

# Academy Details

- 8 training sessions outdoors and 16 training sessions indoors
- 1 ½ hours of training each session
- Follow a progression of training through out program
- Focus on skill development with application to tactical game
- Skills include dribbling, fast break attack, passing and movement off the ball, finishing and group attack
- 3 Classroom Sessions: Sunday evenings
  - Qualities of a great soccer player
  - 3 moments of soccer
  - Individual roles in positional play
- 4 Academy Games—based on participation
- 1 Trip to view St. Lawrence University Match and train at soccer complex
- 2 trips to St. Lawrence University for training

### Key Dates:

- |         |  |
|---------|--|
| Sept 7  | First Field Session<br><i>Introductory Meeting</i>   |
| Sept 14 | Classroom Session #1<br><i>Qualities of a great player<br/>Self Evaluation and goal Setting</i>  |
| Sept 21 | Classroom Session #2<br><i>System of Play<br/>Players Role within a system</i>                   |
| Sept 20 | Saturday Inter Academy Game—Kingston<br>10:00 am to 3:00 pm—tbd                                  |
| Sept 28 | Classroom Session #3<br><i>Three Main moments group test</i>                                     |
| Oct 4   | Inter Academy Game—Brockville<br>Times TBD   |
| Oct 25  | Trip to St. Lawrence University<br><i>Circuit training at SLU<br/>Assess Match against Union</i> |
| Oct 26  | Final Outdoor Session  |

# Schedule

### Session #1

- September 7 to October 26, 2008
- 8 outdoor training sessions
- 2 outdoor games
- 3 classroom sessions
- 1 inter Academy event
- 1 Coerver Coaching Academy Event

### Session #2

- November 2 to March 8, 2009
- December 14,21,28—no sessions
- 16 indoor training sessions
- 2 indoor games
- 1 inter Academy event
- 1 Coerver Coaching Academy Event
- 2 Trips to St. Lawrence University
- **American University Scholarship Workshop**

Classroom sessions will be held at the Italia Club  
Times will be based around training times to minimize trips



# Kingston Academy

Sunday's

**8 Outdoor Sessions (September 7 to October 26, 2008)**

@ Italia Club, Montreal Road, Kingston

Times	Group	Cost
4:30 pm-6:00 pm	U10 Girls U10 Boys	\$95
4:30 pm- 6:00pm	U12 Girls U12 Boys	\$95
6:00pm- 7:30pm	U15 Girls U15 Boys	\$95

*Groups and times may be adjusted according to enrollment*

**16 Indoor Sessions (November 2 to March 8, 2008)**

@ Regiopolis- Notre Dame CHS, Kingston

Times	Group	Cost
9:00 am - 10:30 am	U10 Girls U10 Boys	\$320
9:00 am -10:30 am	U12 Girls U12 Boys	\$320
10:30 am - 12:00 pm	U15 Girls U15 Boys	\$320

### To Register:

Call 1-866-925-0845

OR

Mail this form to:

Coerver Coaching Canada East  
PO Box 847,  
Prescott ON KOE 1T0



## Coerver Coaching Kingston Soccer Academy



Sunday's  
Sept. 7, 2008  
to  
March 8, 2009

To reserve your spot call us!

1-866-925-0845

www.coervercanada.com

# Coerver Coaching



## Our Philosophy:

Coerver Coaching Canada East believes the future of soccer depends on imaginative and effective coaching. In order to produce exciting and skilful players who are attack minded, skills and attitudes must be learned at a young age through repetition in a fun environment. Through year round programs we're looking to build a foundation of technical skill development that will foster the development of Canadian soccer at all levels of the game.



## Player Development:

The curriculum for the program is based on the Coerver Pyramid of Player Development. Providing the proper combination of skill development, technical and tactical training and most importantly- lots of fun!! All players can become successful if they are encouraged and stimulated in a the appropriate learning environment.

