



**NORTH WHIDBEY SOCCER CLUB
ACADEMY PROGRAM
PLAYER NOTEBOOK**

I BELONG TO:

Hi Parents and Players,

Thank you for considering the Academy Program from North Whidbey Soccer Club. We appreciate your time, investment, and trust in the days and weeks ahead as your player begins or continues their journey in the beautiful game.

We currently provide five training session groups for field players, a goalkeeping academy, and a leadership program to continuously push your player to keep getting better each day.

Our goal is simple: to have your player practicing at an appropriate level for their current skills. By using an open-ended structure, anyone can proceed through our required outcomes at whatever pace they prefer.

Although we will push your player to be the best at each session, soccer is a team sport at all levels.

The highest success levels for players come from a cooperative approach between parents, coaches, siblings, friends, and teammates. When soccer is fun for everyone, we see the fastest learning and comprehension development on the pitch.

No matter where your skill level is right now, our coaches will help you start getting better from the first practice session!

We'll give you our best with each session. When you can do the same, you'll find that your investment in the NWSC Academy can offer immediate dividends.

Whether you're with us for a month, a season, or the entire year, we appreciate your support in building soccer here in our community. If you have any questions about your player's progress, please feel free to communicate with your coach or send an email to nwscacademy@gmail.com at your convenience.

We will get you the answers you need as soon as we can.

Thank you once again for the opportunity to be of service. We look forward to meeting you for the first or the next time soon!

- Your NWSC Academy Coaches

NWSC Academy Rules

We believe that soccer is a beautiful game because it is simple. Our coaches take a similar approach to the rules we ask all players to follow.

1. **Be respectful.** It's difficult to learn something new when you aren't paying attention, trying to hurt someone, or being rude.
2. **Be healthy.** COVID-19 changed the way we think about soccer. Rules sometimes change, which means we might need to wear facial coverings, maintain social distancing, and take care of ourselves at home.
3. **Be consistent.** We all run late some days. If you won't be attending a training session, please contact your coach or notify the Academy Director over TeamSnap.
4. **Be supportive.** Our training sessions have players covering a wide skill range. Since our goal for everyone is to get better, a supportive and positive environment is always better.
5. **Be safe.** Soccer is a contact sport. Wearing your protective equipment, cleats, and going into a tackle correctly must be priorities. Please remember to leave your jewelry at home or in your vehicle to avoid potential injuries.

Most situations on the pitch are handled by your player's coach with a simple reminder of these rules. When repeated concerns occur during the same session, your player might get asked to take a break to calm down away from the group.

If a player attempts to purposely injure another player, our coaches will have a conversation with them about what happened. Repetitive issues in this area can lead up to and include removal from the program without a refund.

Since no one wants that, our goal is to work together to find creative solutions for each situation. We take a positive, individualized approach to ensure we all get to have fun playing the game we love!

Thanks for joining us on the pitch!

NWSC Academy Curriculum

The NWSC Academy uses the 2018 U.S. Soccer Curriculum for training activities.

What is unique about the U.S. Soccer library is that coaches from across the country upload different ideas during their core training sessions that anyone can review. This attribute allows the Academy program to implement or modify hundreds of different scenarios to individualize each training session.

For players to earn a play-up opportunity, they must first qualify for testing unless the Academy Director and the player’s coach both agree to waive this step.

All players (including those with testing waivers) must meet these outcome expectations in the opinion of the Academy Director and attending coaches before playing up is permitted.

<p>U6 Academy:</p>	<ul style="list-style-type: none"> • Demonstrate an ability to dribble forward while keeping the ball close. • Can take an accurate shot at goal. • Recognizes when there is a forward pass available. • Can protect the goal and attempt to safely steal the ball.
<p>U8 Academy:</p>	<ul style="list-style-type: none"> • Demonstrates all U6 outcomes. • Understands out to spread out the field. • Creates passing options for teammates. • Supports a forward attack. • Recognizes when to get compact in front of the goal (called “Close the Door”). • Keeps the formation compact on defense (called “Keep the Door Closed”).
<p>U12 Academy:</p>	<ul style="list-style-type: none"> • Demonstrates all U6 and U8 outcomes. • Understands how to change the point of attack. • Recognizes opportunities for 2v1 and 1v1 offensive situations. • Demonstrates understanding of pressure/cover/balance. • Recognizes situations where outnumbering the opponent is possible. • Can change the pace and rhythm of the game. • Understands how to switch positions. • Stays involved in the game without chasing. • Can mark an area or individual players. • Can demonstrate at least two skill-based movements.

