



SRFC U9-U11 ACADEMIES

Information Packet 2017

San Ramon FC
12885 Alcosta Blvd., Suite B
San Ramon CA 94583
(925) 973-0535

SRFC U9-U11 Competitive Program Introduction

The San Ramon FC (SRFC) U9-U11 program philosophy provides our young players with the best possible start to their soccer experience. This information is provided to help those not familiar with the SRFC competitive program understand our program philosophy.

The focus of the SRFC U9-U11 programs is to guide and develop young soccer players through the ever important golden years of player development, where the learning environment and coaches can have the biggest impact on children. The SRFC staff coaches who will be working with these players are superb at training and understanding young children. The focus at this age is to create a fun and enjoyable environment where children can learn and play under the guidance of coaches who excel with youth development.

Children at this age are like sponges, absorbing a great deal of what they see and experience first-hand. They are also capable of developing a serious love of the game at this age if exposed to the right environment. By providing a nurturing atmosphere for young players, the SRFC U9-U11 competitive program helps develop positive habits and attitudes, which in turn help create the foundation for soccer excellence in future years. Creativity and enjoyment are highly encouraged through training and games, as kids who enjoy the game in these youngest ages most often thrive, and are much more likely to be playing and enjoying the game for years to come.

Our academy program focuses on the development of the individual player versus the on-field results of any game or season. It is much more important to develop players within the proper framework at this age as opposed to demanding that a team win at all costs. If the goal is simply to win there are shortcuts that coaches can take at the expense of developing the player and the team. Our ultimate goal is to help each child in the program develop skills and techniques to play the beautiful game with creativity, passion and a better understanding of their role within the game.

PROGRAM GOALS

IMPROVING TECHNIQUE

When players improve their technical ability they grow in confidence and give themselves a greater capacity to process information, which is vital in the development of young soccer players. Improving individual technique within the game is our focus.

IMPROVING MOTOR SKILLS

Focus on helping players develop and improve their basic psychomotor skills, coordination, balance, and agility.

IMPROVING TEAM WORK

Primary focus of the program is on 1v1 play and creativity. However, the staff will also encourage interaction between teammates through small group activities to enhance skillful and imaginative play. For example 2v1, 2v2, 3v3 and 4v4 games/activities supplement the individual skill training. The focus is to appropriately apply technical skills they learn in training into the game environment with teammates in small groups, with the goal of mastery as players graduate to the 11 vs 11 game format and competitive program.

ENJOYING THE GAME

It is critical that players have fun and enjoy the game. To do so, the staff creates an environment that is fun and exciting for the players as they learn new skills and make new friends. The staff believes that kids who enjoy the game of soccer tend to improve more quickly, and are much more likely to be playing and enjoying the game in the future.

You will notice that nowhere in these goals is winning placed above player development, learning, and fun. In fact, winning as an end in itself is not written anywhere in these goals, though we do promote our players to be competitive and play to win by focusing on the developmental program goals. The entire emphasis of play in our youth development stages is on learning skills, improving decision making and learning to compete while having FUN.

PROGRAM FORMAT

CONCEPT

The SRFC U9-U11 Program will be open to up to 50 players in each age group and gender. Teams train three times per week, each age group typically at the same location. Players will be exposed to different age group coaches during training in early spring, ensuring they get the best of what each coach has to offer. Coaches will evaluate players' progress during this time and select formal teams for the 2009s (U9), 2008s (U10s) and 2007s (U11) by April 2, 2017.

TEAM FORMATION

All players are evaluated by the club's professional staff throughout the previous soccer season and/or at the club placement dates in January each year. Players are selected based on skill level, athleticism, soccer IQ, and attitude.

The Boys/Girls Technical Directors will oversee the selection process of all potential program players. Once selected into the program, the academy staff will work together to train all players during the spring months to determine on which team each child will be placed. We highly encourage players to attend as many sessions as possible in order to be placed on the appropriate team.

There is a flexibility to adjust rosters depending on the rate of development a child exhibits, but any movement is at the sole discretion of the Technical Directors and staff when deemed appropriate. Teams may be shuffled and mixed for various competitions over the course of the year with flexibility provided by the academy style format, but mostly players will stay with the group in which they are assigned to at the end of the spring season.

TRAINING FORMAT

Players are identified and grouped by ability/skill on most training days. Players will train three times per week. The staff will teach and encourage players to effectively apply technical ability, insight, creativity and confidence while training and playing.

