

# **Arlington Soccer Association**

## **U.S. Soccer Development Academy**

### **Town Hall Meeting**

**March 31, 2016**



# Agenda

- Welcome and Introduction
- Understanding the Development Academy
- U12 Development Academy
- U13 & U14 Development Academy
- ASA-DC United-LS DA Partnership
- Talent ID Centers & Selection to DA Teams
- Q & A



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# Introduction

- Tonight's Speaker:
  - Frank DeMarco—Asst. Director of Coaching
- Information presented tonight will be posted online later this week
- Please hold questions until the end.  
Thanks!



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# U.S. Soccer Development Academy

- United States Soccer Federation (USSF or US Soccer)
  - Directly oversees US Development Academy
- Mission statement
  - “The U.S Soccer Development Academy program provides education, resources, and support to impact everyday club environments in order to **develop world-class players**”
- Arlington Soccer Association awarded the U12, U13, and U14 Boys Academy for 2016/17.



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# U.S. Soccer Development Academy

- Academy created in 2007 to focus on individual player development
- Academy philosophy is simple:
  - More training, higher quality training, less games, and more meaningful games with proper rest ratio.
- The Academy program has made continuous improvements to impact the everyday environment for individual players



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# Academy Evolution (2007-2016)

Development Academy established (U15/16 & U17/U18)

**2007**

Moved to a 10-month Academy Season

**2011**

Expanded to the U13/14 age groups (23 new clubs added)

**2013**

Implemented futsal programming for U13/14 age group

**2013**

Expansion to U-12 age group  
U13 & U14 split into single ages  
5 age groups

**2016**



**2007**

Optimized appropriate training/game/rest ratio

**2013**

Mandated four training session per week for all Academy clubs

**2013**

Created U.S. Soccer Academy Director Course

**2014**

Implemented Minimum Coaching license requirements



2017: U15/U16 & U17/U18 to be split into single ages



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# 2016-2017 Academy Birth Years

Age Group	US Soccer Development Academy	US Youth Soccer (VYSA, CCL, NCSL, etc...)
U12	2004 (includes 2005s)	2005
U13	2003	2004
U14	2002	2003
U15	2001 (DA is combined 15/16)	2002
U16	2000 (DA is combined 15/16)	2001
U17	1999 (DA is combined 17/18)	2000
U18	1998 (DA is combined 17/18)	1999

- Age groups align in all programs in 2017-18
- Development Academy: U12 = 06; U13 = 05; **U14 = 04**



# ASA U12 Academy Program

- Game Format: 9v9, 2x30 min. halves, 1 ref per game
- Rosters: 2 teams per club; 26 player pool max
  - 12-13 players per team, 24-26 in player pool
  - Game day roster fluid, can change weekly
  - Developmental players: Non DA player may train with Academy and play up to 6 games (e.g. U11 or U12 CCL players)
  - Travel Distance: Max travel 1.5-2 hours for games
- Minimum Academy Licensing for Directors and Head/Assistant Coaches



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# ASA U12 Academy Program

- Weekly Soccer schedule framework:
  - Training: minimum of 3 times per week
  - Games: 1 game per weekend during competitive periods (Fall and Spring)
  - Rest: Minimum of 2 off days per week
  - Outside Competition: No participation in other soccer competitions/training
  - Avoid early specialization (positions, balance activity with other sports/activities)
  - 9.5 month season at U12 increases the amount of meaningful training and game time for country's most committed players



# ASA U12 Academy Program

- Game Day Environment:
  - Game day focus on player performance, rather than match result
  - 9v9 format enhances development of attacking elements and introduces basic defensive concepts
  - No standings or postseason to de-emphasize results, & encourage individual performance
  - Respect the game, opposition, spectators, refs & coaches
  - Home team will provide Athletic Trainer for ALL HOME GAMES



