



WPFC Junior RCL Manual

Goals

1) ENJOYMENT!!!!!! To create an atmosphere free from fear to make mistakes, where creative, free thinking is encouraged and practices are fun, but challenging. It's a game, we recognize that players play for fun, then look for suitable challenge to maintain that. (2) Develop high-quality soccer players, emphasizing long-term development at the younger ages instead of the "win now" mentality (3) produce players capable of competing at high levels of play as teams get older. 4) Produce players that want to continue to play beyond our club experience.

Development Philosophy

Long-term development is enhanced by keeping things fun, rotating players to different positions and, most importantly, focusing on the fundamental skills (ball mastery, technique) at the younger age group. Focusing on these skills may cost the team some wins at younger ages, but provides the platform necessary for players to learn the more complex aspects of the game and reach their potential.

Competition is a central element in a player's development. At the younger ages (ages 7-11), however, a competitive environment should not be a result-oriented environment. The differences must be clear. A competitive environment at the youth level encourages decisions from player and coach alike that focus on performance rather than outcome (favoring ball skill and inventiveness as the means to find success within the rules and spirit of the game). The result is just one indicator of performance and at this age, not the most important one. Winning is not the priority, but the bi-product of fun and appropriate learning.

In games Coaches will encourage rather than direct. This is the time for players to figure things out in a competitive environment, try out moves and learn through self-evaluation and problem solving. Coaches will offer guidance and advice throughout the game and work during practices on fixing any areas of concern that arise from games.

Parent expectation

- Transport of players to practice and games on time
- Providing player with suitable equipment to compete, cleats, water, sun block, weather appropriate clothing etc.
- Encouraging/supporting players to go play on their own with friends (the game is the best teacher)
- Stay in communication and understanding team calendar
- Support son/daughter and enjoy what they can do. Be a cheerleader for your child, let the coach, coach. Let the referee, referee. A cheer instead of a groan can be the difference between a child gaining confidence or giving up.

Coach expectations

Treat all players with respect

Provide opportunity for all players to develop

Be on time, organized and presentable

Be professional on sidelines and treat referees and opposing coach with respect

Emphasize player development

Lead by example, be a positive role model, be approachable and understanding

Provide a fun, safe and enjoyable experience for every child

Playing Time

In the Jr. Program game time will be relatively equal between players. The score is not the priority and we want the players to get lots of playing opportunity to recreate skills learned in practice and to problem solve in a non-coached environment.

However, at all ages, a player's actual game playing time will be strongly influenced by their on-time arrival at practices and games, their attitude both on and off the field, and their compliance with coach instruction.

Player Rotation

It is expected that players will be rotated through all positions during the course of the season. This gives them a much better understanding of the roles and responsibilities throughout the field of play and will make them a better player in the long term. On occasion, this may mean a weakening of the team on the field. Game day rotation can often depend on player availability and opposition. Player rotation takes place over the course of a season.

Team Formation

Teams will be formed into playing pools based on age and gender. They will train with their assigned coach through the season. When participating in game play at tournaments and jamborees, teams will be evenly split by coaches based on varying factors, competition, opposition, talent and development. This gives stronger players equal opportunity to “step up” on their team, as well as providing developing players the chance to learn from those players. We believe this format allows for the best competitive experience for our players and will provide them with the best platform to make the next step in to competitive league play at the older ages. Throughout the season these teams may change slightly with player movement at the coach’s discretion.

Technical Emphasis:

- **Dribbling**
 - o Finding space (head up)
 - o Beating an opponent (taking players on)
 - o To keep possession (shielding)
- **Passing**
 - o Short passing
 - o Disguise in passing
 - o Introduction to striking longer balls
- **Receiving**
 - o Mechanics of receiving balls on ground
 - o Importance of first touch (sets up second touch)
 - o “Take it somewhere new”
- **Shooting/Goal scoring**
 - o Mechanics of shooting
 - o Mentality to finish
 - o Finishing off the dribble
- **Juggling/Ball mastery**
 - o Individual
 - o With a partner
- **Goalkeeping**
 - o Footwork (Getting behind the ball)
 - o Collecting balls off ground
 - o Catching techniques
 - o Stance

Tactical Emphasis

- Penetration via dribble or pass
- Role of support
- Introduction of simple 2 player combinations
- Mentality of winning the ball back (getting pressure)
- Understanding of transition from attack to defense
- Understanding of transition from defense to attack
- Understanding of how 2 playing lines interact

Psychological Emphasis

- Fun!
- Positive
- Encouraging players to “take risks” (encourage dribbling and creative play over passing)
- Fun!

Program overview

The program will consist of 2 practices per week, 75 minutes long. During the summer the players will play in 3 tournaments, one in June, July and August. During the fall the teams will participate in 6 to 8 jamborees, these take place on Sundays. Girls 9am-12noon, boys 1pm-4pm. There is a short break over the Christmas period then the Winter/Spring season will again be 6 to 8 jamborees, again on Sundays, Girls 9am-12noon, boys 1pm -4pm.

More information on program and cost please visit our website

<http://www.washingtonpremierfc.com>

Communication procedure

In the event you have any concerns regarding your players experience in the program, your first point of contact should be your coach. In the event that you have not received a suitable answer following efforts to resolve issues directly with your coach you should then contact the program director.

Points of contact

WPFC Jr RCL program director
Kevin Skinner krskinneruk@yahoo.co.uk 206-953-9384

WPFC Registrar
Kelley Jean keg108@msn.com

General questions
Cheryl Mercuri wpfcoffice@gmail.com

Financial questions
Kristine Spidahl or wpfcoffice@gmail.com