On a minimum of one day per week during spring the practice format will consist of station style group training. Simply put, each training session will consist of a number of stations that vary in theme, i.e. dribbling, passing, finishing. Groups will rotate through each different station in order to experience all activities and coaches. The groups will be organized by skill level in order to keep the training environment challenging for all involved. Once teams are formed players will train with their assigned head coach two days per week. This coach will be the one that is with them on game days.

Players will be encouraged to improve at home with the introduction of the SRFC Dribbling Moves Reference Sheet and the SRFC Juggling Program. These skills will be assessed throughout the season, with recognition given to encourage practice outside of the club setting.

The Advantages of Group Training

- Player development at the youngest ages is very fluid due to different rates of physical and mental maturation amongst kids. The group training system rewards players who continually work to improve their skill and understanding of the game throughout the season without limiting kids to one team.
- Players are placed in an environment that allows them to develop an awareness of the "club culture."
- Gives the SRFC program staff a chance to keep an on-going evaluation across the entire age group.
- Age group training is a competitive cauldron giving players a chance to learn from, and measure themselves against, the best talent of their own age group.
- Group training allows SRFC to build the future of the club.
- Group Training is NOT a lowest-common-denominator approach. We firmly believe in placing the best players together to train, compete and push each other. The most effective U9 player may not be the best U11 player in three years' time, so our training environment must encourage every player.

COACHING

Each team will be assigned a club staff coach for their games. SRFC certifies its entire coaching staff through national and international coaching courses, and the staff work together to implement the club curriculum for all players.

All coaching should be left to the coaching staff, and parents should not offer advice to players during games or practice. Parents should refrain from giving any tactical feedback to players regarding performance unless they have consulted with the coach as they may give contradictory information which can lead to confusion or frustration for the player.

The decisions made for the groups, such as playing time and movement between teams, are the sole responsibility of the Technical Directors and head coaches.

BE POSITIVE!

POSITIVE PARENTAL SUPPORT

Positive support is vital during times of disappointment, not just when things are going well. The ups and downs are a natural part of a young soccer player's developmental success if handled appropriately. Positive parental support does not include coaching your child from the sidelines.

POSITIVE ENCOURAGEMENT

Positive encouragement from parents is vital in helping young soccer players succeed and enjoy the game. The job of the parents is to be their child's biggest fan. Positive feedback and encouragement should outweigh constructive criticism. This allows players to grow in confidence, which is a key to success in soccer, or any other sport.

POSITIVE COACHING

Positive coaching from our staff is very important to our players' development. We must ensure that our players are instilled with confidence, understand the coach's instructions, and also have the ability to handle constructive feedback from the coach. Encouragement at this level is a massive motivational tool to making our players successful, creative and well-rounded soccer players.

IN SUMMARY

As a club, we know that the age group training system will benefit your child and accelerate their development in the game of soccer. We believe that by implementing these ideas, players improve at greater rate, all while having fun in a safe and positive environment. The SRFC Coaching Staff is confident that your child will thrive in a setting that encourages creativity and skill rather than in one which is focused on results and standings. If you have any questions that this packet has not answered, please feel free to e-mail the Boys Technical Director, Mani Salimpour at msalimpour@sanramonfc.com or the Girls Technical Director, Zlatko Tomic at ztomic@sanramonfc.com.

SAN RAMON FC U9-U11 Academies FAQ

What is the Program Philosophy?

The SRFC competitive program emphasizes the technical development and understanding of the game without the pressures of short-term win/loss records or results. In taking the pressure of winning as a priority away we feel that players will learn to enjoy and love the game.

How does my child get into the SRFC competitive program?

San Ramon FC's Technical Staff will contact your family with a direct invitation for your child to register with the program OR with information regarding the open assessment day(s) in January/February each year.

When will we know on which team our child is placed?

Your child will not be placed on a specific team initially. They will be invited to join the SRFC Academy in their respective age group following tryouts, and when training begins in March the staff will assess all children and where they will best be suited within the tiered structure of the age group, then announce team formation for the 2009s (U9), 2008s (U10), and 2007s (U11s) on Sunday, April 2, 2017.