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# ASA U12 Academy Program

- Playing Time and Substitution Philosophy:
  - Longer periods of playing time and less frequent interruptions to benefit player development
    - 50% minimum game time per week; re-entry permitted
    - Subs occur at team benches, not half way line
    - Teams sub simultaneously; agreed upon by coaches
    - Target subs mid half at 15 and 45 minutes
    - U.S. Soccer Player Safety Initiative-“Concussion substitution” rule is in effect



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# ASA U12 Seasonal Plan

- Fall and Spring league component:
  - Approx. 1 meaningful game per week, over 24-32 weekends
  - Schedule format depends on geography
  - Winter Futsal Training Period with one (1) event
  - No Regional Event

Preparation	Fall Competitive Period	Transition	Futsal Period	Spring Competitive Period	Off Season
Aug.	Sep.-Nov.	Dec.	Jan.-Feb.	Mar.-June	July-Aug.
Pre-Season (2 weeks)	12 weeks	Break	Futsal & Acad Event	18 weeks	Break/Pre- Season

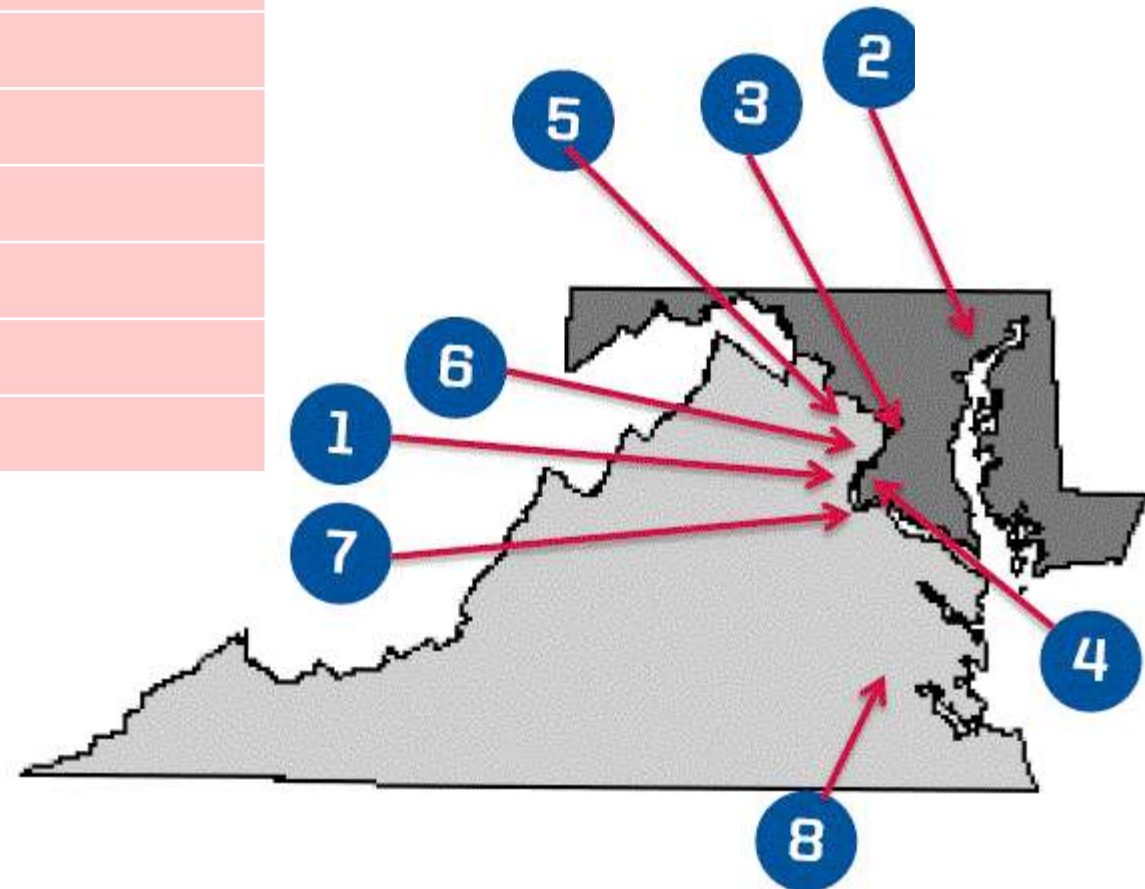


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# U12 Mid-Atlantic Division

#	CLUB	LOCATION
1	Arlington Soccer Association	Arlington, VA
2	Baltimore Armour	Forest Hills, MD
3	Bethesda Olney	Bethesda, MD
4	DC United	Washington, DC
5	Loudoun Soccer	Leesburg, VA
6	McLean Youth Soccer	McLean, VA
7	Prince William Courage	Woodbridge, VA
8	Richmond United	Richmond, VA

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- **TOTAL # OF GAMES: 28**
- **Fall: 12**
- **Spring: 16**
- **Format: Home & Away x2**



# U13 & U14 Academy Program

- Formerly combined age group – now single age groups – U13 AND U14 for 2016/17
  - Creates foundation of pathway at U12, U13, and U14 to focus on individual player development
  - Provide the base of long term streamlined pathway with flexibility to move players within the club
  - Focus on the individual within a team concept
  - Transition period from 9v9 to 11v11 at U13
  - Late developers and late bloomers can flourish in U13 environment



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# U13 & U14 Academy Program

- Game Format: 11v11, 2x35 min. halves
- Rosters: 16-22
- Game Day Roster: 18 maximum
- Training: Minimum 3 times per week, top players may train with U14s, minimum 2 off days per week
- Schedule: 24-30 divisional games in addition to Fall Regional event for both (3 games) and National event for U14s
- Other rules:
  - Subs: 7 subs across 3 moments within game
  - No Re-Entry
  - 50% min. game time per month per player as part of individual player development plan



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# U13 & U14 Academy Program

- Weekly Soccer schedule framework:
