



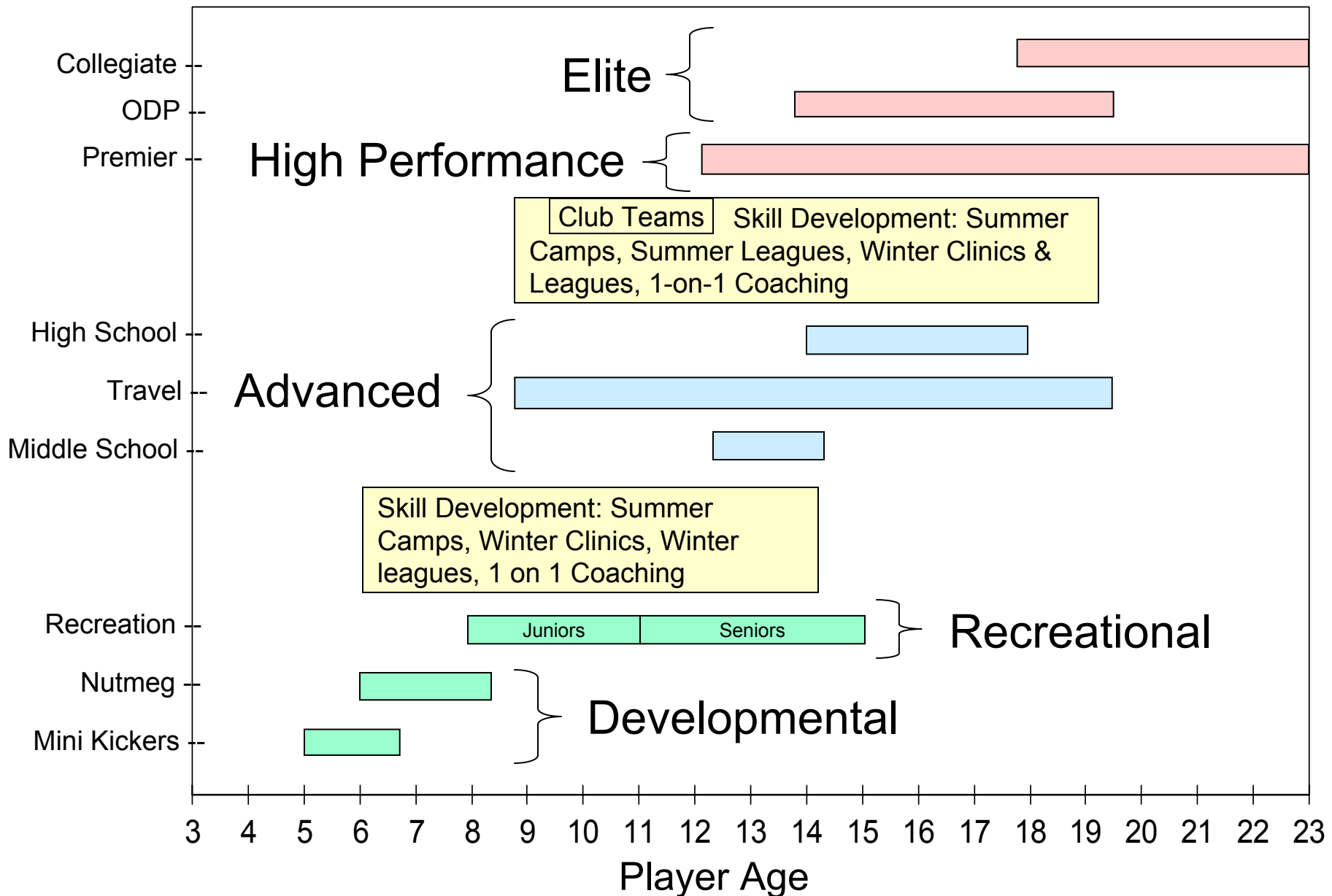
Soccer Player Development Guide



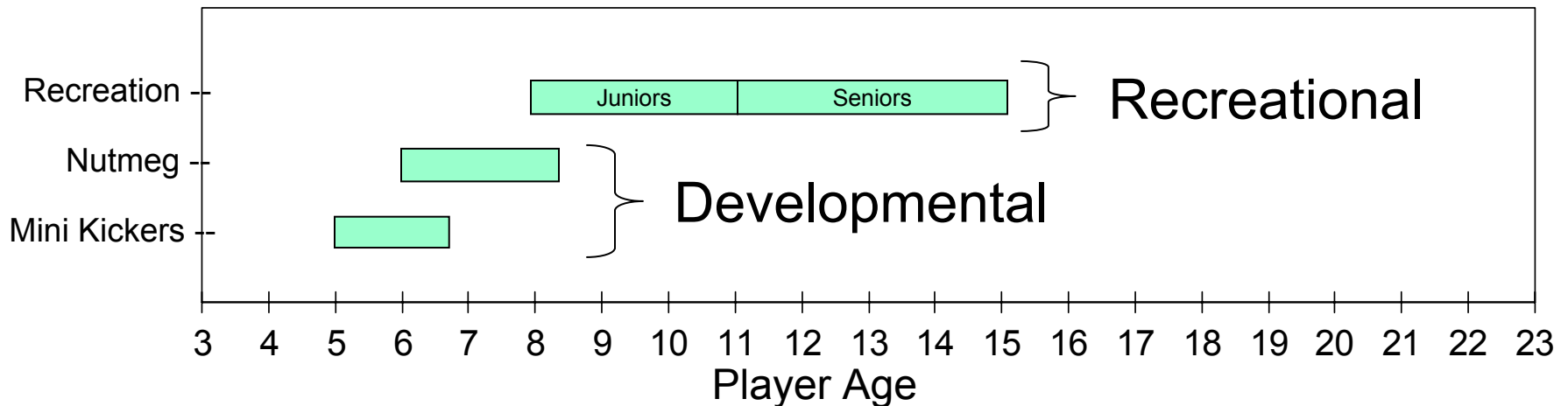
Soccer Player Development Guide

As parents we all understand the role sports participation plays in a child's development. At the younger ages it is important to allow your child to experience as many different sports as possible. This guide was developed to help the parents with a child that has expressed an interest in soccer and would like to understand the different levels of skill development and competitiveness. It is important that you have helped your child achieved the right level to maximize a positive experience. Because in the end, it is just a game, and very few will make soccer their livelihood as an adult.

Soccer Player Development Roadmap



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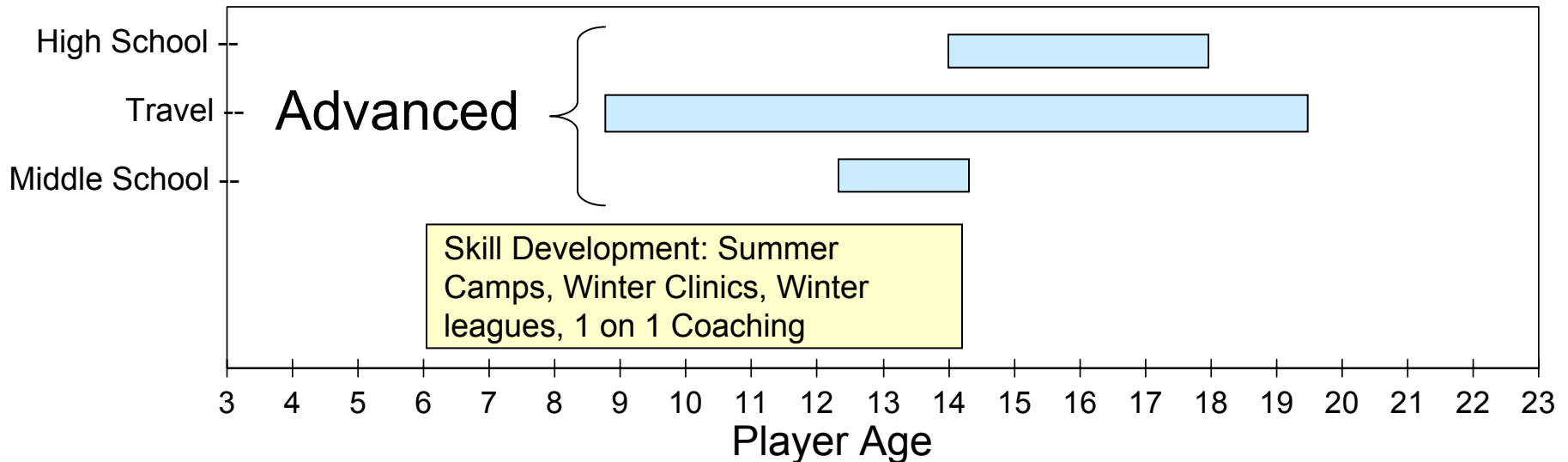
Mini Kickers – Designed to be a player’s introduction to soccer. Drills and games are formatted to teach the fundamental soccer skills while having lots of fun and generating a player’s enthusiasm for the game.

Nutmeg - Designed to continue a player’s technical skill development with the additional training of the fundamentals of how the game of soccer is played. Again this is done with fun drills and games but with a little more competitiveness and soccer rule discipline.

Junior Recreation (Rec) – Designed to be a players introduction to soccer played on a small full field. Games are played 8v8 with referees and most of the rules of soccer. The primary focus is on playing fun competitive games with some basic player development.

Senior Recreation (Rec) – Designed for the older players that play soccer for fun and recreation. Games are played 11v11 on full fields with referees and all the rules of soccer. The primary focus is on playing fun competitive games with less focus on player development.

