



# KHARY STOCKTON SOCCER ACADEMY

BEGINNING IN THE SPRING



## PROGRAM DETAILS & EXPECTATIONS

This program is geared for the serious soccer player based on the US Soccer Coaching Curriculum with emphasis on playing styles from: Brazil, Spain, Holland, Argentina, and Germany. Boys and Girls. There will be a focus on technique using a size 3,4, & 5 soccer ball as well as incorporating a futsal ball. Skill is the most important aspect of this training with emphasis on having fun. Motor ability: balance, agility, and coordination. Perception: insight and awareness. Vision. Problem solving: choices and decisions. Physical fitness. Psychological domain: fun, enjoyment, and competition. Learning by discovery, trial and error, playing and repetition. The program below will take place indoors and outdoors (depending on the temperature and conditions). Session will be on grass if outdoors.

### PRINCIPLES OF AGE APPROPRIATE DEVELOPMENT

#### Training characteristics based on human development

Stages ( Initial) U4, U5, U6, U7, U8

- ✓ Very young players from 5 to 8 years of age love to play. Therefore, all practices should be based on fun games.
- ✓ Players must spend the maximum time possible in contact with the ball and experiment by themselves.
- ✓ For the first time the player has to build a relationship with other players. Give different responsibilities to the players in order to develop a sense of team.
- ✓ Basic motor skills like walking, running or jumping have to be combined with ball handling and ball control.

Stages (Basic) U9, U10, U11, U12, U13, U14

- ✓ Pre-pubescent players from age 9 to 14 years have a special ability to learn. Therefore, this is the right age to work on specific soccer techniques and skills. Developing good technique is essential at this age.
- ✓ 1v1 and 2v1 attacking and defending situations are important to develop individual skills as well as the passing techniques to develop the necessary team game.
- ✓ Use small-sided games to develop basic attacking and defensive principles. Other important aspects of tactical training are possession, combination play, transition and finishing in the final third, as well as zonal defending. Players will rotate in two or three different positions to avoid early specialization.
- ✓ Speed, coordination, balance and agility are the main physical aspects to improve at this stage.

### PRINCIPLES OF AGE APPROPRIATE DEVELOPMENT

WORKLOAD KEY	1=VERY LOW	2=LOW	3=MID	4=HIGH	5=VERY HIGH
--------------	------------	-------	-------	--------	-------------

Stage and Age Group(Tactical) - Distribution by age: Attacking principles, possession, transition, combination play, switching play, counter attacking, playing out from the back, finishing-final third, defending principles, zonal defending, pressing, retreat & recovery, compactness.

U4-U8 no emphasis in this area

U4-U8 high emphasis on passing and receiving, dribbling, and shooting

Stage and Age Group(Technical) - Distribution by age: Passing and receiving, running with the ball, dribbling, turning, shooting, ball control, heading, 1v1 attacking, shielding the ball, receiving to turn, crossing and finishing, 1v1 defending.

U6-U8 high emphasis on passing and receiving, dribbling, and shooting

U9-U12 emphasis on all areas



# KHARY STOCKTON SOCCER ACADEMY

## BEGINNING IN SPRING

Director of Soccer of Khary Stockton Soccer

### STRUCTURE OF THE TRAINING SESSION

#### Initial Stage U4-U8 (45 Min to 60 Min)

**WARM UP** - BALL FAMILIARITY PRACTICES TO DEVELOP BASIC SKILLS

**MAIN PART:**

**PHYSICAL** - EXERCISES ORIENTED MAINLY TO DEVELOP BASIC SKILLS

**TECHNICAL** - UNOPPOSED PRACTICES BASED ON SIMPLICITY OF THE MOVEMENTS, REPETITION AND HIGH TEMPO

**TECHNICAL COMPLEX** - UNOPPOSED OR BASIC OPPOSED PRACTICES WITH A SMALL TACTICAL COMPONENT BASED ON PERCEPTION AND/OR DECISION-MAKING

**SCRIMMAGE** - SIMPLE SMALL-SIDED GAMES TO DEVELOP THE TEAM CONCEPT

#### BASIC STAGE U9-U14 (60-80 MIN)

**WARM UP** - FUN & DYNAMIC GAMES, PASSING & POSSESSION PRACTICES, STRETCHING & DYNAMIC MOVEMENT

**PHYSICAL** - EXERCISES BASED ON AGILITY, SPEED, COORDINATION & BALANCE

**TECHNICAL** - UNOPPOSED PRACTICES TO DEVELOP QUALITY AND OPPOSED PRACTICES TO DEVELOP COMPETITIVENESS. OPPOSED PRACTICES ARE MORE REALISTIC AND FORCE PLAYERS TO MAKE DECISIONS AS THEY WOULD IN THE GAME.