  - Outside Competition: No participation in other soccer competitions/Training
  - 9.5/10 month season increases the amount of meaningful training and game time for country's most **committed** players



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# U13 & U14 Academy Program

- Game Day Environment:
  - Game day focus on individual player performance within team environment
  - Standings and results are kept and posted
  - Respect the game, opposition, spectators, refs & coaches
  - Home team will provide Athletic Trainer for ALL HOME GAMES
- Technical Staff Licensing Requirements:
  - Minimum Academy Licensing for Directors and Head/Assistant Coaches



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# ASA U14 Seasonal Plan

- Fall and Spring league component:
  - Approx. 1 game per week, over 24-32 weekends
  - Schedule format depends on geography
  - Winter Futsal Training Period with possible event
  - Transition periods with built-in time-off
  - Fall Regional Event for U13s and U14s
  - National Event for U14s – End of Year
    - Transition periods with built-in time-off

Preparation	Fall Competitive Period	Transition	Futsal Period	Spring Competitive Period	Off Season
Aug.	Sep.-Nov.	Dec.	Jan.-Feb.	Mar.-June	July-Aug.
Pre-Season (2 weeks)	14 weeks	Break	Futsal & Possible Acad Event	16 weeks	8 Weeks



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# U13 & U14 Divisional Play

- No Details yet on Division organization for U13 and U14 Academy Teams
- Expectation is that it will be many of the same U12 Clubs with possible addition of PA, NJ, NY, DE markets.
- Arlington Soccer Association will share details when we receive them.



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# Winter Futsal

- Futsal is a 5-a-side game on a hard court surface played with a smaller, weighted ball with less bounce
  - The Academy program includes a winter futsal period designed to develop players individual technique, creativity, and game intelligence
  - The futsal period primarily emphasizes training and includes a regional event.
  - U12 Regional Futsal event has been confirmed by US Soccer – details will be announced
  - U13 & U14 Regional Futsal event has not been confirmed



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# US Soccer Support & Resources

- US Soccer provides extensive support to Clubs and players. Clubs receive Coaching Ed, regular feedback and support to improve training and game environments
- US Soccer Development Academy Investment:
  - Technical/Performance
    - Coaching Education (DA Director Course)
    - Scouting: Player ID/Game Analysis
    - Equipment: Nike Game Balls Academy Patches
    - PowerAde hydration setup materials and product
    - Referees for all matches



