



U.S. SOCCER
DEVELOPMENT
ACADEMY

MEMBER

McLean U-12 Development Academy

Program Information Session
March 14, 2016



Overview

- The U.S. Soccer Development Academy program provides education, resources, and support to impact everyday club environments in order to develop world-class players.
- The Academy was created in 2007 to focus on individual player development.
- The Academy philosophy is simple:
 - More training, higher quality training, less games, and more meaningful games with proper rest ratio.



Academy Program Objectives

- Individual Player Development within team concept
- Improving quality of coaching for players (required license, annual training plan)
- Shift away from results-driven philosophy
- Promote holistic approach to development: respect, lifestyle, personal responsibility

U-12 Age Group

- Critical Stage of development
- Streamline path for players
- Localized programming to reduce travel distances and cost
- Zone 1: ages 5-12
- Zone 2: ages 13-18
- Zone 3: ages 18+

Goals

- Focus on Training (3 days per week, higher quality)
- Less Games
- More Meaningful Games
- Limit Travel and try to reduce cost
- Fun
- Age-appropriate learning environment

Logistics / Details

- For 2016-2017 Seasonal Year, the Academy Birth Year for the U-12 age group is 2004.
- Game format: 9v9, 2x30 min halves, 1 referee
- Rosters: 26 player pool max. Game day rosters are fluid, can change weekly to use different combinations of players.
- Coaching: minimum “B” license for coaches, “A” for directors
- Travel distance: ideal max travel 1.5-2 hours to games

Schedule

- Training: 3 times per week
- Games: 1 per weekend during competitive period
- Rest: minimum 2 off days per week
- No participation in other soccer competitions balance meaningful training and games with appropriate rest periods
- Avoid early specialization (position, other sports /activities)
- 9 ½ month season increases meaningful training time

Game Day Environment

- Game focus on player performance over winning at all costs
- 9v9 format enhances development of attacking elements and introduces basic defensive concepts
- No standings or postseason to de-emphasize results, encourage individual performance, reduce costs
- Respect: game, opposition, spectators, and referee
- Home team required to provide an ATC at all home games

Playing Time and Substitution Philosophy

- Longer periods of playing time and less frequent interruptions
- 50% minimum game time per week per player; re-entry permitted
- Target subs at mid-half - - 15 and 45 minutes.
- U.S. Soccer Player Safety Initiative “Concussion Substitution” rule is in effect

Schedule

- August: Preseason
- September – November : Fall Competitive Period (12 games)
- December: Transition / Break
- January – February: Futsal Period
- March – June: Spring Competitive Period (16 games)
- July – August: Break / Preseason



MidAtlantic Region

- 8 teams
- McLean, Arlington, Baltimore, Bethesda-Olney, D.C. United, Loudoun, Prince William, Richmond United
- 28 games

Outside Competition

- A full-time Development Academy player is not permitted to compete or guest with a non-Development Academy team.
- Full-time Development Academy players are required to forego interscholastic soccer.
- The Development Academy permits clubs to compete against elite opposition outside of the program with permission.
- The Development Academy does not have restrictions against playing another sport. The club and the player should make the determination in the best interest of the player. A variety of athletics at a young age aids in the development of athletes, but the expectation is that all players meet all training and game commitments while registered in the Development Academy.

McLean Program

- ID Sessions
- Tryouts
- Notification
- Team formation schedule



McLean Program Specifics

- Staff and Roles
- Fees - \$2100 – 2300 per player for the seasonal year
- Financial Assistance: Available for players who qualify.
- Commitment

Player Pathways

- Plans for U13 / U14
- Important Note: 2017/2018 – U-12 Development Academy program will be 2006 and younger
- Plans for current 2005 birth year players
- Players who are NOT chosen for the Development Academy
 - Opportunities with Development Academy