	<ul style="list-style-type: none"> • Recognizes through ball situations, wall passes, and running off the ball. • Demonstrates heading ability (optional based on age). • Can take the ball down without using the head with accuracy and consistency.
U13+ Academy:	<ul style="list-style-type: none"> • Demonstrates all U6, U8, and U12 outcomes. • Can accurately dribble, pass, and shoot with all parts of the foot. • Understands the dynamics of heading the ball safely. • Can demonstrate at least three high-skill moves on the ball. • Transitions from offense to defense (or reverse) as quickly as possible. • Can rotate into all field player levels within a three, four, or five level formation. • Identifies the responsibilities of their preferred position on the pitch.
Advanced Academy:	<ul style="list-style-type: none"> • Demonstrates all previous outcomes. • Can identify the primary responsibilities of each player position on the pitch. • Takes an active role in communicating with teammates and leading training sessions. • Can demonstrate at least four high-skill moves on the ball. • Initiates pressure/cover/balance without coach prompting. • Shows shooting accuracy to any portion of the goal upon request.

What Happens If My Child Graduates from the Advanced Sessions?

Players that test out of the Advanced Academy program enter into the NWSC Leadership Training program. This outcome provides some specific responsibilities.

- Players join the Academy Helper program to learn in real-life leadership opportunities. (Background Check, SafeSport, safety certifications as needed are required)
- They continue training within the Advanced program as a player.
- These players receive first priority for any competitive team placements.
- Receive certification and a personal recommendation letter from the Academy Director for high school or college athletics.

U6 Academy Program Checkoff Sheet

SKILL DESCRIPTION	COACH INITIALS
Demonstrate an ability to dribble forward while keeping the ball close.	
Takes an accurate shot at goal.	
Recognizes when there is a forward pass available.	
Can protect the goal and attempt to safely steal the ball.	
Has permission to proceed with testing.	

COACH'S COMMENTS:

U8 Academy Program Checkoff Sheet

SKILL DESCRIPTION	COACH INITIALS
Can demonstrate all U6 curriculum outcomes.	
Understands what it means to spread out while on the pitch.	
Creates passing options for teammates when they appear.	
Understands how to support a forward attack toward goal.	
Recognizes moments when to get compact (close the door) in front of the goal.	
Keeps the formation compact on defense (keeping the door closed).	
Has coach's permission for testing.	

COACH'S COMMENTS:

U10/U12 Academy Program Checkoff Sheet

SKILL DESCRIPTION	COACH INITIALS
Can demonstrate all U6 and U8 curriculum outcomes.	
Understands how to change the point of attack.	
Recognizes opportunities for 2v1 and 1v1 offensive situations.	
Demonstrates understanding of pressure/cover/balance.	
Recognizes situations where outnumbering the opponent is possible.	
Can change the pace and rhythm of the game.	
Understands how to switch positions.	
Stays involved in the game without chasing.	
Can mark an area or individual players without prompting (check-in/checkout).	
Demonstrates at least two skill-based movements with consistent accuracy.	
Recognizes through ball situations, wall passes, and running off the ball.	
Demonstrates heading ability (optional based on age).	
Can take the ball down without using the head with accuracy and consistency.	
Coach grants permission for testing.	

COACH'S COMMENTS:

U13+ Academy Program Checkoff Sheet

SKILL DESCRIPTION	COACH INITIALS
Can demonstrate all U6, U8, and U12 curriculum outcomes.	
Can accurately dribble, pass, and shoot with all parts of the foot.	
Understands the dynamics of heading the ball safely.	
Demonstrate at least three high skill moves on the ball.	
Transitions from offense to defense (or reverse) as quickly as possible.	
Can rotate into all field player levels within a three, four, or five level formation.	
Identifies the responsibilities of their preferred position on the pitch.	
Coach has given permission to test to the Advanced Program.	

COACH'S COMMENTS:

Advanced Program Checkoff Sheet

SKILL DESCRIPTION	COACH INITIALS
Can demonstrate all U6, U8, U12, & U13+ curriculum outcomes.	
Can identify the primary responsibilities of each player position on the pitch.	
Takes an active role in communicating with teammates and leading training sessions.	
Demonstrates at least four high skill moves on the ball.	
Initiates pressure/cover/balance without coach prompting.	
Shows shooting accuracy to any portion of the goal upon request.	
Coach grants permission to test into Leadership Program.	

COACH'S COMMENTS:
