



PLAYER IDENTIFICATION INFORMATION PACKET



THE ONLY **NIKE PREMIER CLUB IN** **CENTRAL NEW YORK.**

SDA continues to be the only Nike Premier Club in all of New York State.

The partnership means Nike is committed to providing the club with a higher quality level of service to ensure the best possible environment and professional appearance of its players and coaches.

Training equipment, uniforms, coaching gear, and access to Nike resources are major benefits of this relationship.

As a member of this elite group of youth soccer clubs, SDA upholds the highest level of professionalism and quality and will have many advantages and privileges.

BASIC

STAGE BREAKDOWN (U9 - U12)

Players from age 9 to 12 years have a special ability to learn. Therefore, this is the right age to work on specific soccer techniques and skills. Developing good techniques is essential at this age.

1v1 and 2v1 attacking and defending situations are important to develop individual skills as well as passing techniques to develop the necessary team game.

Small-sided games to develop basic attacking and defensive principles are recommended.

Players will rotate in two or three different positions to avoid early specialization.

Other important aspects of tactical training are possession, combination play, transition, and finishing in the final third, as well as zonal defending. Speed, coordination, balance, and agility are the main physical aspects to improve at this stage.

TECHNICAL EMPHASIS

Passing and receiving
Running with the ball
Dribbling Turning
Shooting Ball control 1v1
Attacking

TACTICAL EMPHASIS

Attacking Principles
Possession
Combination Play
Playing out of the back
Defending Principles

INTERMEDIATE

STAGE BREAKDOWN

(U13 - U14)

At this stage, training sessions are orientated more toward tactics and the player will practice in bigger spaces. Players must practice all different types of techniques at this stage.

Strength and endurance should be part of the fitness training.

Coaching methods have to consider and preserve players' health since they will be experiencing many changes due to puberty at this stage.

Warm-ups and cool-downs are essential as is dynamic flexibility.

Players must develop discipline at this stage by following the instructions of the coach both during and outside training.

TECHNICAL EMPHASIS

Passing and receiving
Shooting Ball control
1v1 Attacking Heading
Receiving to turn 1v1
Defending

TACTICAL EMPHASIS

Attacking Principles
Possession
Transition
Combination Play
Switching Play
Playing out of the back
Finishing - Final Third

ADVANCED

STAGE BREAKDOWN

(U14 - U19)

Tactical training and small-sided games are an essential part of the training at this stage. Attacking and defending principles must be part of all games. Important aspects of the tactical training are speed of play, quick transition, counter-attacking, and finishing in the final third, as well as pressing.

The technique will focus on speed and accuracy. Passing and finishing are two of the main techniques emphasized at this stage. Part of the technical training will be position-specific (e.g. defender: passing, center midfield players: receiving to turn and strikers: finishing).

The physical aspect of the game is key at this stage: endurance, strength, and speed will be part of the weekly training routine.

Players should be expected to show commitment to the team, concentration in training sessions, and competitiveness during the game.

CURRICULUM OBJECTIVES

Scrimmage

Development, possession, and transition of the ball at speed. Quick organization for zonal defending retreat and recovery.

Tactical

Application of attacking and defending principles at speed.

Technical

Focus on speed of passing and receiving technique, as well as ball control in small and big spaces.

Physical

Development of aerobic power, acyclic speed, and explosive strength.

Psychosocial

Commitment to teammates in accomplishing specific tasks.

CODE OF CONDUCT

Parents

I hereby pledge to provide positive support, care, and encouragement for my child while participating in soccer at SDA. I recognize that, while winning is important, fair play and development are the essences of the game. I promise that I will set a good example for my child by behaving at all times in accordance with the following:

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other event.
- I will place the emotional and physical well-being of my child ahead of a personal desire to win. I will be in control of my emotions.
- I will remain in the spectator area during competitions.
- I will not advise the coach on how to do their job.
- I will remember that the game is for our youth -not adults.
- I will not coach my child during practice or games.
- I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability. I will not make insulting comments to players, parents, officials, or coaches of either team.
- I will not openly criticize the referees before, during, or after games.
- I will not openly criticize our opponents or engage in arguments with their parents or officials during or after games. I will only give positive feedback to players on both teams.
- I will cheer at all games within the spirit of fair play.
- I will be mindful of our opponent's feelings when cheering for our team in lop-sided games.
- I shall do my best to teach my child to become a student of the game.
- I will show the quality of our sportsmanship during and after each and every match and encourage my child to shake the hands of opponents and match officials after every game.
- I understand that improper behavior may result in a parent being asked to leave the field and may result in a parent being suspended from attending events including but not limited to practices, games, and tournaments.
- I also understand that improper conduct and/or interfering with the development of the program may result in expulsion from the Syracuse Development Academy (SDA).

I will try to give timely notice (>24h) to my coach should my player be unable to attend a team event.

Should I have a soccer-related concern regarding my child that I would like to address with the coach, I agree to reflect for at least 24 hours before raising the issue with the coach.

CODE OF CONDUCT

Players

- I will play by the rules.
- I understand that I am a representative of SDA, my team, and my parents and will act professionally at all times.
- I will not argue with a referee or assistant referee. If I disagree I will speak with my coach. I will control my temper and maintain control over my emotions.
- I will avoid negative comments and/or gestures, and I will not deliberately distract or provoke an opponent. I will work equally hard for myself and my team, as my team's performance will benefit.
- I will not use foul language or inappropriate gestures.
- I will wear only SDA-approved training gear during training, games, and tournaments.
- I will treat all participants in soccer as I like to be treated.
- I will not bully or take unfair advantage of another competitor at practice or in competition. I will cooperate with my coach, teammates, and opponents. Without them, there would be no game.
- I understand that my coaches have my best interests at heart and are invested in my development.
- I will look after my body with correct hygiene and nutritional habits.
- I will have good hydration and sleep habits, without which I will not be able to perform or develop to my best capability.
- I will play because I want to play, not to benefit or please others.
- I will respect the rights, dignity, and worth of all participants regardless of their gender, ability, cultural background, or religion.
- I understand that my attitude can influence the players, coaches, and spectators. I will try to be positive at all times.
- I will notify my coach and manager in a timely manner if I must miss a practice or a game.

CODE OF CONDUCT

Coaches

- Will promote the enjoyment of playing the game of soccer by creating a positive learning environment.
- Agrees to treat referees, coaches, administrators, and opponents with respect and dignity.
- Will provide positive reinforcement and encouragement to enhance the development of all players.
- Will ensure that equipment and facilities meet safety standards and are appropriate to the age, maturity, and ability of all players.
- Will respect the rights, dignity, and worth of every young person regardless of their ability, cultural background, or religion.
- Understands that their attitude can influence the behavior of players, coaches, and spectators.
- Will always conduct themselves in a professional manner and act for the good of the game, the good of the team, and the good of SDA.
- Shall never place the value of winning over the safety and welfare of players.
- Shall instruct players to play within the written laws of the game and within the spirit of the game at all times.
- Shall not seek unfair advantage by teaching deliberate unsportsmanlike behavior to players. Shall not tolerate inappropriate behavior from players regardless of the situation.
- Agrees that the demands placed on players' time shall never be so extensive as to interfere with academic goals or progress.
- Must never encourage players to violate SDA players' rules or policies.
- Shall stay committed to the development of all players and their total character.
- Shall be committed to being organized and professional and shall seek opportunities to continue with their development.
- Understands that they are a role model and as such shall be responsible for promoting good behavior and communication with all parties.

RIGHTS OF OUR YOUTH PLAYERS

- The right to enjoy both in practice and in competition, with a wide variety of activities that promote fun and easy learning.
- The right to play as a child and not be treated like an adult, either on or off the playing field.
- The right to participate in competitions with simplified rules adapted to their level of ability and capacity in each stage of their development.
- The right to play in conditions of greatest possible safety. The right to participate in all aspects of the game.
- The right to be trained by experienced and specially prepared coaches and developers.
- The right to gain experience by resolving most of the problems that arise during the practice.
- The right to be treated with dignity and respect by the coach, their teammates, and their opponents.
- The right to play with children of their own age with similar chances of winning. The right not to become a champion.