## Youth Development Goals

- To develop skilled, confident players
- To teach skill and technique that is crucial to the game.
- To inspire confidence in young players
- To encourage creative play
- To encourage excellence in sportsmanship

# The Academy Program

The goal of this program is to provide a progression of training that builds on the Coerver Coaching Foundation of individual player development and bridges the gap to team and tactical play.

Players will be challenged intellectually to develop a firm understanding of the main components of team play and their role within a team and game. In addition, they will be given the opportunity to watch and assess both collegiate and professional players, as they apply the skills that are learned in this program, to game situations.

Academy participants will then have the option to participate in a host of international programs that will include a trip to Europe to participate in one of Coerver Coaching International Academies.

Each player will receive a player development program during the introductory meeting, to map their goals, expectations and own personal soccer development. Players will track their daily performance, fitness results and self-assessments after each session. The binder will form the basis for the final evaluations that are conducted with the head trainer.

**Teams:** Now that we have worked with the players, we will begin the process of shaping teams. Within this process our goal is to start increasing the work rate and demands from the players within a team culture. Team training principles will now be established by the coach of each group.

## Bill Ault Academy Director

Bill Ault has over 25 years of player development and coaching experience, throughout Canada and the USA. He most recently was the U17 Women's Coach and Academy Coach with the Ottawa Fury. In addition, he has coached and the collegiate, provincial and regional level. Bill has worked with Coerver Coaching for the past 15 years.



# The Progression

## 1. Self Evaluation

Players at this stage will have learned to control the ball, to look for space, to attack space and then begin to make decisions as to if that space is appropriate to attack. This will have been completed in a variety of 1 v 1 and 2 v 1 games and scenarios. Players must know learn to objectively evaluate their skills under the educational guidance of our staff. With this growing self awareness, a player can begin to build on strengths and start to shape their role within the game. The individual technique will continue to be a key focus of each session, with individual homework to be completed by players.

## 2. Role within a system

Each player on the field has attributes that help shape a system of play. For our academy, the players will learn the 4-3-3 formation and each players role during the 3 Main Moments of the game. A key element of the program is the participation in classroom sessions, to begin the intellectual process of understanding the game. Players will then also be challenged to observe university players training and competing, to assess their individual skills, to observe their role within a team and the impact of those skills on the teams performance. Players will ideally at the end of three sessions, have a clear understanding of how to function effectively within a system.

## 3. Group play

Of course, with understanding comes the requirement of performance on the field. Each training session will be focused on the practical application of what is learned off the field and in the classroom. Application of key skills during the 3 Main Moments will be the main focus of the sessions, the combination play required to build up an attack, to create lanes, identify weaknesses within opponents play, to build and maintain possession, create opportunities to score, when to pressure to win the ball back, how to pressure collectively, squeezing the play or trapping attackers.

## John Kurish Local Director

John, is our new Kingston representative, for questions about the Academy details please contact him at

613-888-4434

# Registration Form

## Kingston Academy

Call 1-866-925-0845 to reserve your spot!

Childs Name: \_\_\_\_\_

Guardian Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Tel: \_\_\_\_\_ Alternate Tel: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Club: \_\_\_\_\_

Coach: \_\_\_\_\_

**Program Choices: Please circle choice**

Girls	Boys	Outdoor	Indoor
U10 Girls	U10 Boys	\$95	\$320
U12 Girls	U12 Boys	\$95	\$320
U15 Girls	U15 Boys	\$95	\$320

**Payment: Please circle one**

Cash Cheque VISA MasterCard AMEXX

Card # \_\_\_\_\_ Exp Date: \_\_\_\_\_

Name on Card \_\_\_\_\_ Signature \_\_\_\_\_

Payments can be made in installments

**Please make checks payable to 'Coerver Coaching Canada East'**

**Please mail completed form to:**

Coerver Coaching Canada East  
PO Box 847, Prescott, ON K0E 1T0