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# US Soccer Support & Resources

- Program Operations (U.S. Soccer)
  - Individual Player Scholarship Program
  - U.S. Soccer event fees (futsal, regional and national events)
  - Club website and online player database
  - Player secondary insurance
- Medical/Injury Prevention
  - Athletic Trainer at all games
  - Baseline Concussion Testing for all DA Players
  - U.S. Soccer Player Safety Initiatives



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# ASA-DCU-LS –Development Academy Partners

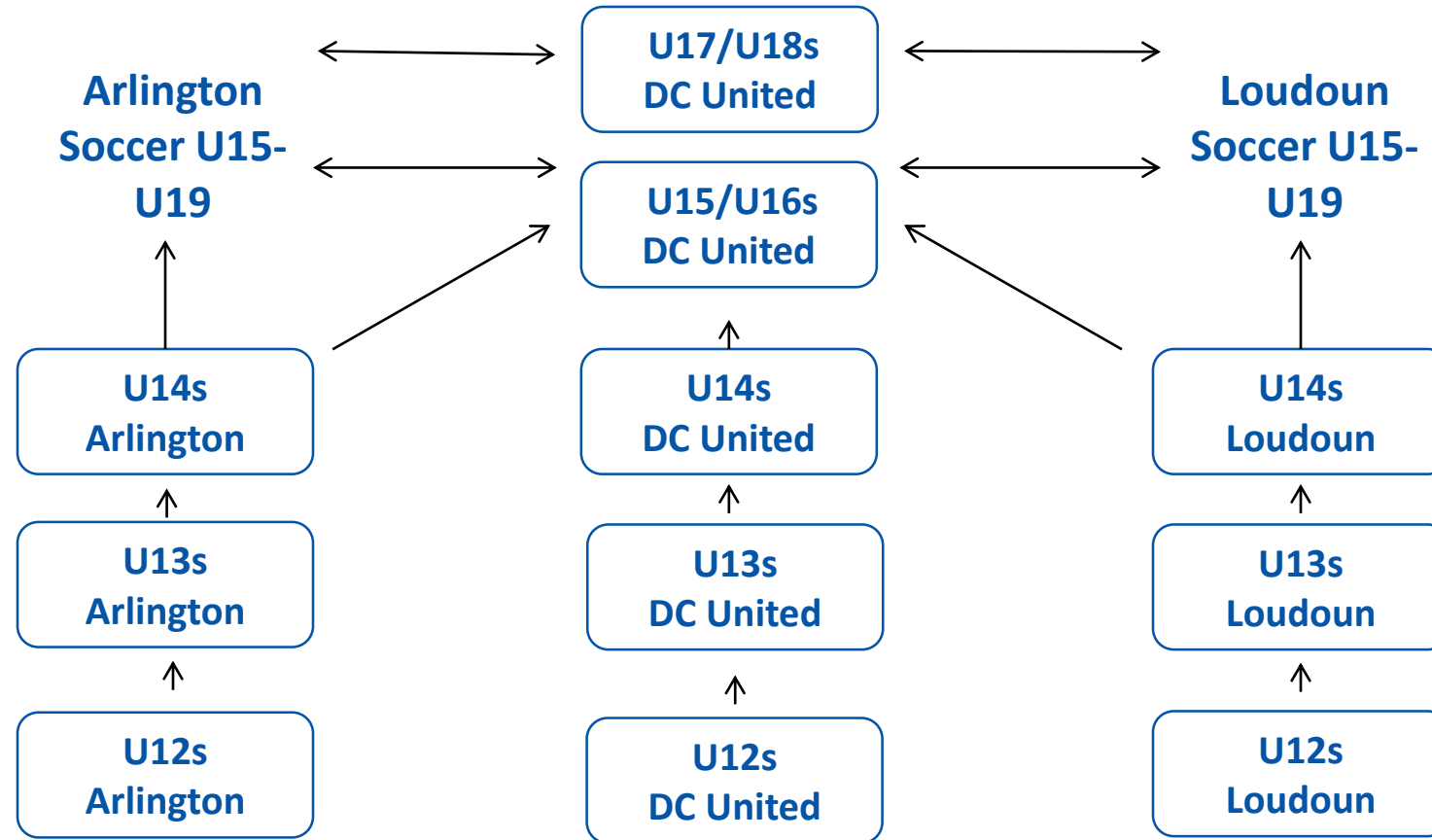
- Landmark Development Academy Partnership between Arlington Soccer, DC United and Loudoun Soccer
- 2 best youth clubs in the area & the only MLS Professional Development Academy in the area
- Goal is to raise the standards of player development in our region
- Sharing of resources, coaching education, Talent ID Centers, access to MLS Academy events, and International Competition
- Arlington Soccer– U12, U13, U14 DA Teams
- Loudoun Soccer– U12, U13, U14 DA Teams
- DC United – U12, U13, U14, U15/16, U17/18 DA Teams