Regardless on which team a child is placed, they will receive exceptional training, and a coach who cares about each child and the developmental process. A player does not have to be playing on the highest level team to be developing well. The most important thing for a player's development is that they get the right level of challenge...just the right amount of adversity and confidence. When a challenge is too difficult for a player they become discouraged, lose confidence and ultimately do not enjoy what they are doing.

How is the weekly schedule structured?

Trainings will be held three times per week during the season; 2 days outdoors, and 1 day in our futsal facility.

Is there much movement of players from team to team in this system? If so how is this communicated?

The majority of the time players are placed in the correct team or group right after the initial team placements April 2. This system, however, does allow us to make adjustments throughout the season if players are either excelling or need the benefit of a more appropriate level of play. If players are to be moved between tiers, this will be communicated to the parents and the players ahead of time through the Technical Director and/or staff.

Who will SRFC teams play?

SRFC teams will compete in the NorCal Premier Soccer League against teams from other soccer clubs in our area. There are a variety of divisions within each age group, and SRFC teams are placed into divisions against teams of similar skill and ability.

How far will we have to travel?

Travel is kept as local as possible. Most games will be within the East Bay Area (Livermore, Castro Valley, Danville, Pleasanton, etc.), but teams may travel beyond that a couple of times each season. There is one end-of-season tournament in Sacramento or Davis each November, and most other tournaments are within a 25 mile radius (usually closer) and do not require overnight stays. Scrimmage games are also held in the surrounding areas throughout the year.

When will we know the schedule of games?

Game schedules are created by administrators of our playing league, NorCal Premier, and typically released a few weeks prior to the start of the spring and fall seasons. Tournament schedules are announced in early spring.

What is the playing format?

The U9 and U10 teams will play 7v7 throughout the entire season. U11 teams will play in the 9v9 format.

Will teams still enter tournaments throughout the season?

Yes. Each team will enter three tournaments in the summer/fall, and compete in NorCal State Cup.

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Where are practices held and what days and times?

The practice schedule for all age groups will be announced after tryouts.

When does the SRFC program season start and finish?

Training will begin the week of March 13th. Games in the spring begin near mid-April (about 8 games), and end in early June. There is a summer break in June and training resumes the week of July 10, 2017. Scrimmages and tournament begin in summertime. The U9-U10 Fall league seasons (8-10 games) begin the Saturday after Labor Day, and end the before Thanksgiving. The U11 season is extended, and depending on a teams' level of play, can extend into December or January.

What is the cost of the SRFC Program?

The cost breakdown for the program is: \$280 registration fee, \$1,600 program fee and a \$125 volunteer deposit (one per family) for 8 months. Total cost is \$1,880, plus the \$125 volunteer deposit.

What is the fee structure of the SRFC Academy program?

A \$500.00 deposit fee is due upon acceptance of an offer from SRFC along with an additional balance of \$1,505.00 paid in 4 monthly installments of \$376.25 that will begin one month after the deposit is paid.

Are there additional costs outside of those mentioned above?

Yes. Each player who does not have one is required to purchase the SRFC competitive uniform (\$250-\$300), and also contributes an additional \$250-\$300.00 towards team costs, in addition to the club fees listed above. Team costs primarily come from tournament registration fees and are divided by the total number of players on each team.

SAN RAMON FC U9 - U12 PROGRAM CALENDAR AND SCHEDULE

U9 SRFC PROGRAM	LEAGUE	TRAINING	TOURNAMENTS	PLACEMENTS	CAMPS/ PROGRAMS
DECEMBER 2016	Optional Futsal	Optional Winter Futsal			
JANUARY 2017	Optional Futsal	Optional Winter Futsal		Jan 26 – Feb 4	
FEBRUARY	OFF	Winter Break			Parent Info Meeting
MARCH	NorCal Spring League	3x/week			
APRIL	NorCal Spring League	3x/week			
MAY	NorCal Spring League	3x/week			
JUNE	OFF	Summer Break Starts June 5th			
JULY	Scrimmages/Tourneys	Training resumes week of July 10 th			Summer Camp Option
AUGUST	Scrimmages/Tourneys	3x / week	Tournament		
SEPTEMBER	NorCal Fall League	3x / week	Tournament		
OCTOBER	NorCal Fall League	3x / week	Tournament		
NOVEMBER	NorCal Fall League	2x / week	State Cup Tourney		Winter Futsal Option
DECEMBER 2017	Futsal (optional)	Optional Winter Futsal U11 State Cup ends Dec.			