



# ARIZONA SPORTS COMPLEX NEWSLETTER

Our Youth Soccer Program is a Rec soccer program, but that doesn't mean that we take lightly the development of your child's educational process in learning the game of soccer. We offer higher level training and practices, while still playing recreational games focused on our values for youth development. In our Youth Soccer Program at ASC we provide every team with a trained staff coach that has a U.S. Soccer License that comes from the educational process of the U.S. Soccer coaching curriculum. We have also incorporated a soccer training curriculum that has age-appropriate training sessions, developing coaching practices and creating an environment that is fun for the players.

I would like to share with you some facts from U.S. Soccer that show that children do not learn in the same way as adults, especially when the learning process involves both intellectual and physical activity. Age conditions the way a person perceives and interacts with the world and with others. In any learning process, age is the key component in selecting appropriate content and methodology. Soccer is no different. For this reason, we must not train 6 year old players the same way as 13 years old players. Training sessions must be adapted to the age of the players. Taking into consideration the characteristics of human and player development, we have structured the curriculum into four age groups. The first two age groups are:

## **Initial stage – 5 to 8 years old**

At this age children do not have the same capacity as adults to analyze the environment. They explore and have a self-centered conception of the world. Children are still gathering the experience necessary to interact with their surroundings and with others. Also, empathy and the capacity to consider the thoughts and feelings of others is very low. In order to help children build their own experience, many exercises will be individual (e.g. each player will have a ball). The tactical component of the game will be reduced to small-sided games with basic explanations about space distribution. Training sessions will be treated more as physical education than specifically as soccer training.

## **Basic stage – 9 to 12 years old**

At this stage, the structure (but not the content) of the training sessions will be similar to that of older players. The main component of the training session will be technical. It is sensible at this age to develop technique and basic tactical understanding. Children's capacity to solve problems increases significantly. Therefore players will begin working on basic and dynamic tactical scenarios. At this stage, players are pre-pubescent and have important physical limitations in terms of strength and endurance.

## **3. Intermediate stage – 13 and 14 years old**

Players at this age develop a good understanding of the game. However, these players are limited by their physical size and the significant changes, which arise with puberty. Safety should be the number one priority for the coach. The coach must be cautious to avoid overtraining should focus more on tactical and technical elements of the game and less on the physical aspects. Tactical training plays an important role at this age.

### **Advanced stage – 15 to 18 years old**

Players at this age have completed most of their physical and mental development. All components of training can be combined and organized with the purpose of developing the highest potential of the player. The strength of the muscles helps to develop technique at high speed and this speed helps the player to react faster to tactical situations. This stage is crucial for combining all the components of soccer in order to increase the players' soccer knowledge.

These are some of the facts in terms of human development adapted to soccer. These are good facts that we use at ASC in our Youth Soccer Program to develop the most appropriate training methodology for each age group and I just wanted to share it you all so you know your children are in good hands.

We also want to take a moment to congratulate last week's Character Card Winners! Great Job to all the players!

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| 🏆 A. Nguyen U8 Coach Trevor Earthquakes   | 🏆 A. Padilla U12 Coach Trevor West Brom     |
| 🏆 A. Ellis U8 Coach Ethan T. Fire         | 🏆 K. Williams U12 Coach Matt Aston Villa    |
| 🏆 E. Ivey U8 Coach Trevor Earthquakes     | 🏆 Rupesh Senthil U12 Coach Matt Aston Villa |
| 🏆 E. Larson U8 Coach Ethan D Sounders     | 🏆 S. Green U12 Coach Bobbi Everton          |
| 🏆 T. Blauvelt U10 Coach Sal Sporting      | 🏆 K. Gillman U14 Coach Ethan D Empoli       |
| 🏆 G. Labenz U12 Coach Brenna Bristol City | 🏆 M. Pozo U14 Coach Marco Sampdoria         |

Please stop by the front desk to pick it up your PRIZE (FREE FOOTSKILL or GOAL KEEPER SESSION) next time you're in our Complex.

Thank you for taking the time to read our newsletter and I also want to let you know that we still have a few spots on for Session 5. Call in today (623-587-7171) and sign up, because they won't last and then you child will miss out on another great soccer session.

George Archuleta – ASC Director Youth Soccer