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# ASA-DCU-LS –Development Academy Partners

## Player Progression Model



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# Arlington Soccer – Future Collaboration

- Arlington Soccer is talking with other clubs about establishing a DA relationship
- Similar to the Loudoun Soccer & SYA relationship
- Relationship to be focused on Player Identification and Development
- Elite Players will have the opportunity to be identified for Arlington Soccer DA program
- Relationship will involve shared resources, facilities etc...



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# ASA-DCU-LS –Development Academy Partners

- Partnership Objectives:
  - Cooperation among Soccer Community Leaders for the benefit of player development
  - Combine and enhance resources: Facility, Coaching Education, Player Development
  - Player Progression to Professional Soccer, College Soccer, Youth National Teams, lifelong in the game
  - Magnet for Talent – Improve US Development Academy Pool in Region
  - Player Advancement
  - Unique ID Events, MLS competition, International Events



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# DC United Talent ID Centers

- Identify the best players in the area at geographical ID Centers
- ID Centers used to evaluate Partner Club players, in addition to other players in each region
- **MUST** Pre-register and be selected for Talent ID Centers – no drop-in or on-site registration!
- Registered players are invited to attend specific Talent ID Centers based on geography & talent level– players not invited will not be allowed to participate
- Limited number of players invited to each session – ensures appropriate opportunities for players to show ability
- Some players may be invited out to all, some, or none of the sessions
- Academy players must be the **VERY BEST** in the area
- Players involved in Partner Clubs have more chances to be evaluated on a weekly, monthly, yearly basis



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# Selections to ASA DA Teams

- Players can be asked to commit to a DA Team at any time
- Players can be invited to ID events and Training Sessions at any time
- Different than current USYS tryouts
- Rosters are submitted in June/July
- Game schedules expected to be released by June 1<sup>st</sup>
- September 3:2016-2017 Season Games Begin



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# Arlington Soccer DA Staff

- Arlington Soccer Development Academy Director:  
Ken Krieger (A License)
- U12 Boys Head Coach: Grant Smith (A License)
- U13 Boys Head Coach: Ken Krieger (A License)
- U14 Boys Head Coach: Ken Krieger (A License)
- Goalkeeper Coach: Yassi Ghahramani (B License)
- Development Academy Administrator: Jennifer Kosko



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# Final Remarks

- US Soccer Development Academy is the premier player development structure in our country
- The unique partnership with Arlington Soccer, DC United, and Loudoun Soccer provides a true pathway in our region for player development
- Sharing of resources, talent, coaching education, and facilities will provide a special environment for players
- The partnership will benefit all members of our club as it increases the pathway for development and increases the resources our Club has access to



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# Additional Information

- This presentation will be posted online later this week on our Development Academy page
  - <http://www.arlingtonsoccer.com/travelsoccer/development-academy/>
- Additional links to US Soccer and other resources will be shared too



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# Questions and Answers



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