



Sky River Soccer Club Spring Academy

Sky River Soccer Club is dedicated to the continued development of players of all ages. The Spring Soccer Academy is designed to better prepare our players for the fall season by focusing on their individual skills. This is achieved by giving them the opportunity to train under the supervision of qualified trainers and coaches.

In order to focus the training to suit the level of each individual, players will be grouped into 3 age groups. The age groups will be broken down as follows. Group 1: U9 & U10, Group 2: U11 & U12, Group 3: U13 and older.

The focus of the 2 weekday training sessions is to build the individual skills. The Saturday sessions will be to display and apply their newly developed skills into a game like setting. In each age group there will be trainers/coaches dedicated to teaching the appropriate skills for which each age group demands. As the weeks progress, so will the intensity and level of training.

The groups will be focusing on proper technique and ball control. This includes trapping, passing, shooting and dribbling. The groups will work on technique and ball control with an added focus on small sided tactics in attacking and defending.

On competition Saturday each age group will be divided into teams. These teams are not chosen based on fall league teams; rather they are chosen to challenge each individual in a game setting. The success of the Spring Soccer Academy is dependent on the trainers and club coaches. As many of the club coaches will be participating in the players training it is vital to remember that the focus is on *individual* player development rather than the development of an individual *team*. It is our objective that at the end of the 9 week academy each player will be more confident on and off ball, while gaining a greater love for the game of soccer.

Looking toward the future,
Ryan Schaeffer
VP of Player and Coach Development
Director of Select