



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



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

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.

Benefits of CFC Academy Soccer

- 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.
- 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.

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
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**For More Information Contact Cobb FC
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