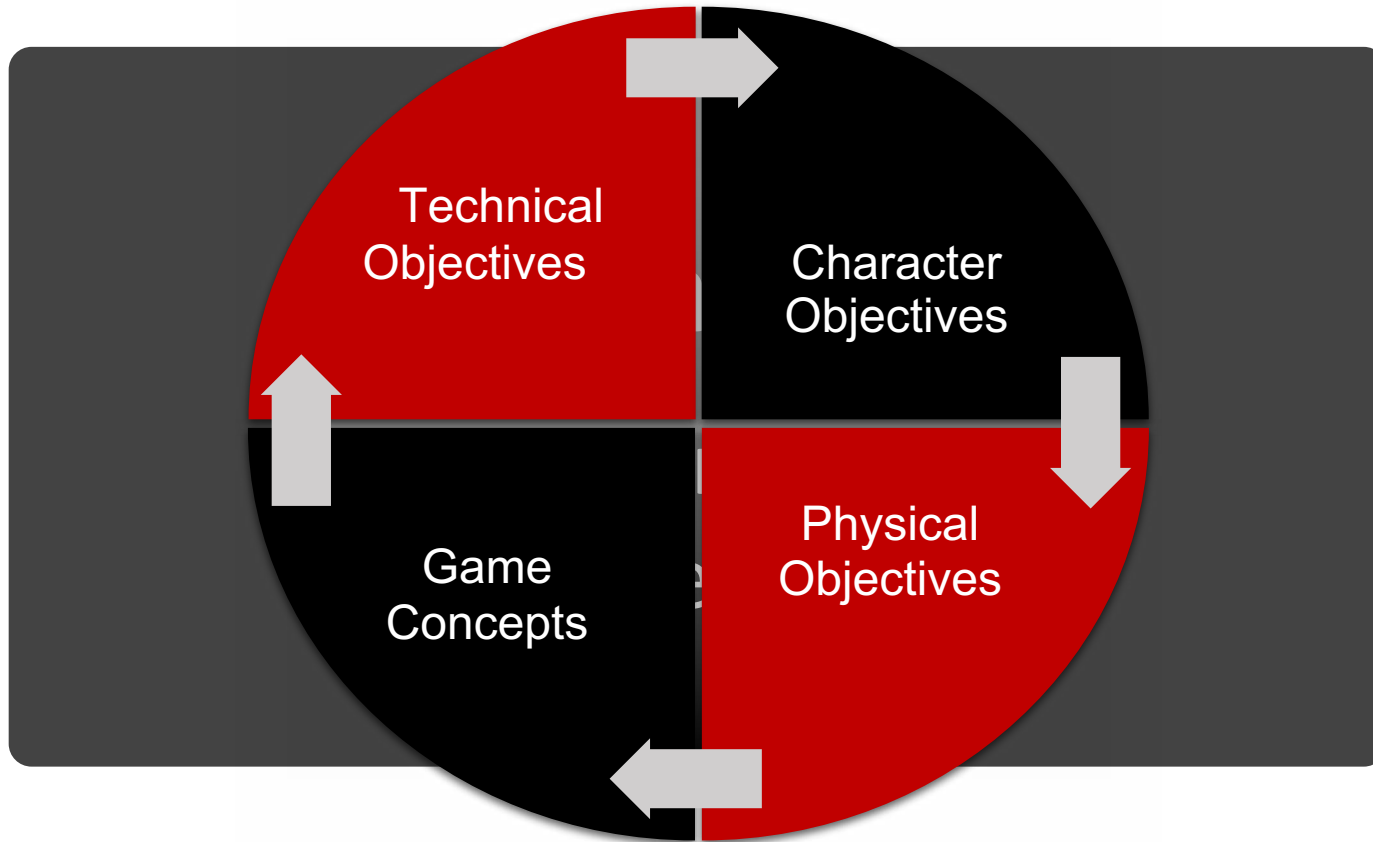
- Grey jersey for practice, Red jerseys for game day
  - Size 3 soccer ball
  - Water

### Additional Opportunities

- Possible training with u8 Academy Team
- Additional scrimmages against other clubs

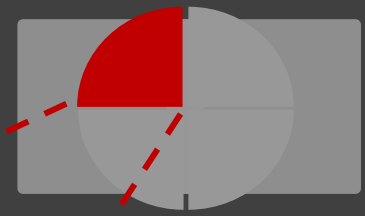
# Foundation Phase

Age specific objectives



# Technical Objectives

One player, one ball



## Technical Objectives

Ball Mastery

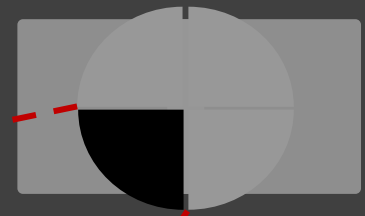
Dribbling & Disguise

Passing & Receiving

Ball Striking

Finishing

# Age-Appropriate Game Concepts



## Game Concepts

Small Group

Progression

Unbalancing

Finishing

Game Intelligence



# 4v4 Formation: 1-2-1



Focus:

