

## Benefits of CFC Academy Soccer

Represent one of the top youth soccer programs in the metro Atlanta area.

Attend 2 professional coaching sessions each week of the season, with the option of 2 extra skills clinics.

Be taught to enjoy preparing and practicing - working hard and achieving success.

Be taught by a team of high quality coaches.

Represent the club at Tournaments in and out of state.

Play Academy games against other top clubs in the state.

Receive two written evaluations each year: one at the conclusion of the fall season and another at the conclusion of the spring season.

Players will play a minimum of one half of each game (preferably more) depending upon the size of the roster and game format (6v6, 8v8, etc.).

## Teaching Emphasis

Cobb FC focuses on increasing skill and experience of movement and challenging players' eagerness to learn.

The use of smaller sided games is recommended (1v1, 2v2, etc.) in introducing basic soccer techniques. Coach's emphasis will be on increasing enjoyment through improved play.

## CFC Coaching Institute

Cobb Futbol Club is committed to developing not only the player, but the volunteer coach as well. Weekly practice plans, sample sessions, games, and a coaching manual are all available as resources for the volunteer coach.

In addition, Cobb FC has professional coaches available to run "sample" sessions with the players. Contact [admin@cobbfc.org](mailto:admin@cobbfc.org) for more information.

## About Cobb Futbol Club

Cobb Futbol Club is a non-profit organization whose mission is to *"enhance the growth of and participation in youth soccer by promoting and fostering healthy competition and development in an environment that is enjoyable and sporting for all participants regardless of individual ability, as well as creating a more challenging environment for those players who strive to reach their fullest potential."* Cobb FC, established in 1988, serves over 1300 youth soccer players from 4 to 19 years of age. In addition to having two seasons of regular play and a development academy program, it annually conducts the Cobb Classic Invitational soccer tournament for select teams U10 – U14. Cobb FC's local corporate supporters include: Southtrust Bank, Cobb Energy, Colonial Pipeline, Marathon-Ashland Petroleum, Georgia State Bank, Wellstar Healthcare, Hardy Automotive Group, as well as a number of member owned businesses.



# Cobb FC's Academy Training Program for Select Soccer Players U10 – U12



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## **Cobb Futbol Club General Training Curriculum**

### **TECHNICAL PRIORITY:**

Individual ball possession and skill is everything.

### **TACTICAL PRIORITY:**

**Attacking:** Create opportunities to score and take advantage of opportunities given.

**Defending:** Where we lose the ball is where we win it back.

### **PHYSICAL PRIORITY:**

Always looking to improve strength, speed, and stamina.

### **PSYCHOLOGICAL PRIORITY:**

Focus on success

## **Academy Training Priorities**

The Academy is designed to develop young soccer players through their formative years and to give them everything they need to succeed in the game at the highest level.

Players from an early age need to acquire the technical ability to master the ball and be proficient with both sides of their body.

Players are placed into age and ability groups that train two times a week with two optional extra skills sessions with expert professional staff. This staff will teach and develop players to have the confidence, and the technical ability to enjoy the game and be successful at every level they find themselves upon their graduation from the Academy.

## **Academy Objectives**

It is the Academy's primary aim to make soccer fun. Our staff aims to increase their enjoyment of the game by:

### ***Improving Technique and understanding.***

As players improve their technical ability they grow with confidence and gain a greater capacity to process information, which is vital in the development of young soccer players.

### ***Improving Teamwork.***

Another way to increase enjoyment of the game is through interaction with team-mates, with small group activities which enhance skillful and imaginative play. As our players achieve success in small groups and understand the basic implications of tactical situations, we move forward to educating players about individual positions and how they link together to create a relationship with each other to form a team.

At a young age, players play in a number of positions to improve their all around understanding and knowledge of the game. It is not until a player's physical and mental characteristics develop fully that their best position can be accurately identified.

### ***Instilling Discipline***

Discipline is a key factor when learning the game of soccer. Cobb FC expects players to arrive at practice ready to play and listen to the coaching staff. We want our players to show respect to their peers, staff and officials.

Concentrating is a key component when players are under instruction at games and practice.

Socially we encourage our players to communicate with each other, which leads to such skills as leadership and unselfishness as well as a good healthy competitive environment. The above qualities help in the development of good soccer players and good human beings.

## **Cobb Futbol Club Typical Academy Training Session**

### Warm up – 20 minutes

- Ball handling and running coordination
- Individual work with the ball
- “Scoring” games with the ball

### Main Practice – 40 minutes

- 1v1 exercises
- 2v2
- 3v3
- 4v4

**2005 Academy Tryouts  
May 31, June 1, June 2  
Tramore Park**