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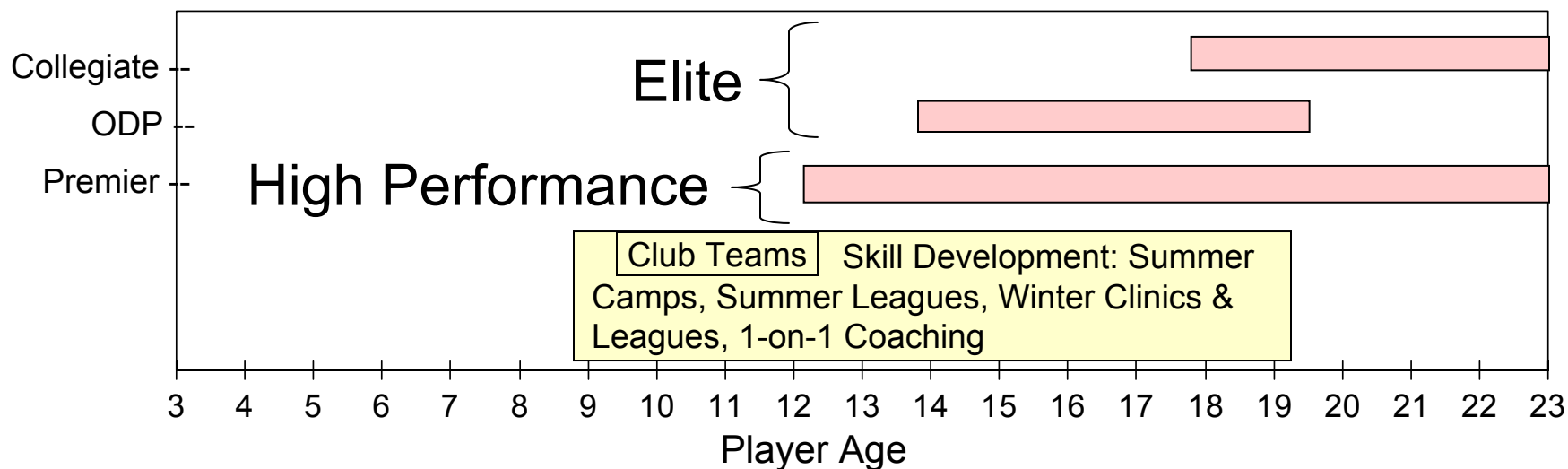
Travel Soccer – It's an opportunity for the soccer player who wants to be better by getting additional training and playing at a higher level of competition both in practice and games. But most importantly it is to have FUN playing soccer. Travel is for the players that enjoy competition. There are tryouts - only the best of each age group make the team. These players train with and against each other. They play the best players from other local towns. They have to practice and play harder. Generally players transition to Travel between ages 9-11, the earlier the better. More information on travel soccer can be found on the BYSA website (bysa.org).

Middle School – Is a soccer program organized through the school system. Generally played in 7th & 8th grade. Competitive soccer played against other town's middle schools.

High School – Is a soccer program organized through the school system. There is usually a Junior Varsity and Varsity team. Very Competitive soccer played against other town's high school teams.

Skill Development – There are many supplemental skill development programs that are available to help a player improve and transition easier from the Developmental and Recreational levels into the Travel and School levels of play. These include summer camps, winter clinics, winter leagues and 1-on-1 coaching. These are offered through many local soccer clubs. The BYSA Travel coaches, Travel Supervisor or Town Player Development Officer should be able to give parents advise and guidance.

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Premier Soccer – The Premier programs target the serious, elite players looking to play at the highest level in the U12 through U23 age groups. Premier teams will participate in the state league and participate in regional and possibly national tournaments. The goal of the premier programs is to provide a talented and challenging environment designed to develop soccer players to their greatest potential. It is also structured to give players the best exposure and preparation to play in college. Generally players transition to Premier between ages 12-13, the earlier the better. More information can be found on the Conn. Junior Soccer Association website (CJSA.org) and the US Soccer Region1 website (region1.com).

Olympic Development Program (ODP) – This program was formed to identify a pool of players in each age group from which a National Team will be selected for international competition and to provide a high-level of training to benefit and enhance the development of players. The program was introduced to help identify potential national team youth players through an organized series of trials which begins at the district level, progresses through the state, region and finally at the national level. The program also serves as a means of development as the better players are brought together for training and prepared for interstate, interregional and international competitions. More information can be found at CJSA.org and region1.com

Collegiate – Is the soccer programs organized through specific universities and colleges. There are several levels of college divisions. If you are the parent of a very talented soccer player that aspires to play at the collegiate level, it will be important, during the players high school years, that you very thoroughly research and understand the collegiate opportunities and recruitment process. There are volumes of literature on this topic.

Skill Development – There are many supplemental skill development programs that are available to help a player improve and transition easier from the advanced levels into the higher levels of play. These include summer camps, winter clinics, winter leagues and 1-on-1 coaching. These are offered through many premier soccer clubs. Many premier clubs also have club teams that start at the U10 level.