Technique

Awareness

Communication





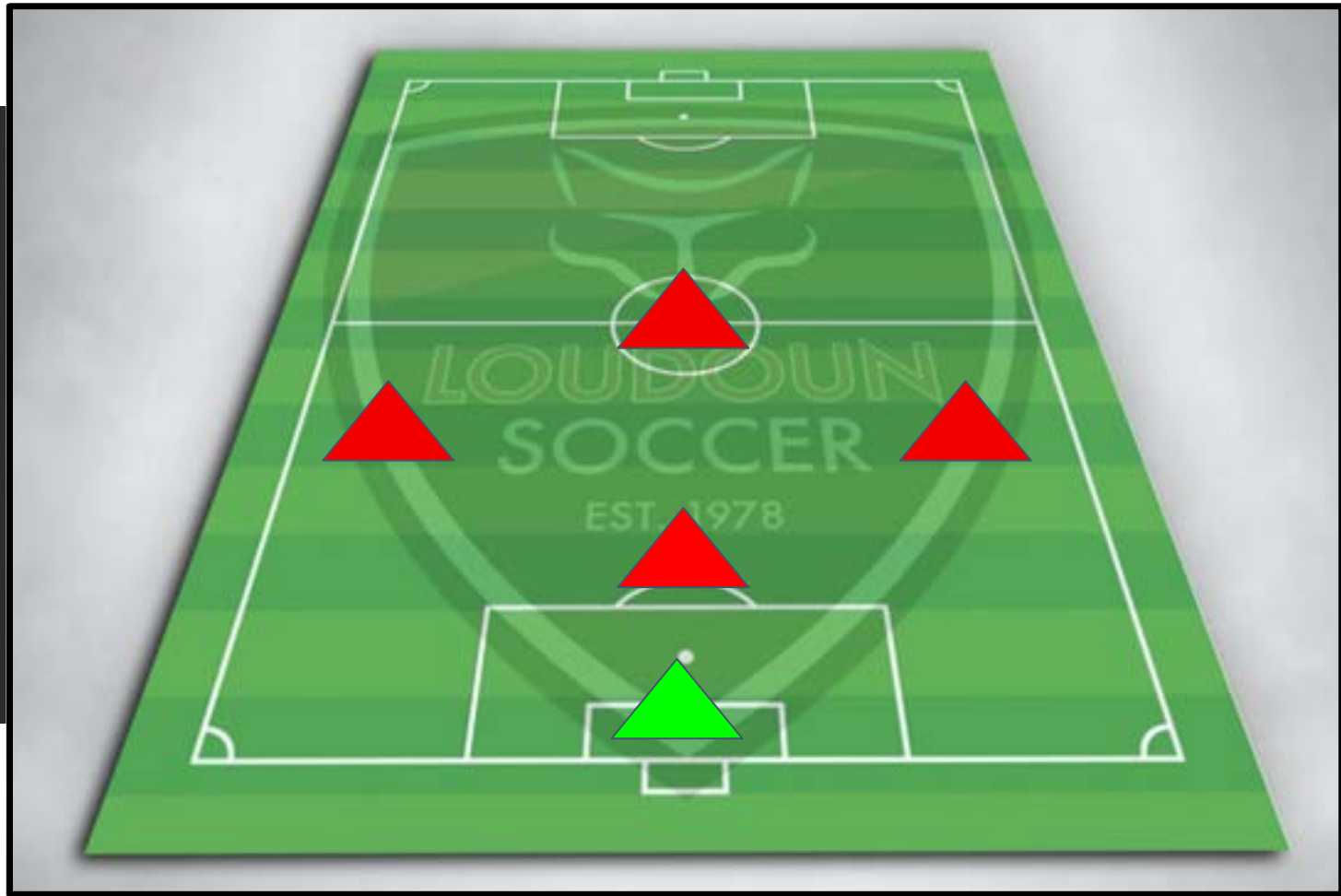
# 5v5 Formation: 1-1-2-1

Focus:

Technique

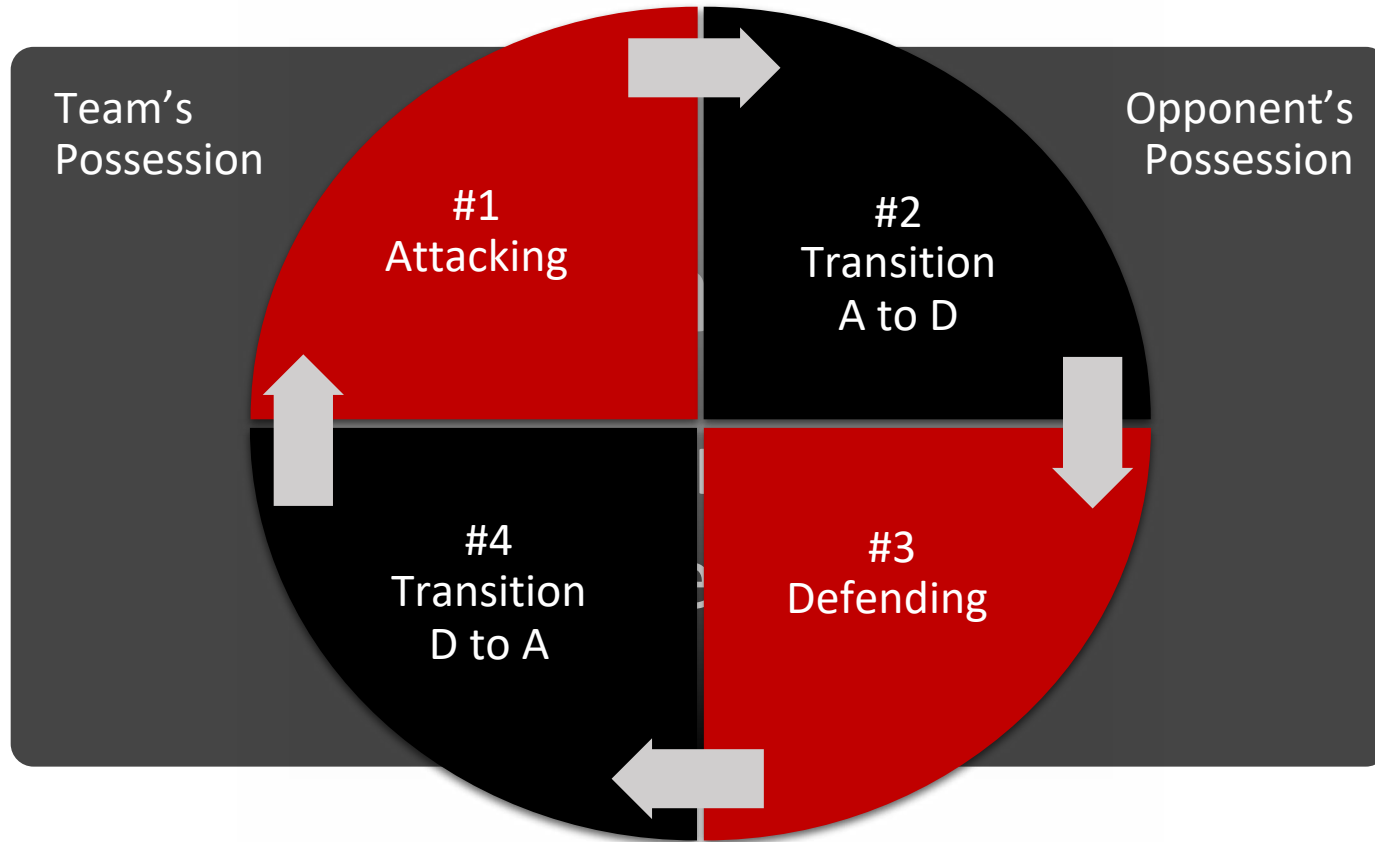
Awareness

Communication



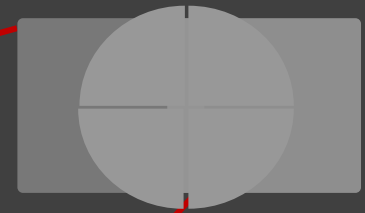
# Style of play

Framework for dissecting the four soccer "moments"



# Team's Possession

Moments of play



## Team's Possession

### Progression

- Passing & Receiving
- Possession
- Breaking Lines

### Unbalancing

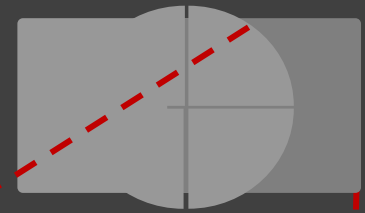
- Dribbling
- Running with the Ball
- Combinations

### Finishing

- Ball Striking
- Breakaways

# Opponent's Possession

Moments of play



## Opponent's Possession

### General

- Deny penetrating passes between our lines

### Deny goal scoring chances

- Press to win the ball back
- Support

### General

- Compact when out of possession

# Other Topics



## Communication

Let Daryn Patricio know of any conflicts as soon as possible via email



## 24-hour Rule

Please wait at least 24 hours after a game to bring any questions or concerns regarding your player

Face to face conversations or phone calls are preferred



## Playing Time

Playing time will be as close to equal as possible



## Trust the System

This is a marathon, not a sprint

Development takes time

Every player has a different journey

Loudoun Soccer has a tremendous success rate



## Goals for Parents

Encourage your player to compete against themselves

Don't define success and failure in terms of winning and losing

Don't coach from sidelines (practice or games)



# Cognitive Overload - the Game is Already Complicated Enough



# Other Topics



## Uniforms

Our uniform supplier is Adidas

Wear correct color schemes



## Training

Be early for training

Please email Daryn if you have any conflicts



## Player Positions

Players will rotate positions throughout the season



## Compete

We do not judge our players on wins or losses

We will attempt to push your child beyond what they think their limits as a player are



## Our Commitment

Subsidizing the program to reduce costs for families

Providing the best coaches and trainers from our Travel staff

Creating and implementing an age-appropriate curriculum



# Thank You



[Daryn.Patricio@loudounsoccer.com](mailto:Daryn.Patricio@loudounsoccer.com)