

RYSA presents an exciting, new program for U9-U10 Fall Traveling Soccer

The **RYSA Traveling Prep Academy** is a new program directed toward our U9 & U10 players that will focus on three main areas:

Developing Players – focusing on age-appropriate player development activities in accordance with the United States Soccer Federation’s **Best Practices** recommendations. (This document can be found on the USSF website at <http://www.ussoccer.com/Coaches/Resources.aspx>).

Building Soccer Community – establishing a fun training environment that encourages players to develop a love of the game, as well as supportive relationships with other players.

Optimizing Soccer Time – maximizing the time working with the ball and minimizing the time spent doing non-developmental tasks (e.g., driving to The Cities).

The **Traveling Prep Academy** will be an “in-house” development program. The program will take place three nights a week (Mondays, Tuesdays and Thursdays). Two nights each week (Mondays and Thursdays) will be training nights and the third night (Tuesdays) will be a game night. All the players in the U9 & U10 age groups will meet at the **Watson Soccer Complex** for training and games. The sessions will run from **6:00-7:15 pm**. The Academy will run **September 13 – October 21, 2010**.

Training – There will be one head coach for boys and one for girls. Each head coach will have an advanced USSF license and mentor a number of assistant coaches. RYSA Coaching Director Neil Cassidy and RYSA Player Development Director Chris Belcher will provide the curriculum and lesson plans to each head coach, who, in turn, will communicate these plans to the assistant coaches. The assistant coaches will run the training sessions under the supervision of the mentor head coach. Players will be divided randomly into equal groups at each training session.

Games – On game night, players will be split randomly into teams. Games will be played 6 v 6, with different variations of standard play (for instance, one week it may be four goal soccer, another week the game may limit the number of touches, etc.). The assistant coaches will help with substitutions and facilitate the game. Players will be calling their own fouls.

The **Traveling Prep Academy** aims to help players reach their highest level of soccer competency & creativity. This new program will allow players to reach this goal through **age-appropriate**, focused **training** and encouragement of **creativity on the ball** in a supportive environment.

This new program will also enhance the idea of community within our club. As your child plays with, and against, different players each week they will grow in their relationships with other RYSA players.

Having already spoken to a number of coaches and parents involved with this age group, we have a real sense of excitement over the **Traveling Prep Academy**. We strongly believe that this program’s focus on the United States Soccer Federation’s **Best Practices** will develop better all-around soccer players.

The program will take the place of RYSA’s traditional fall traveling soccer program for our U9 & U10 players. For more information, contact Neil Cassidy at 507-280-7584.