

## Why Play with RYSA?

For more than 35 years, the Rochester Youth Soccer Association has served Rochester and its surrounding communities through its soccer programs. Today, RYSA offers year-round soccer opportunities for a wide range of youth, from beginning recreation players to advanced traveling players. We believe that RYSA is an association worth playing for, and here's why!

### General RYSA Info

- Year-round programs for a wide range of soccer skill levels
- Full-time coaching and administrative staff to assist with player, family and coach needs within the context of RYSA's rules, procedures and policies
- Dedicated volunteers who work to assure that programs run smoothly
- More than 35 years of soccer league and training experience in the Rochester community and surrounding areas

### RYSA's Recreation Program

- Low-pressure soccer environment
- Promotes fun and skill-building, doesn't focus on "winning at all costs"
- Positively introduces youth to the sport of soccer
- Helps players and their families build relationships with other players, coaches and RYSA staff and volunteers
- Great exercise
- Wholesome fun for the whole family
- A nice way to enjoy a warm spring or fall Saturday
- Dedicated volunteer coaches

### RYSA's Traveling Program

- Follows the guidelines of the United States Soccer Federation and United States Youth Soccer Association
- Promotes and participates in league play model of soccer development:
  - \* **Why League Play for Player Development:** League play, with games that are interspersed with periodic training, is the same model used in the major European and South American clubs and their leagues. The training-game-training model allows players to work on skills, test themselves in a game, and then return to build on what they have found out in the game. The cycle repeats, and players develop.
  - \* **Why Development is impeded in tournament only play:** Tournaments, at best, involve playing at least one game per day and sometimes more over several days. This does not allow for interspersed training to work on skill development or game understanding. The fatigue that develops over several games played in close succession has been shown to erode skill and game understanding due to fatigue. This is why US Soccer and US Youth Soccer recommend the league play model of player development.
  - \* **League Play is based on sound education and learning theory:** League play interspersed with training session is like studying for a test. We know that students show the best mastery of knowledge and skill when it is developed over time, or when learning is "distributed". Tournament play uses more of a "cramming" or "massed practice" approach which does not enhance learning and skill development as well as the "distributed" learning approach in a league format.
- Provides United States Soccer Federation licensed coaches
  - \* All RYSA spring traveling head coaches have at least a USSF "E" certificate, and a number of RYSA coaches are "D" and "C" licensed coaches. Many RYSA coaches also serve on the coaching staffs of area high schools and middle schools. These U.S. soccer licenses are officially recognized by soccer's international governing body: the Federation Internationale de Football (FIFA). Coaching credentials such as Coerver and Tetra Brazil and even NSCAA are not affiliated with any of soccer's official governing bodies.
- Opportunity to test skills against other players around the state
- Emphasis on skill-building and player development

Numerous RYSA traveling players have gone on to play soccer at the high school and collegiate levels.