**TACTICAL** - PRACTICE GAMES BASED ON BASIC UNDERSTANDING OF THE GAME (ATTACKING PRINCIPLES), POSSESSION, COMBINATION PLAY, PLAYING OUT FROM THE BACK & FINISHING

**SCRIMMAGE** - GAMES BASED ON POSITION SPECIFIC, QUICK MOVEMENT OF THE BALL AND DISTRIBUTION OF SPACE

### GOALKEEPING PROGRAM AGES 7-19

With our Goalkeeping Program all participants will have the opportunity to Experience-Define-Refine and enhance their goalkeeping abilities under the Direction of Goalkeeping Expert-Tony Howard {Former Professional Coach/US National Team Staff Goalkeeping Coach}-For the beginning 7-11 year olds who will be introduced to basic goalkeeper stance /positioning/catching/collecting of balls and basic collapses to balls. For the more experienced and age 12-19 year olds will be focusing on low and high balls, collapsing, diving, deflecting, boxing out, angle play, dealing with crosses, marshaling the box, breakaways, punting, goal kicks and throwing distribution- GK Fitness & Conditioning and you will have an opportunity to learn other intricate parts of goalkeeping such as communication/direction of players and change of point of attacks/corner preparations/wall sets/penalty kicks and more.



### KHARY STOCKTON

Khary lives in the Washington Metropolitan area and have provided numerous clinics to individuals and teams. I have played for the Richmond Kickers Pro team of the A-League, but have also played professionally in Brazil, Chile, and Argentina.

After being Captain of William and Mary my senior season and leading the school to a #3 national ranking, I was drafted by the NY/NJ Metrostars of Major League Soccer in 1996; the 1st year of the league. I was the first ever William and Mary alum to be drafted into MLS.

Khary has a USSF "A" license, NSCAA Premier Diploma, and National Youth License.

### MAIN OBJECTIVES FOR THE 12-WEEK PROGRAM IN THE DIFFERENT STAGES

#### Initial (U4-U8)

Technical 2 weeks(Dribbling), 2 weeks(Shooting & RWB), 2 weeks(Ball Control & turning), 2 weeks(Passing, & receiving), 2 weeks(1v1 attacking), 2 weeks(2v1 attacking)

Physical 2 weeks(Coordination & balance), 2 weeks(Generic speed), 2 weeks(Basic motor skills)

2 weeks(Perception & awareness), 2 weeks(Speed (acceleration + acyclic) and agility, 2 weeks(Perception & Awareness + BMS)

#### Basic (U9-U14)

Technical 2 weeks(Passing & receiving), 2 weeks(Shooting & RWB), 2 weeks(Turning, Dribbling & 1v1 attacking), 2 weeks(Receiving to turn, shooting), 2 weeks(Ball control, turning, & 1v1 Defending), 2 weeks(RWB, shielding the ball, shooting)

Tactical 2 weeks(Possession), 2 weeks(Playing out from the back), 2 weeks(Transition), 2 weeks

(Combination play), 2 weeks(Finishing in the final third), 2 weeks(Defending principles)

**Attacking principles:** 2v1, 3v1, 3v2, 4v3

Physical 2 weeks(Coordination & balance), 2 weeks(Speed & agility), 2 weeks(Perception & awareness),

2 weeks(Speed & Agility), 2 weeks(Coordination & balance), 2 weeks(reaction & acceleration)



### DIRECTOR OF SOCCER OF KHARY STOCKTON SOCCER TONY HOWARD

Tony is currently The Director of Soccer for the Khary Stockton Soccer Academy and is the Girls Coordinator for Soccer/Coaching several teams at the USYSA Level with Champions United Soccer Academy (Potomac Maryland) and is the Executive Director/DOC for the Washington DC Fury Soccer Club and Director of the Tony Howard "Ultimate Hands" Goalkeeper Academy. Tony Holds both a USSF "B" License/USSF National Goalkeeping License/NSCAA National Advanced Premiere.