



VC Soccer Academy



Academy Guidelines



Overview

We will strive to create a holistic program that will help create an environment for all players to feel happy and passionately motivated to fully express themselves at practice and within the games. We expect players to have strong self-discipline and know their role and expectations as an individual and team member.

Players

Soccer is a game and should be fun and a place for players to develop themselves mentally, physically and socially. Players must abide by the individual coach's rules and regulations. Players who do not follow these principles, may be affected by loss or no game time or potentially released from the team.

Practices

Players who are working hard, showing the right attitude, being consistent in performance, and attend regular practices will be chosen above other players as starters and have more game time.

- Be at practice 5-10 minutes before the start.
- On arrival to practice, players will shake hands with their teammates. They will also shake hands at the end of practice.
- Players should wear appropriate attire.
- Players will show the utmost respect and support for their fellow teammates.
- If unable to attend practice, players/parents need to notify the coach via the crossbar app prior to the practice, with a reason, otherwise playing time could be affected.
- We do not penalize players for participating in the DASA rec soccer program. We do ask that your player attend at least one academy practice each week and that you communicate with the coach that you will not be attending academy practice.
- Players will be made responsible for helping with coaching equipment, cones, bibs, balls and goals before and after practice.
- Poor discipline/work ethic will result in players getting less or no game time.
- We encourage parents to watch practices when possible, especially if your son or daughter is not getting playing time.
- Bad language will not be tolerated.



Communication

It is crucial in building a solid team environment that we have open communication between the players, parents, team managers and coaches.

The key to team development is through solid parental support. It is important that we build a mutual respect and keep the focus on short and long term development of the players involved.

- Team meetings at the discretion of the coach.
- Communication needs to be directed to the individual team coach if you have questions or concerns.
- The Crossbar app and email will be the best way for us to communicate with you.
- If needed, individual parent meetings must be scheduled with coaches. Coaches will not be expected to meet with parents after practices without prior arrangement.

Game Day

Parents, you must not try to influence any of the players either at practices or at games without consent from the coaching staff. A 24-hour cooling off period applies - no conversation with coaches either before or after a game that pertain to a players playing time or other concerns you may have.

Think about having a contemplation period after games when you speak to your child about their performance. Try not to affect their thoughts on their performance and team play, ask questions to get a real insight into how they felt they played.

Simple questions like: *How do you think you played?*
What could you have done better?

- Arrive 45 minutes before kick off times or as your coach directs.
- Warm ups will usually begin 30-35 minutes prior to kick off.
- Players who do not get to the field on time for the beginning of the main warm up will not start the game, unless extenuating circumstances were communicated prior.
- A disciplined and quiet sideline is very important. A player's game time could be affected if any parents are trying to coach or abusive on the sideline. Encourage your player and the rest of the team to work hard.



Coaching

The players will work on all the four aspects of the game:

- Technical
- Tactical
- Psychosocial
- Physical

Practices are very game oriented. You will see many practices where players are playing a lot of small sided games with a purpose specific to the topic of the session.

Team selection -

We believe that continuity breeds success. If players are performing, they will play. It's up to the players on the sideline to wait for their chance to play and show their desire to hold down a regular starting position.

Additional coaching -

I encourage all players to work on their game outside of practice. We will be available to do small group private coaching sessions. Opportunities for this will be held at various times throughout the year.

Loaning of Players

We are open to helping other teams in need of players and to give our players additional playing time when we do not have commitments.

The process to do this is that the coach or manager contacts the team coach and asks permission, just as we would do if we wanted to borrow players. We will **not** give any cards out to player to loan unless they have contacted me first.

It will then be under my discretion, depending on our team's commitments, whether it is a good thing to loan players.

On the occasions when we loan players out, it will be when we have no commitments, and it will not be specific players that will be loaned, rather a rotation. So that it will be fair to all players on the team, to gain additional playing time.

I am ONLY open to player loaning if I think it is of benefit to the player(s) and does not affect our number one priority - our team. If anyone has any questions, please feel free to contact your coach.



Evaluations

It is important that the players are aware as much as possible of what areas they need to improve and where they are doing well.

Therefore, I will strive to provide each player with:

- Seasonal player action plans - outlining what they have done well, areas of their game they need to improve, or solutions to problems they are having

I am available to answer any questions in regard to the content of practices, what your son or daughter needs to work on and how they can achieve this, plus game time and other issues. An individual meeting must be scheduled with coach. I will not meet after practices without prior arrangement, and never after game.



Recruitment of New Players

I am always open to new players trying out for the team. New faces help continue to keep the team evolving. If any parent knows of a player who would be good for the team, please send me their details and I will be happy to follow up.

Development Role - this allows new players gain the necessary coaching needed and at the same time be eased into a possible full-time playing role if they have the potential. (Training fee only).

Contact details

Email: vfc@danvillesoccer.org