NEEDS OF OUR YOUTH PLAYERS

- **The Need for Safety & Security**

It is an absolute requirement that young players have a safe physical environment to train in, which means playing areas that are free of any dangerous objects like glass, holes, etc., and that are free from outside interference. Rules governing safety should be strictly enforced. Familiar surroundings and setup provide emotional security and an ideal environment for experimentation and variety to keep them from getting bored.

- **The Need for New Experiences**

Experience is the greatest teacher. Coaches must allow young players to explore and discover new things for themselves. This is true for most aspects of life and for all sports, especially soccer. Instead of constant instruction, kids should preferably be stimulated with simplified games and activities which are within their reach both physically and mentally. These activities also stretch their capabilities enough to be challenging. Through this process of discovery, young players can progressively develop their skills, understanding, and intelligence.

- **The Need for Recognition & Encouragement**

Children flourish and are highly motivated in an atmosphere of acceptance, recognition, encouragement, and praise. They actually try even harder when they are rewarded for their efforts in this way. For children under 12, a teacher, coach, or parent is like a mirror in which they perceive their worth/competence or lack thereof. That is why coaches and parents must learn to be positive, praise generously, and use only constructive criticism.

NEEDS OF OUR YOUTH PLAYERS

- **The Need to be Given Responsibility**

Children prefer to do things on their own without too much dependence on adults. They like to reach independence as quickly as possible. The coaching methodology and approach should take this into consideration, by making sure that the children predominantly work out their own solutions to the problem the coach presents. The coach should only intervene when they get stuck. Children should take responsibility for small tasks like collecting cones, but also for the learning process itself, e.g. modifying the rules of a practice game. A good idea is to allow them a period of 10 minutes or so in each training session, where they get to choose what to do, be it a practice, a game, or whatever.

- **The Need for Play**

Playing games is as vital for young players as breathing – necessary for the health of the body and mind. Since children learn best by playing, the most important part of each training session should be the age-appropriate simplified game, designed exactly to stimulate their particular mental and physical aptitude. The art of coaching is to ensure that the game is adapted to the players and not vice-versa, as is most commonly the case. Playing games stimulates creativity, communication with others, and decision-making.

- **The Need to Socialize with Others**

Instinctively, children reach out to others of a similar age. The older they are, the more they appreciate the company of their peers. They love to be part of a group and find their identity often as part of a group or team with common objectives.

- **The Need to Be Active**

It is natural for children to be active, not static. They should not be forced to wait in lines until it is their turn, or stand around listening to coaches for long periods of time. Kids hate these two things, lines, and lectures! Simplified games with smaller teams ensure greater participation for all.

NEEDS OF OUR YOUTH PLAYERS

- **The Need to Live in The Present**

Generally speaking, children have no interest in either the past or the future. Their sense of time is completely different from that of adults. A young child lives for today only. Yesterday and Tomorrow are distant, abstract entities to them. You cannot ask them to take history or some distant future goal into consideration, they just won't get it, so it is crucial to keep it current!

- **The Need for Variety**

More variety equals less boredom and fatigue. A wide variety of stimuli, in terms of presentation and content, is critical to keep kids' attention for any length of time. It is also necessary to vary the intensity of the exercises and games. Variation can also be achieved through mixing soccer-specific with general multilateral activities (other sports) or through switching from the global method (games) to the more analytical method (exercises or drills which are specific to one topic), or from individual training to group practice.

- **The Need to Be Understood by Adults**

Children seem to live in a different world from adults. They have different problems than adults, thoughts, or reasoning often lack coherence. Their emotional stability depends to a high degree on their speed of biological growth. Generally, they don't know how to use their energy efficiently and therefore can tire very easily, while at the same time they can also recover quicker than adults. Their behavior is governed by the way they feel at any given time.