



## Youth Development Program

**About:** Developed in 2019, the Youth Development Program's (YDP) intent is to foster an environment in which young players gain a love for soccer, develop skills, and (most importantly) have fun. The emphasis at this age is development and fun in a competitive atmosphere, absent of pressure to win. While competition and a competitive spirit is important, it's not what drives us at these ages. Appropriate development will lead to being successful at the older ages and higher levels, ultimately leading to players reaching their maximum potential.

Two things determine the level a player reaches: technique and decision making. During a player's time in YDP, WE will teach them vital techniques and allow THEM to make their own decisions with only guidance from the staff. We will encourage players to get outside their comfort zones and encourage them to make mistakes. This will allow players to be independent thinkers and will help them be influential soccer players as they age and become high-level players.

**Annual Plan: All 4 Seasons are Opt In, or out! No year-round commitment necessary.**

Fall:

- Fall Season Option
- Teams formed – random selection
- 1 team training session, 1 group training session per week
- League Games (average 6, 3 in EP)
- End of season tournament

Winter 1 and 2 (Nov-Dec and Jan-Mar)

- **Optional** Program Sign Up, New Players Welcome-Winter 1 Nov-Dec and/Or Winter 2 Jan-Mar
- Teams formed – random selection
- Group training in CMS gym – this helps facilitate close environment, technical work, lots of decisions vital to players
- Internal futsal league: random team selection, standings and score kept
- Intra-Club matches

**Spring/Summer:**

- Season Sign Up, **New Players Welcome**
- Teams formed – random selection
- 1 team training session, 1 group training session per week\*
- External league play
- 2-3 Developmental Tournaments-Twin Cities

**YDP Philosophy:**

- Individual technical focus with an introduction to fundamental tactics. Players will receive hundreds of touches and make hundreds of decisions per session.
- Important techniques taught and continuously introduced.
- Player development first, winning is not a priority at these ages.
- All coaches will carry out trainings from a proven age-specific curriculum optimized for learning and development.

\*Pending COVID Guidelines